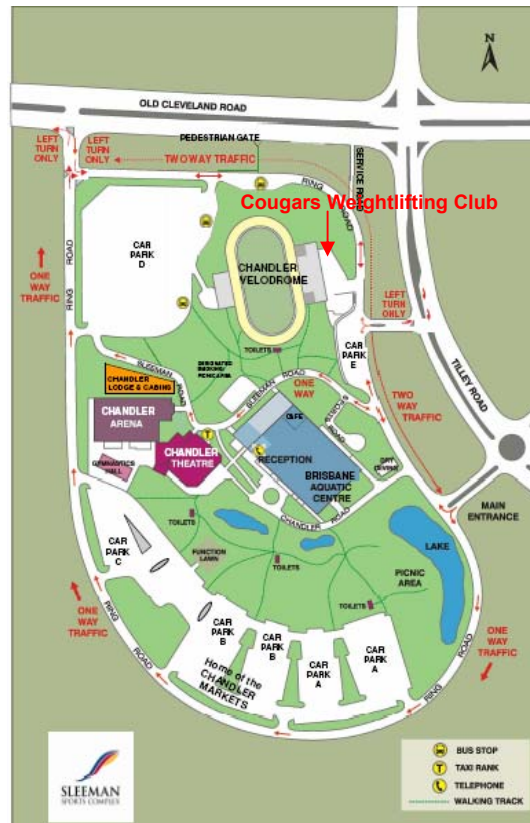


QWA League & Masters League Round 1
Cougars Weightlifting Club
The Sleeman Sports Complex, Tilley Road, Chandler, Brisbane Qld
Saturday, 13th February 2010



Competition Venue

The competition will be held in Cougars Weightlifting Club, located under the eastern side of the velodrome in the Sleeman Sports Complex, corner of Old Cleveland Road & Tilley Road, Chandler.

Important Notice

Competitors must wear clothing which conforms to the rules of the International Weightlifting Federation, as follows:

The costume:

- may be one-piece or two pieces but must cover the trunk of the competitor;
- must be close fitting;
- must be collar-less;
- may be of any colour;
- must not cover the elbows;
- must not cover the knees.

A T-shirt may be worn under the costume. The sleeves must not cover the elbows. This shirt must be collar-less.

Close fitting leotard / cycling trunks may be worn under or over the costume. They must not cover the knees.

An example of an acceptable two-piece costume would be: "Bike pants" which are close fitting and do not cover the knees plus a collarless T shirt or singlet which covers the trunk, is close fitting and does not cover the elbows.

Entrants will not be permitted to compete in clothing that does not conform to the rules above.

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Competition Timetable

Group 1 Weigh in: 7:00 – 8:00 am Start: 9:00 am

Lot	Name	Y.O.B	Club	Division	PB Sn	PB C&J	PB Total
2	Lesley Moyle	1945	Honeybadgers	4 & Masters	31	43	74
4	Valerie Silver	1949	Cougars	4 & Masters	32	44	76
12	Diana Loy	1965		2 & Masters	61	81	138
13	Leandra Miscamble	1956	Honeybadgers	4 & Masters	31	47	77
16	Michelle Kinnane	1971	Honeybadgers	4 & Masters	38	48	85
21	Deborah Oliver	1954	Honeybadgers	4 & Masters	30	43	73
22	Julie Davis	1952	Honeybadgers	4 & Masters	24	38	62
36	Jenny Butler	1973	Honeybadgers	2 & Masters	60	74	133
57	Sue Cox	1961	Honeybadgers	4 & Masters	39	51	89
60	Vicki Brady	1943	Cougars	4 & Masters	28	34	62
63	Bronwyn Hitchener	1962	Toowoomba	3 & Masters	50	61	111
85	Lisa Souter	1973	Toowoomba	2 & Masters	53	69	121

Group 2 Weigh in: 9:00 – 10:00 am Start: 11:00 am

Lot	Name	Y.O.B	Club	Division	PB Sn	PB C&J	PB Total
47	Tom Hall	1988		3	72	82	154
65	Lawrie Townsend	1951	Honeybadgers	3 & Masters	70	95	165
67	Trevor Walz	1952		4 & Masters	N/A	N/A	N/A
75	Peter Foster	1967	Cougars	1 & Masters	116	135	250
76	Tim Steele	1968	Sunshine Coast	3 & Masters	72	93	164
80	Bob Henderson	1943	Sunshine Coast	3 & Masters	65	77	137
82	John Hanlon	1966	Cougars	3 & Masters	78	105	183
86	Ben Grzes	1950	Cougars	4 & Masters	58	80	135
94	Michael Winn	1994	USQ	3	62	80	142
95	Jake Ratcliffe	1994	Toowoomba	3	66	78	144
98	Barry Harden	1959	Sunshine Coast	2 & Masters	90	110	199
100	Lamson Nguyen	1982	USQ	3	75	97	172

Group 3 Weigh in: 11:00 am – 12:00 noon Start: 1:00 pm

Lot	Name	Y.O.B	Club	Division	PB Sn	PB C&J	PB Total
7	Henry Wen	1993	Brisbane Grammar	2	82	101	183
35	Luke Gardner	1988	Cougars	1	124	162	286
37	Scott Clark	1991	Sunshine Coast	1	90	110	198
38	Alex Maskiell	1986	Cougars	2	84	107	190
50	Troy Hewkins	1986	Cougars	1	135	167	300
58	Robert Galsworthy	1989	Cougars	2	138	176	314
71	Lad Singh	1983	Cougars	1	142	167	309
74	Laurence Reilly	1989	Cougars	2	65	81	144
78	Darryl Hockins	1988	Toowoomba	2	82	108	188
81	Ben Turner	1984	Cougars	1	130	165	295
87	Nathan Kahi	1992	Cougars	1	100	130	225
90	Sam Baumann	1992	Cougars	2	65	87	152
91	Dean Lukin	1983	Cougars	1	121	166	287

Note: PB's are the lifters' best results in competitions held after 1 January 2008.

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Group 4 Weigh in: 1:30 – 2:30 pm Start: 3:30 pm

Lot	Name	Y.O.B	Club	Division	PB Sn	PB C&J	PB Total
8	Michelle Kahi	1994	Cougars	1	76	91	166
17	Melissa Robinson	1981	Cougars	1	66	84	148
20	Amanda Phillips	1981	Cougars	1	85	113	198
25	Kara Stuart	1994	Toowoomba	3	37	47	84
26	Bianca Sheppard	1992	Toowoomba	1	68	78	144
27	Kim Hanssen	1986	Cougars	3	51	67	117
31	Emma Hitchener	1992	Toowoomba	4	38	50	88
48	Bonnie Sleeman	1993	Cougars	2	66	78	142
51	Tanya Beths	1989	Cougars	3	50	62	112
79	Stacy Koh	1985	Cougars	4	40	51	91
96	Christine Meier	1983	Cougars	1	69	80	149

Group 5 Weigh in: 3:30 – 4:30 pm Start: 5:30 pm

Lot	Name	Y.O.B	Club	Division	PB Sn	PB C&J	PB Total
1	Alexander Beddall	1996	Cougars	4	N/A	N/A	N/A
9	James Norman	1996	Cougars	4	N/A	N/A	N/A
11	Andrew Adams	1995	Sunshine Coast	4	42	60	100
15	James Blake	1989		4	62	78	140
19	Matt Skinner	1990	USQ	4	66	90	156
28	Joshua Wu	1996	Cougars	4	40	45	85
32	Jakob Daniels	1995	Sunshine Coast	4	47	55	96
46	Michael Walters	1995	Cougars	4	N/A	N/A	N/A
53	Norman Hanna	1981	Toowoomba	4	N/A	N/A	N/A
59	Korey Watson-Watt	1996	Cougars	4	N/A	N/A	N/A
61	Aaron Sym	1995	Sunshine Coast	4	51	61	112
84	Joshua Wegert	1996	USQ	4	31	42	73
89	Hugh McPhail	1995	Sunshine Coast	4	52	65	117

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