



**18 September 2021**

**@ Cougars Weightlifting Club, Chandler**

Session:	Weigh-in Start	Weigh-in Finish	Competition Start
1. F71 (9)	6.00am	7.00am	8.00am
2. M89 (9)	8.30am	9.30am	10.30am
3. F76, 81, 87, 87+ (11)	11.00am	12.00pm	1.00pm
4. M96, 102, 109, 109+ (13)	1.30pm	2.30pm	3.30pm

Please note that the above times may change if there are a large number of withdrawals received by VOE close at 12 midday Thursday 16<sup>th</sup> September.

Please refer back to the post on the QWA news dated 12 August 2021 for supporting information.

Session  
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2	F71	Rhiannon DeCosta	1986	North Brisbane	148
12	F71	Vanessa Cook	1987	Burleigh Barbell	128
45	F71	Georgia Carter	1996	Cougars	127
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
239	F71	Aisling Scott	1992	Milton	160
297	F71	Katie Brock	1994	Cougars	139

**Session 2**

9	M89	Tyler Woolfe	1999	None	218
24	M89	Brandon Swan	1991	Cougars	270
48	M89	Nathan George	1996	Cougars	255
159	M89	Brendon McCullagh	1997	Toowoomba	200
184	M89	David Bock	1990	Milton	225
191	M89	Kyle Evans	1999	Cougars	270
254	M89	Ryan Villiers	1994	None	189
272	M89	Allan Ember	1972	Noosa	218

Session 3

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
156	F76	Ebony Gorincu	1989	Cougars	208
163	F76	Talicia Gosley	1999	Cougars	127
173	F76	Emily de Rooy	2000	Thunder Barbell	160
245	F76	Chelsea Weston	1993	Ipswich	160
66	F81	Kelsey Francis	2002	Toowoomba	165
240	F81	Erica Hamilton	2001	Cougars	157

Session 4

47	M96	Hunter Levien	1997	North Brisbane	202
74	M96	Ahrie Jerred	2000	Cougars	235
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	M100	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 Aiden	1999	Thunder Barbell	235
500	Guest	Simkin	2002	Thunder Barbell	227

## COMPETITION INFORMATION

# Changes to nominated bodyweight categories is **NOT** possible.

However, changes can be made to entry totals prior to

**12.00 on Thursday 16<sup>th</sup> September 2021**

**To QWA, by email: [qwa@qwa.org](mailto: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 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> 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)