



**2023 QUEENSLAND U13/U15 & YOUTH CHAMPIONSHIPS**  
 IPSWICH WEIGHTLIFTING CLUB – 6 PARROTT ST, RACEVIEW, IPSWICH  
 26-27 August 2023  
**Preliminary entries**

SATURDAY 26 AUGUST			
SESSION	CATEGORIES	WEIGHIN	PRESENTATION
1	M49, 55, 67 (12)	8:00-9:00AM	10:00AM
2	F45, 55 (7)	10:00-11:00AM	12:00PM
3	U13 MODIFIED (4)	12:30-1:00PM	1:30PM
4	F59, 64 (10)	12:30-1:30PM	2:30PM
5	M73 (8)	2:30-3:30PM	4:30PM
SUNDAY 27 AUGUST			
SESSION	CATEGORIES	WEIGHIN	PRESENTATION
6	F71, 76 (8)	8:00-9:00AM	10:00AM
7	M81, 89, 102+ (7)	10:00-11:00AM	12:00PM
8	F81, 81+ (7)	11:30-12:30PM	1:30PM

**VERIFICATION OF ENTRIES CLOSE 12:00PM WEDNESDAY 23/8/2023 VIA EMAIL TO [QWA@QWA.ORG](mailto:QWA@QWA.ORG)**

	BWT CAT		YOB	CLUB	TOTAL	U15	Youth
	<b>SESSION 1</b>	<b>WEIGHIN 8:00AM – 9:00AM PRESENTATION 10:00AM</b>					
211	M49	Jonah Honeywood	2010	North Brisbane	58	√	√
255	M49	Atticus Manz	2010	Burleigh	94	√	√
25	M55	Ben Catlow-Elliott	2006	Cougars	113		√
73	M55	Callum Andersen	2009	Thunder Barbell	80	√	√
85	M55	Tyson Eaborn	2009	Cougars	91	√	√
29	M67	Cooper Lydement	2007	Barbell 4017	130		√
67	M67	Nate Thorley	2008	Ipswich	150	√	√
114	M67	Kase Dowd	2009	Noosa Barbell	83	√	√
224	M67	Charlie Garnier	2010	Cougars	80	√	√
232	M67	Levi Deans	2006	Sunshine Coast	190		√
256	M67	Alexander Hewitt	2007	Barbell 4017	90		√
290	M67	Jason Marquis	2006	None	140		√
	<b>SESSION 2</b>	<b>WEIGHIN 10:00AM – 11:00AM PRESENTATION 12:00PM</b>					
151	F55	Alexandra Timchur	2009	Sunshine Coast	98	√	√
167	F45	Sienna Lambert	2008	Hero Weightlifting	98	√	√
34	F55	Caitlin van Waveren	2009	Cougars	75	√	√
35	F55	Heidi Smith	2009	Sunshine Coast	75	√	√
175	F55	Mahalia Davidson	2009	Bribie Island	53	√	√
237	F55	Zoe Christie	2008	None	117	√	√
285	F55	Olivia Coker	2008	Ipswich	100	√	√





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	<b>SESSION 3</b>	<b>WEIGHIN 12:30PM – 1:00PM</b>					
		<b>PRESENTATION 1:30PM</b>					
52	U13	Kenzie Friend	2013	Sunshine Coast	30	X	X
182	U13	Kenzie McLaren	2011	Cougars	30	X	X
231	U13	Pippa Harvey	2013	Bribie Island	37	X	X
299	U13	Lawson Solofa	2013	Ipswich	88	X	X
	<b>SESSION 4</b>	<b>WEIGHIN 12:30PM – 1:30PM</b>					
		<b>PRESENTATION 2:30PM</b>					
106	F59	Katiah Marriage	2008	Whitsunday	85	√	√
124	F59	Georgia Sadler	2008	Milton	101	√	√
241	F59	Charlotte Goodwin	2006	Ipswich	115		√
265	F59	Ellie Tuluauau	2008	Ipswich	103	√	√
88	F64	Holly Souter	2008	Toowoomba	117	√	√
115	F64	Ika Ryan	2007	Thunder Barbell	140		√
65	F64	Lainey Beutel	2009	Cougars	30	√	√
212	F64	Saige Groves	2008	Cougars	136	√	√
221	F64	Yasmin Aziz	2008	Milton	120	√	√
	<b>SESSION 5</b>	<b>WEIGHIN 2:30PM – 3:30PM</b>					
		<b>PRESENTATION 4:30PM</b>					
61	Guest	Reuben Rui Yang Pek	2011	Singapore	100	Guest	guest
75	M73	Samuel Honeywood	2008	North Brisbane	134	√	√
116	M73	Tyson Williams-Allen	2007	Whitsunday	169		√
137	M73	Cooper Ward	2009	Noosa Barbell	121	√	√
141	M73	Ethan van Waveren	2006	Cougars	160		√
158	M73	Ayrton Risby	2006	Cougars	222		√
186	M73	Levi Davidson	2008	Bribie Island	140	√	√
198	M73	Amalachi Smith	2010	Ipswich	75	√	√
	<b>SESSION 6</b>	<b>WEIGHIN 8:00AM – 9:00AM</b>					
		<b>PRESENTATION 10:00AM</b>					
63	F71	Kaiya Ngahina Marsh	2006	Noosa Barbell	138		√
84	F71	Natasha Lynch	2006	North GCoast	133		√
174	F71	Chloe Dolley	2010	Toowoomba	75	√	√
183	F71	Poppy Priestley	2006	Cougars	110		√
258	F71	Lily Hayes	2008	Ipswich	100	√	√
270	F71	Harper Talbot	2008	Cougars	120	√	√
300	F71	Jasmine Nicholls	2007	Barbell 4017	100		√
294	F76	Sophie Sears	2008	North G Coast	105	√	√





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	<b>SESSION 7</b>	<b>WEIGHIN 10:00AM – 11:00AM PRESENTATION 12:00PM</b>				<b>U15</b>	<b>Youth</b>
260	M81	Harry Seaton	2010	Toowoomba	81	√	√
276	M81	Rhys Williams-Allen	2009	Whitsunday	80	√	√
111	M89	Jack Lafferty	2006	Noosa Barbell	209		√
193	M89	Connor Hopgood	2008	North Gold Coast	155	√	√
218	M89	Fraser Keeton	2006	Barbell 4017	120	√	√
13	M102+	Brock Howard	2010	Cougars	60	√	√
99	M102+	Hilton Im	2007	Cougars	198		√
	<b>SESSION 8</b>	<b>WEIGHIN 11:30-12:30PM PRESENTATION 1:30PM</b>					
181	F81	Lilliana Kendall	2006	Stay True	116		√
251	F81	Paige Crowell	2009	Athletica	61	√	√
80	F81	Reagan Wood	2009	Toowoomba	89	√	√
398	F81	Naylah Goble-Lote	2009	North GC	130	√	√
148	F81+	Jazelle Batty	2008	Barbell 4017	42	√	√
179	F81+	Addison Jeffries	2008	Ipswich	125	√	√
59	F81+	Mackenzie Crowley	2008	Ipswich	70	√	√
101	F81+	Abbey Hancock	2006	Ipswich	116		√
		<b>Exemptions</b>					
		Lachlan Watt		Approved			
		Sophie Daly		Require Supporting documentation			

**THERE WILL BE AN ONSITE CANTEEN – PLEASE SUPPORT IWC IN THEIR FUNDRAISING EFFORTS.**

**THE QWA POP-UP SHOP WILL BE AVAILABLE FOR ALL YOUR NATIONALS' UNIFORM ITEMS  
 PRE-ORDER ITEMS FOR COLLECTION AT THE EVENT & SAVE ON POSTAGE [HTTPS://QWASHOP.ORG/](https://qwashop.org/)**

**LETS WORK TOGETHER TO KEEP EVERYONE WELL - Please wash your hands or use hand sanitizer; and do not attend if you are unwell.**

Volunteer schedule: <https://www.signupgenius.com/go/10C0949AEAD2BA3FDC07-state2>





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Regulations	<ul style="list-style-type: none"> <li>• Athletes competing in the U15 &amp; Youth age-group must produce Photo ID at the weigh-in. Failure to produce ID will result in the athlete not being permitted to contest the event.</li> <li>• Athletes competing in the U13 modified competition are not required to provide Photo ID at weigh-in</li> <li>• Competition Uniform: Close-fitting pants (shorts/bike pants) and a close-fitting t-shirt that does not cover the elbows is the minimum requirement.</li> <li>• Competitors may also wear: A one-piece lifting suit.</li> <li>• <b>The competition uniform requirement listed in the above 2 points are also the outfit requirements for weigh-in.</b></li> <li>• Competitors can wear:       <p>A collarless T shirt under a one-piece lifting suit</p> <p>Close-fitting pants under a one-piece lifting suit</p> <p>A full body, one-piece unitard under a one-piece lifting suit</p> <p>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</p> </li> <li>• Competitors <b>cannot</b> wear: Loose fitting clothing          Anything that covers the elbows (apart from a unitard)          Shirts with collars          Any clothing that displays words, slogans, or images <b>other than</b> brand trademarks and/or weightlifting club / team names or logos          Lifting belts wider than 120mm</li> <li>• Any athlete not registering a result in the Snatch <b>will not</b> be allowed to participate in the Clean &amp; Jerk section of the competition</li> <li>• <b>The 20kg rule will not be in use at this competition</b></li> </ul>
Awards	<ul style="list-style-type: none"> <li>• Individualised Participation Certificates for all participants</li> <li>• Participation medals for all U13 entrants</li> <li>• Gold, Silver &amp; Bronze medals for each bodyweight category in both U15 &amp; Youth age-groups for males &amp; females</li> <li>• Best lifter trophies for males &amp; females in U13, U15 &amp; Youth age-groups calculated using Sinclair points</li> </ul>
U13 Modified Competition Information mandated by the	<ul style="list-style-type: none"> <li>• Exclusive sessions are conducted for Child Participants only. These sessions <b>may</b> be adjudicated by one Referee.</li> <li>• Child Participants must always be supervised and instructed by an accredited AWF Licenced Weightlifting Coach while engaged in weightlifting activities, including competitions.</li> </ul>





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Australian Weightlifting Federation	<ul style="list-style-type: none"><li>• Child Participants must wear clothing that is age appropriate, i.e. not too revealing or suggestive. For example, a T-shirt or singlet that completely covers the torso, and sport shorts, would be an acceptable outfit. They are not required to wear a one-piece weightlifting costume but may do so if they choose. They must wear closed-in shoes that provide protection, grip and stability.</li><li>• Modified barbells, e.g. aluminium bars, plastic discs, plastic collars, etc., may be used</li></ul> <p><b>Participants in competition.</b></p> <ul style="list-style-type: none"><li>• There are no Bodyweight Categories and no Records for Child Participants. Children are encouraged to participate in weightlifting for their enjoyment, and to develop and practice skills. Child Participants are weighed for the purpose of consistency in results management.</li></ul> <p><b>Weigh-in Procedure for Child Participants</b></p> <ul style="list-style-type: none"><li>• The weigh-in commences one hour before the start of the competition session and lasts for 30 minutes.</li><li>• The weigh-in is conducted in an open area, or in a room which is open to public view, i.e. the door must remain open when there is a child in the room.</li><li>• Child Participants may remove their shoes and socks, but otherwise they remain clothed and are weighed in the presence of two adults.</li><li>• It is strongly recommended that the child's parent/guardian be present at the weigh-in whenever possible.</li></ul> <p><b>Results</b></p> <ul style="list-style-type: none"><li>• While the focus of the participation of children should be on enjoyment and learning, it is still useful to record results for their own interest and to track their progress.</li><li>• The results of Child Participant sessions will be uploaded to the AWF website along with all other competition sessions. The AWF results system will separate the Child Participants' sessions from the main competition, in the presentation of results on the website.</li><li>• Note that only results by those aged over 10yrs of age will appear on the AWF website.</li></ul>
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