



30 July – 1 August

@ Cougars Weightlifting Club, Chandler

Session:	Weigh-in Start	Weigh-in Finish	Competition Start
Friday 30th July			
1. F49, 55 (10)	12.00pm	1.00pm	2.00pm
2. M55, 61, 67 (5)	2.00pm	3.00pm	4.00pm
Saturday 31st July			
3. F59 (12)	7.00am	8.00am	9.00am
4. M73, 81 (12)	9.00am	10.00am	11.00am
5. F64 (10)	11.30am	12.30am	1.30pm
6. M89 B (6)	1.30pm	2.30pm	3.30pm
7. F71 (13)	3.00pm	4.00pm	5.00pm
Sunday 1st August			
8. M89 A (6)	7.00am	8.00am	9.00am
9. F76, 81, 87, 87+ (13)	9.00am	10.00am	11.00am
10. M96, 102, 109, 109+ (15)	11.30am	12.30pm	1.30pm

Friday

Session 1

72	F49	Yolandie Weir	1986	Cougars	126
42	F55	Shenae Watson	1997	Cougars	130
94	F55	Sophie Daley	2007	Toowoomba	109
103	F55	Melanie O'Sullivan	1994	Cougars	119
149	F55	Hayley Ward	1997	Cougars	148
208	F55	Morgan Lund	1988	Output Barbell	106
209	F55	Alex Falkenmire	1993	Whitsunday	104
227	F55	Janaya Nikora	1990	Cougars	142
248	F55	Alyce Stephenson	1990	Cougars	130
267	F55	Karli Duesbury	1995	Bounce	149

Session 2

131	M55	Fred Buchanan	1980	North Brisbane	150
119	M61	Quyien Nguyen	1984	Cougars	176
123	M61	Blake Armitage	1995	Ipswich	211
19	M67	Harper Manz	2004	Burleigh Barbell	190
53	M67	Luke Bidgood	2004	Saints	170

Saturday

Session 3

14	F59	Jessica Malone	1987		110
86	F59	Kayla Miller-Gorce	1999	Burleigh Barbell	133
95	F59	Lauren Hastings	2004	Burleigh Barbell	110
97	F59	Gabrielle Snowdon	1984	Cougars	110
153	F59	Sarah Hearn	1987	Cougars	155
161	F59	Roslyn Mangulabnan	1995	Cougars	110
213	F59	Dominika Makosova	1991	Burleigh Barbell	140
214	F59	Ciara Taylor	1998	North Brisbane	112
243	F59	Julie Hind	1990	Milton	155
259	F59	Emily Furness	1989	Thunder Barbell	130
286	F59	Laura MacDonald	1982	Output Barbell	109
296	F59	Tori Gallegos	2003	Toowoomba	170

Session 4

31	M73	Tristan Gibson	1999	Ipswich	203
76	M73	Chris Wilson	1993	Cougars	185
81	M73	David Gilpatrick	1988	Thunder Barbell	212
108	M73	Joshua Swanepoel	2003	Cougars	174
192	M73	Denver Khoo	1994		194
271	M73	Dylan Tran	2000	Cougars	170
32	M81	James Norman	1996	Cougars	260
121	M81	Aiden Simkin	2002	Thunder Barbell	227
204	M81	Alexander Isaac	1993	Cougars	176
292	M81	Samuel Rankin	1994	Cougars	225
293	M81	Ryley Porter	1995	Cougars	300
400	M81	Leo Lark	1996	Milton	300

Session 5

39	F64	Briony Challis	2000	Cougars	165
40	F64	Chloe Watkin	1997	Barbell 4017	141
93	F64	Hailinn Diola	1993	Ipswich	135
104	F64	Gabrielle Clyburn	1994	Cougars	168
117	F64	Elizabeth Sawyer	1993	Burleigh Barbell	150
142	F64	Courtney Haley	1994	Cougars	167
199	F64	Alecha Mahoney-Piva	1994	Cougars	163
206	F64	Rhian Roussos	1990	Cougars	161
247	F64	Rebecca Jakubovsky	1983	Thunder Barbell	129
301	F64	Taleea Menyweather	1998	Burleigh Barbell	160

Session 6

9	M89B	Tyler Woolfe	1999	None	218
159	M89B	Brendon McCullagh	1997	Toowoomba	200
184	M89B	David Bock	1990	Milton	225
194	M89B	Ove Eriksson	1993	Sunshine Coast	204
254	M89B	Ryan Villiers	1994	None	189
272	M89B	Allan Ember	1972	Noosa	218

Session 7

2	F71	Rhiannon DeCosta	1986	North Brisbane	148
12	F71	Vanessa Cook	1987	Burleigh Barbell	128
45	F71	Georgia Carter	1996	Cougars	127
68	F71	Tessa Milton	1994	Cougars	167
78	F71	Hannah Norris	1997	Milton	124
125	F71	Rachel Toomua Faumuina	1991	Cougars	171
128	F71	Kirra Csurhes	2000	None	157
130	F71	Maddison Power	2003	Burleigh Barbell	188
138	F71	Darcy Kay	1993	Cougars	200
156	F71	Ebony Gorincu	1989	Cougars	208
233	F71	Rachel Morrisson	1995	Olypower	136
239	F71	Aisling Scott	1992	Milton	160
297	F71	Katie Brock	1994	Cougars	139

Sunday

Session 8

22	M89A	Max Toller	2003	Dungeon Barbell	242
24	M89A	Brandon Swan	1991	Cougars	270
26	M89A	Liam Saxby	1997	Milton	301
48	M89A	Nathan George	1996	Cougars	255
135	M89A	Joel Gregson	1993	Cougars	290
191	M89A	Kyle Evans	1999	Cougars	270

Session 9

30	F76	Sarah Scott	1995	Milton	135
37	F76	Tamara Dinsmore	1986	Cougars	190
96	F76	Christine Burton	1988	Noosa	134
118	F76	Olivia Kelly	1993	Ipswich	200
139	F76	Claire Binch	1988	Burleigh Barbell	184
147	F76	Talia Godfrey	1989	Cougars	149
163	F76	Talicia Gosley	1999	Cougars	127
173	F76	Emily de Rooy	2000	Thunder Barbell	160
245	F76	Chelsea Weston	1993	Ipswich	160
401	F76	Maggie McCreath	1996	Riverside Barbell	145
66	F81	Kelsey Francis	2002	Toowoomba	165
240	F81	Erica Hamilton	2001	Cougars	150
107	F87	Chloe Kerwick	1996	Saints	175

Session 10

47	M96	Hunter Levien	1997	North Brisbane	202
74	M96	Ahrie Jerred	2000	Cougars	235
189	M96	Sam Thorne	1996	North Brisbane	290
190	M96	Beau Garrett	1990	Cougars	295
73	M102	Chris Partridge	1979	Cougars	225
85	M102	Andrew Kelly	1993	Cougars	280
211	M102	Fraser Harrison	1991	Cougars	257
25	M109	William Findlay	1995	Cougars	250
112	M109	Alex Murphy	1994	Cougars	210
255	M109	Michael Dunne	1989	Milton	255
256	M109	Kelly Weatherstone	1986	Thunder Barbell	275
29	M109+	Lawson Dingle	1997	Toowoomba	282
114	M109+	Lukas Gardner	1989	Burleigh Barbell	273
224	M109+	Lachlan Keevers	1999	Thunder Barbell	235
290	M109+	Angus Ward	2003	Milton	245

Exemptions

Mark Henry	Thunder Barbell
Brayden Williams	Burleigh Barbell
Sarah Cochrane	Thunder Barbell
Cassie Todd	Ipswich
Charisma Amoe-Tarrant	Cougars
Brandon Wakeling	Cougars
Matthew Lydement	Cougars
Erika Yamasaki	Cougars
Jakob Daniels	Sunshine Coast
Lewis Symonds	None
Justin Connor	Burleigh Barbell

COMPETITION INFORMATION

Changes to nominated bodyweight categories or entry totals (the Verification of Entries process) must be notified prior to

12.00 on Wednesday 28th July 2021

To QWA, by email: qwa@qwa.org ; Text: 0438 031 377

Lifters who fail to make weight will be unable to lift in any capacity in the competition.

Photo ID and Starting Weights **MUST** be presented/submitted at Weigh-in

All competitors **MUST** wear a one-piece lifting suit that cover the trunk and does not cover the elbows.

Please do not wear a Queensland or Australian lifting suit unless you have represented Qld or Aus.

COMPETITORS MAY ALSO WEAR:

- ☐ A collarless T shirt under a one piece lifting suit
- ☐ Close-fitting pants under a one-piece lifting suit
- ☐ A full body, one-piece unitard under a one-piece lifting suit
- ☐ The top of a unitard that covers the elbows under a one-piece lifting suit / or just the bottoms on their own under a one-piece lifting suit

COMPETITORS CAN NOT WEAR:

- ☐ Loose fitting clothing
- ☐ Anything that covers the elbows (apart from a unitard)
- ☐ Shirts with collars
- ☐ Any clothing that displays words, slogans, or images **other than** brand trademarks and/or weightlifting club / team names or logos
- ☐ Lifting belts wider than 120mm

AWARDS:

Medals for 1st, 2nd & 3rd place in all bodyweight categories

Best lifter trophies: Best Female lifter; Best Male lifter (calculated using Sinclair)

Most Improved Lifter Award trophies: Most Improved Female lifter;

Most Improved Male lifter (calculated using the Forbes formula)