

2025 QWA State Masters in conjunction with Oly in the Outback

Hosted by Saints Weightlifting Club at Miles State High School, Pine Street, Miles 8-9 March



MASTERS ATHLETES

Any changes to bodyweight categories and/or entry totals (20kg rule) must be in by the Verification of Entries, due 12.00pm Wednesday 5th March via email to qwa@qwa.org.

Oly in the Outback ATHLETES

No need to notify bodyweight or entry total changes.

Competition Information

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

Lifting suits/attire must be worn at weigh-in. All Masters 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 Australia.

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

COMPETITORS COMPETING IN Oly in the Outback ONLY:

Are not required to wear a lifting suit **HOWEVER** if you own a lifting suit, we would love to see you in it on the platform.

AWARDS:

- Medals for 1st, 2nd & 3rd place in all age-group & bodyweight categories in the State Masters event.
- Trophies for best female and best male overall masters lifter.
- Oly in the Outback medals for all athletes.
- Prize money for best male & female in U15, Youth, Junior, Senior & Masters age-groups.



Competition Schedule

	SESSION CATEGORIES	WEIGH-IN	START
Saturday			
Session 1	OLY U12 M&F	6.00-6.30am	7.00am
Session 2	F MASTERS 55-74YRS	6.30-7.30am	8.30am
Session 3	M MASTERS 50-79YRS	9.00-10.00am	11.00pm
Session 4	F MASTERS 50-54YRS	11.30-12.30pm	1.30pm
Session 5	M MASTERS 30-49YRS	1.30-2.30pm	3.30pm
Sunday			
Session 6	OLY F Youth/U15	6.00-7.00am	8.00am
Session 7	F MASTERS 40-49YRS	7.30-8.30am	9.30am
Session 8	F MASTERS 30-39YRS	10.00-11.00am	12.00pm
Session 9	OLY M SEN/JUN/YOUTH	12.30-1.30pm	2.30pm
Session 10	OLY F SEN/JUN	2.30-3.30pm	4.30pm

Preliminary Entries

Sessio n 1	Oly in the Outback U12					
44	Iona Kami		2015	30	Sunshine Coast Weightlifting Club	
57	Jaxson Daniels		2016	30	Sunshine Coast Weightlifting Club	
82	Rose Dyer		2015	30	---	
139	Braxton Dyke		2013	40	Bribie Island Weightlifting Club	
146	Hendrix Dyke		2015	55	Bribie Island Weightlifting Club	
300	Harlow Dyke		2017	30	Bribie Island Weightlifting Club	
Session 2	Masters Female			Entry Total	Bodyweight Category	
33	70-74	Julie Davis	1952	57	F58	North Brisbane
194	70-74	Maree Davidson	1960	65	F58	---
160	70-74	Meg Emerton	1953	85	F69	Cougars Weightlifting Club
99	65-69	Sue Cordell	1960	45	F58	Whitsunday
124	60-64	Diana Loy	1965	88	F58	---



76	60-64	Linda Skerman	1965	80	F69	North Brisbane
212	60-64	Bronwyn Hitchener	1962	95	F77	Toowoomba
294	55-59	Erin Oberem	1969	78	F63	Noosa Barbell Club
10	55-59	Sandra Branson	1967	90	F86	Stay True
78	55-59	Althea Mackie	1970	115	F86	Burleigh Barbell Club
281	55-59	Susan Edwards	1966	65	F86+	Rebels
				Entry Total	Bodyweight Category	
Session 3	Masters Male					
25	75-79	Ludek Prokes	1949	65	M88	Dungeon Barbell Club
296	65-69	Gregory Hobl	1960	70	M88	Toowoomba
54	60-64	Michael Riggall	1965	130	M79	Milton
230	60-64	Robert Stanton	1964	108	M88	---
107	55-59	Johnny West	1968	172	M88	Noosa Barbell Club
268	55-59	James Mildren	1967	170	M98	Dungeon Barbell Club
7	55-59	Peter Foster	1967	150	M110	Southside Storm
235	55-59	Paul Walters	1968	135	M110	Bribie Island
225	50-54	Tony Lisciandro	1974	155	M71	Whitsunday
115	50-54	Steven Graham	1973	180	M79	Ipswich
118	50-54	Tinkham Vongphrachanh	1975	120	M79	Body Express
177	50-54	Michael O'Connor	1974	135	M88	Burleigh Barbell Club
273	50-54	Gerard Nelson	1972	160	M98	Southside Storm
				Entry Total	Bodyweight Category	
Session 4	Masters Female					
259	50-54	Sonia Stenhouse	1971	86	F58	Saints Weightlifting
298	50-54	Malgorzata Soroka	1973	100	F63	---
65	50-54	Evonne Sinclair	1974	100	F69	AKWL Gold Coast
173	50-54	Jean Friend	1974	30	F69	Sunshine Coast
237	50-54	Bonney Douglas	1975	108	F69	Rebels
179	50-54	Theresa Major	1975	95	F77	Noosa Barbell Club
260	50-54	Dale Donaghue	1971	100	F86	Sunshine Coast

266	50-54	Rebecca Wright	1975	78	F86	Barbell 4017
8	50-54	Libby Macdonald	1972	100	F86+	Stay True
68	50-54	Lee-Anne Spinks	1973	74	F86+	Barbell 4017
Session 5	Masters Male			Entry Total	Bodyweight Category	
171	45-49	Bobby Johnson	1977	180	M79	Southside Storm
189	45-49	Mark O'Halloran	1978	150	M88	Cougars Weightlifting
181	45-49	Matthew Jenkinson	1979	160	M98	---
271	45-49	Ignatius Papenga	1980	200	M110	Southside Storm
64	40-44	Simon Chadwick	1981	175	M88	Toowoomba
247	40-44	Justin Connor	1985	200	M88	Burleigh Barbell Club
205	40-44	Jan Greyling	1981	220	M110+	Dux Weightlifting
55	35-39	Trent Thurtell	1988	194	M79	Burleigh Barbell Club
152	35-39	Samuel Saxby	1989	180	M88	Dux Weightlifting Club
28	35-39	Ben Trousdell	1986	240	M98	Milton Weightlifting Club
5	35-39	Kain Old	1989	160	M110	
77	30-34	Zack Hansen	1995	203	M79	United Barbell
138	30-34	Blayze Sherry	1991	270	M98	North Brisbane
17	30-34	Fraser Harrison	1991	250	M110	Rebels
98	30-34	Jesse Watts	1994	195	M110+	Ipswich Weightlifting
Session 6	Oly in the Outback					
	Youth					
93	Mahalia Davidson		2009	100	Bribie Island Weightlifting Club	
154	Marcella Kendall		2009	60	Stay True Weightlifting Club	
283	Jayda Williams		2008	124	Toowoomba Weightlifting	
	U15					



37	Tiare Kami		2012	30	Sunshine Coast Weightlifting Club	
101	Kenzie Friend		2013	30	Sunshine Coast Weightlifting Club	
183	Summa Salisbury		2011	77	Saints Weightlifting Club	
226	Eva Acaison		2011	95	---	
Session 7	Masters Female			Entry Total	Bodyweight Category	
213	45-49	Jade Sharp	1980	50	F63	Bribie Island Weightlifting
276	45-49	Christine Angell	1977	120	F69	Rebels
73	45-49	Kirrily Dowd	1977	80	F86	Noosa Barbell Club
219	45-49	Rachelle Young	1979	131	F86	United Barbell
244	45-49	Leah Chandler	1978	100	F86	Milton
75	45-49	Helen Mclachlan	1976	55	F86+	Rebels
130	45-49	Telia Kaye Tonkin	1976	50	F86+	Northwest Powerhouse
274	40-44	Natalie Marshall	1985	145	F63	Noosa Barbell Club
257	40-44	Amy Goodwin	1982	115	F77	Ipswich
113	40-44	Sarah Bunyan	1985	100	F86	AKWL Gold Coast
36	40-44	Caroline Jones	1984	95	F86+	---
87	40-44	Jacque Kendall	1983	80	F86+	Stay True
Session 8	Masters Female			Entry Total	Bodyweight Category	
47	35-39	Amy Slater	1989	77	F63	Saints Weightlifting
262	35-39	Erika Yamasaki	1987	145	F69	---
96	35-39	Melissa Hitchcock	1987	80	F86	Northwest Powerhouse
185	35-39	Tanya Eames	1987	119	F86	Toowoomba
6	35-39	Kara-Mea Jo Thompson	1988	130	F86+	North Brisbane
103	35-39	Hannah Morgan	1986	125	F86+	Ipswich
180	35-39	Tori Burfield	1988	125	F86+	Rebels
195	30-34	Hailinn Diola	1993	150	F63	Ipswich
14	30-34	Sammy Johnston	1990	100	F77	AKWL Gold Coast
151	30-34	Kaysie Florance	1993	133	F77	United Barbell

129	30-34	Olivia Forrest	1991	115	F86	Northwest Powerhouse
243	30-34	Isabel O'Callaghan	1991	110	F86+	---
251	30-34	Emily Upton	1992	135	F86+	Milton
295	30-34	Laura Abrey	1992	92	F86+	Stay True
Session 9	Male Oly in the Outback					
	Senior					
48	Jakob Daniels		1995	275	Sunshine Coast Weightlifting Club	
132	Shaun Casey		1985	160	Saints Weightlifting Club	
211	Jayden Evans		1998	110	Stay True Weightlifting Club	
278	Kyle Stevens		1997	230	Stay True Weightlifting Club	
	Youth					
21	Thomas Mckay		2008	138	Project Barbell Club	
144	James Symes		2011	69	Saints Weightlifting Club	
232	Damian Saunders		2009	110	---	
233	Levi Davidson		2008	213	Bribie Island Weightlifting Club	
	Junior					
155	Tait Stuart		2005	186	Toowoomba Weightlifting	
Session 10	Female Oly in the Outback					
	Senior					
43	Natasha Nilsson		1992	50	Rebels Weightlifting Club	
52	Katie Wollstein		1998	130	Toowoomba Weightlifting	
59	Kylie Salisbury		2002	110	Saints Weightlifting Club	
63	Laura Mclachlan		2003	100	Rebels Weightlifting Club	
71	Kelsey Francis		2002	170	Toowoomba Weightlifting	
89	Emory Black		1989	70	Saints Weightlifting Club	
167	Le Minh Thu Huynh		1993	150	Athletic Compound Weightlifting Club - SA	



	Junior					
35	Charlotte Goodwin		2006	120	Ipswich Weightlifting Club	
236	Lilliana Kendall		2006	122	Stay True Weightlifting Club	

Exemptions:

Alan Slack	approved
Barbara McKellar	approved
Callum Hannay	approved
Camielle Honrade	approved
Cherise Walmsley	approved
Courtney Haley	approved
Danielle Hall	approved
Dash Newington	approved
Dion Walmsley	approved
Gab Snowdon	approved
Jen Maarseveen	approved
Jessica Malone	approved
Jim Mildren	approved
Katie Harrold	approved
Leandra Miscamble	approved
Lok Yee Lam	approved
Mel Fenwick	approved
Mikaela Ferguson	approved
Minoru Yamasaki	approved
Penny Tudberry	approved
Rachel McEwan	approved
Ray Loudon	approved
Red Windle	approved
Rochelle Kay	Approved
Kasie Hunter	Approved
	AWAITING
Cayo Andreotti	APPROVAL
	AWAITING
Meg Wellby	APPROVAL