



2022 State Senior Weightlifting Championships

22-23 October

Cougars Weightlifting Club, Chandler, Brisbane

Verification of entries close 5pm Wednesday 19th October

Email qwa@qwa.org or text 0438031377

SESSION	CATEGORIES	WEIGHIN	PRESENTATION
	SATURDAY		
1	F49, 55, 59 (12)	6:00-7:00AM	8:00AM
2	M67, 73 (7)	8:30-9:30AM	10:30AM
3	F64 (13)	10:30-11:30AM	12:30PM
4	M81 (10)	1:00-2:00PM	3:00PM
5	F71 (7)	3:00-4:00PM	5:00PM
6	M89 (12)	5:00-6:00PM	7:00PM
	SUNDAY		
7	F76 (10)	7:00-8:00AM	9:00AM
8	M96 (9)	9:00-10:00AM	11:00AM
9	F81, 87, 87+ (9)	11:00-12:00PM	1:00PM
10	M102, 109, 109+ (6)	1:00-2:00PM	3:00PM

SESSION 1 – F49, 55, 59		WEIGHIN 6:00-7:00AM PRESENTATION 8:00AM			
LIFTER	YOB	CLUB	BWT CAT	TOTAL	
98	Ruth Clun	1996	Thunder Barbell	F49	109
17	Dominika Makosova	1991	Burleigh Barbell	F55	151
58	Roslyn Mangulabnan	1995	Cougars	F55	130
92	Karli Duesbury	1995	Bounce	F55	161
230	Celeste Van Coeverden	1986	None	F55	136
291	Janaya Nikora	1990	Cougars	F55	142
23	Kaitlyn DUGNAN	1992	None	F59	130
69	Tayla Stephens	2005	Cougars	F59	160
132	Hayley Ward	1997	Cougars	F59	151
140	Jessica Malone	1987	None	F59	120
216	Kayla Miller-Gorce	1999	Burleigh Barbell	F59	145
275	Sarah Hearn	1987	Cougars	F59	159

SESSION 2 – M67, 73		WEIGHIN 8:30-9:30AM PRESENTATION 10:30AM			
	LIFTER	YOB	CLUB	BWT CAT	TOTAL
121	David Gilpatrick	1988	Thunder Barbell	M67	203
215	Kev Leong	1995	Ipswich Weightlifting	M67	187
40	Jack Gibson	2004	Cougars	M73	227
177	Brayden Williams	1996	Burleigh Barbell	M73	227
199	Tristan Gibson	1999	Ipswich Weightlifting	M73	218
247	Harper Manz	2004	Burleigh Barbell	M73	202
301	Lachlan Gallegos	1997	Cougars	M73	178

SESSION 3 –		WEIGHIN 10:30-11:30AM PRESENTATION 12:30PM			
	LIFTER	YOB	STATE	BWT CAT	TOTAL
42	Nathalie Lejeune	1989	Body Express	F64	123
94	Ika Ryan	2007	Thunder Barbell	F64	139
96	Rhian Roussos	1990	Cougars	F64	168
103	Nya Hayman	2005	Cougars	F64	168
112	Tori Gallegos	2003	Toowoomba	F64	185
118	Chloe Watkin	1997	Barbell 4017	F64	140
149	Lauren Hastings	2004	Burleigh Barbell	F64	120
162	Halle Mifsud	2000	Thunder Barbell	F64	180
208	Hailinn Diola	1993	Ipswich Weightlifting	F64	150
209	Alecha Mahoney-Piva	1994	Cougars	F64	189
227	Sarah Lorenzo	1991	Cougars	F64	171
248	Lacey Burns	1986	Sunshine Coast	F64	115
267	Emmanuela Romano	1998	Cougars	F64	145

SESSION 4 –		WEIGHIN 1:00-2:00PM PRESENTATION 3:00PM			
	LIFTER	YOB	STATE	BWT CAT	TOTAL
39	James Norman	1996	Cougars	M81	274
93	Jonah Le Bherz	2002	North Brisbane	M81	202
117	John Brazier	1989	Burleigh Barbell	M81	223
142	Alexander Isaac	1993	Cougars	M81	200
147	Luke Herdegen	1992	Burleigh Barbell	M81	231
194	Nathan George	1996	Cougars	M81	220
206	Aiden Simkin	2002	Thunder Barbell	M81	220
220	Lachlan Watt	2006	Thunder Barbell	M81	216
254	Leo Lark	1996	Milton	M81	250
272	Zac Schwitter	1998	Noosa Barbell	M81	240



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SESSION 5 –		WEIGHIN 3:00PM-4:00PM PRESENTATION 5:00PM			
LIFTER	YOB	STATE	BWT CAT	TOTAL	
19	Hannah Norris	1997	Milton	F71	163
20	Maddison Power	2003	Burleigh Barbell	F71	191
37	Candice Lamb	1991	None	F71	156
53	Ebonie Stirling-Gatt	1999	Body Express	F71	123
119	Aisling Scott	1992	Cougars	F71	170
123	Bronte Maund	2000	None	F71	156
246	Rebecca Jakubovsky	1983	Thunder Barbell	F71	124

SESSION 6 –		WEIGHIN 5:00PM-6:00PM PRESENTATION 7:00PM			
LIFTER	YOB	STATE	BWT CAT	TOTAL	
2	Ryan Villiers	1994	Cougars	M89	220
12	Jack Formosa	1988	Cougars	M89	193
45	Marvin Lim	1994	Burleigh	M89	200
68	Ryven Ewing	2002	Bounce	M89	200
70	Deegan Powell	2002	Burleigh Barbell	M89	201
78	Mark Henry	1981	Thunder Barbell	M89	230
128	Taj Marsh	2004	Noosa Barbell	M89	278
130	Liam Saxby	1997	Milton	M89	295
136	Benjamin Thomas	2001	Ipswich Weightlifting	M89	231
138	Joel Gregson	1993	Cougars	M89	290
159	Michael Nides	2002	Bounce	M89	250
184	Alasdair MacDonald	1992	Ipswich Weightlifting	M89	246

SESSION 7 –		WEIGHIN 7:00AM-8:00AM PRESENTATION 9:00AM			
LIFTER	YOB	STATE	BWT CAT	TOTAL	
14	Alana Castle	2007	Burleigh Barbell	F76	135
86	Alanna Bell	1989	Ipswich Weightlifting	F76	176
97	Madeleine Whatman	1998	Burleigh Barbell	F76	150
153	Chelsea Weston	1993	Ipswich Weightlifting	F76	172
161	Olivia Kelly	1993	Ipswich Weightlifting	F76	200
213	Jessica Watzek	1997	Cougars	F76	173
214	Ella Duncombe	1990	Raw Iron	F76	140
243	Kirra Csurhes	2000	Ipswich Weightlifting	F76	172
286	LaRochelle Nel	2000	Fraser Coast	F76	140
296	Adrienne Karniewicz	1984	Cougars	F76	172

SESSION 8 –		WEIGHIN 9:00AM-10:00AM PRESENTATION 11:00AM			
LIFTER	YOB	STATE	BWT CAT	TOTAL	
3	Jessy Young	1986	Fraser Coast	M96	194
22	Kiya Drew	2001	Burleigh Barbell	M96	214
30	Jackson Dahlenburg	1997	Cougars	M96	276
48	Liam Janse van Rensburg	1995	None	M96	252
191	Tyler Woolfe	1999	Ipswich Weightlifting	M96	270
233	Beau Garrett	1990	Cougars	M96	305
239	Cayo Andreotti	1985	Raw Iron	M96	242
257	John Russolillo	1993	Base51	M96	237
297	Ben Ward	2000	Bounce	M96	200

SESSION 9 –		WEIGHIN 11:00AM-12:00PM PRESENTATION 1:00PM			
LIFTER	YOB	STATE	BWT CAT	TOTAL	
108	Kelsey Francis	2002	Toowoomba	F81	160
157	Imogen Crowell	2003	None	F81	142
192	Macy Brockhurst	2000	Cougars	F81	177
271	Tayla Lamerton	1993	Cougars	F81	130
31	Ella Naidoo-Golledge	2003	Ipswich Weightlifting	F87	189
76	Cassie Todd	1991	Burleigh Barbell	F87	160
81	Charjae Cracknell	1996	Burleigh Barbell	F87	165
32	Yasmin Lauaki	1983	Body Express	F87+	173
204	Luiza Sartori	1998	Burleigh Barbell	F87+	145

SESSION 10 –		WEIGHIN 1:00PM-2:00PM PRESENTATION 3:00PM			
LIFTER	YOB	STATE	BWT CAT	TOTAL	
26	Ben Shaw	1991	None	M102	288
135	Alex Murphy	1994	Cougars	M102	209
190	William Findlay	1995	Cougars	M102	240
133	Fraser Harrison	1991	Cougars	M109	265
273	Luke Gardner	1988	Burleigh Barbell	M109+	292
279	Jackson Solofa	1982	Ipswich Weightlifting	M109+	250

Exemption	Darcy Kay
Exemption	Ebony Gorincu
Exemption	Elizabeth Sawyer
Exemption	Kelly Weatherstone
Exemption	Nelson Harris
Exemption	Rebecca McKay
Exemption	Tallis Nunn

COMPETITION INFORMATION

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.



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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 Plaques: 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)

\$100 gift vouchers supplied by Amelia Rose for the top 3 female, and top 3 male lifters of the competition calculated using Sinclair points.

HOUSEKEEPING:

There will be no canteen at the event, however you are able to use the fridge, microwave and water fountain. There are cafes within driving distance at Gumdale, Capalaba and Carindale.

The Aquatic Café located in the pool area is in walking distance.

Please park in Carpark 3 when attending this event.

Remember to wear your Blue Cards – only coaches, TO's and support personnel with Blue Cards are permitted in the FOP (Field of Play) area all other persons need to be in the public spectator area.

There will be a pop-up shop by Amelia Rose operating throughout the event.

<https://byameliarose.com/>