

# 2023 State Masters Weightlifting Championships + Oly in the Outback

Miles State High School, Pine Street, Miles  
2-3 DECEMBER 2023



## MASTERS ATHLETES

Any changes to bodyweight categories and/or entry totals must be in by the Verification of Entries, due 12.00pm Wednesday 29th November via email to [qwa@qwa.org](mailto:qwa@qwa.org).

## OLY IN THE OUTBACK ATHLETES

No need to notify changes of bodyweight or entry totals.

## 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 covers 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.
- Oly in the Outback participation medals and gift to all participants across the event.
- Prize money & trophy for Best Master M & F, Best Senior M & F, Best Junior M & F, Best U15 M & F \$100 EACH.
- Trophy for best U13 lifter.
- Boks Pure Bacon prizes for Masters age-group winners M & F



## Competition Schedule

SESSION	CATEGORIES	WEIGH-IN	START
<b>Saturday</b>			
1	U13 (7)	7.00-7.30am	8.00am
2	Masters F 70-74, 65-69, 55-59, 50-54 (10)	7.00-8.00am	9.00am
3	Masters Male 70-74, 60-64, 55-59 (7)	9.00-10.00am	11.00am
4	Masters F 45-49, 40-44 (14)	11.00-12.00pm	1.00pm
5	Senior M & F Oly In The Outback (14)	1.30-2.30pm	3.30pm
<b>Sunday</b>			
6	U15 M & F Oly In The Outback (11)	6.00-7.00am	8.00am
7	Masters F 35-39 (9)	8.00-9.00am	10.00am
8	Masters M 50-54, 45-49, 40-44 (8)	10.00-11.00am	12.00pm
9	Masters M 35-39 (8)	11.30-12.30pm	1.30pm
10	Junior M & F Oly In The Outback (10)	1.30-2.30pm	3.30pm

## Preliminary Entries

<b>Session 1</b>					
<b>U13 Female &amp; Male</b>					
294	Pippa Harvey	F	2013	40	Bribie Isl
63	Arabella Soutar	F	2011	35	NBWA
258	Eva Acason	F	2011	30	Nil
84	Summa Salisbury	F	2011	30	Saints
183	Kenzie Friend	F	2013	30	SCWC
309	River French	M	2012	30	Nil
450	Jaxon Daniels	M	2016		SCWC

### Session 2

#### Masters Female 70-74

64	Julie Davis	F	1952	60	F55
260	Meg Emerton	F	1953	78	F71

#### Masters Female 65-69

193	Shirley Makin	F	1955	30	F76
-----	---------------	---	------	----	-----

#### Masters Female 55-59

218	Diana Loy	F	1965	95	F59
13	Linda Skerman	F	1965	89	F71
80	Sandra Branson	F	1967	95	F87

#### Masters Female 50-54

251	Erin Oberem	F	1969	76	F59
302	Malgorzota Soroka	F	1973	115	F76
301	Dale Donaghue	F	1971	115	F87
148	Libby Macdonald	F	1972	97	F87+

### Session 3

#### Masters Male 70-74

16	Alexander Croot	M	1952	90	M89
----	-----------------	---	------	----	-----

#### Masters Male 60-64

105	Gregory Hobl	M	1960	130	M81
-----	--------------	---	------	-----	-----

#### Masters Male 55-59

200	Nick Radge	M	1967	130	M89
266	John Hanlon	M	1966	110	M89
10	James Mildren	M	1967	170	M96
55	Edward Stenhouse	M	1964	100	M96
176	Peter Foster	M	1967	135	M109+

### Session 4

#### Masters Female 45-49

164	Bonney Douglas	F	1975	90	F71
262	Jean Friend	F	1974	86	F76
500	Kirrily Dowd	F	1977	77	F87
54	Joanne Phillips	F	1975	137	F87+
219	Telia Tonkin	F	1976	50	F87+

#### Masters Female 40-44

41	Lee-Ann Crooks	F	1980	86	F59
6	Rachel Mc Ewan	F	1983	127	F64
144	Camielle Honrade	F	1981	107	F64
308	Esther Moir	F	1979	71	F64
120	Anna Thomson	F	1979	158	F71
202	Alexandra Crowell	F	1983	120	F71
90	Disa Caspersen	F	1980	110	F76
155	Jacque Kendall	F	1983	60	F87
305	Yasmin Lauaki	F	1983	155	F87+

### Session 5

#### Senior Female & Male Oly in the Outback

85	Chloe Kerwick	F	1996	165	Saints
29	Kelsey Francis	F	2002	150	Toowoomba
224	Siobhaun Hahn	F	2001	119	Saints
290	Kylie Salisbury	F	2002	105	Saints
256	Sarah Nash	F	1998	80	Toowoomba
73	Laura Abrey	F	1992	55	Stay True
308	Jakob Daniels	M	1995	292	SCWC
67	Fraser Harrison	M	1991	271	Cougars
295	Brayden Williams	M	1996	252	Burleigh
151	Tristan Gibson	M	1999	220	Ipswich
232	Mason Luxford	M	1989	185	Bribie Island
167	Liam Hanlon	M	1996	125	Southside Storm
310	Kaleb Scheffe	M	1994	120	Stay True
255	Michael Shepherd	M	1974	30	Saints

### Session 6

#### U15 Female & Male

65	Holly Souter	F	2008	120	Toowoomba
77	Mahalia Davidson	f	2009	70	Bribie Island
221	Helena Hanlon	F	2009	41	Southside Storm
212	Milla Shepherd	F	2008	30	Saints
198	Ava Nelson	F	2010	30	Southside Storm
158	Lacey Bradford	F	2010	30	Saints
75	Cooper Ward	M	2009	127	Noosa
116	Damian Saunders	M	2009	105	None
141	Conor Thomas	M	2008	85	Noosa
252	Kase Dowd	M	2009	75	Noosa
174	Darcy Shepherd	M	2010	30	Saints

### Session 7

#### Masters Female 35-39

38	Celeste Van Coeverden	F	1986	143	F55
150	Natalie Marshall	F	1985	133	F59
298	Jessica Malone	F	1987	115	F64
244	Erika Yamasaki	F	1987	100	F71
33	Kathryn Harvey	F	1988	95	F81
83	Alissa Chant	F	1987	135	F87
1	Red Wiard	F	1985	143	F87
307	Hannah Morgan	F	1986	113	F87+
264	Tanya Eames	F	1987	111	F87+

### Session 8

#### Masters Male 50-54

109	Steven Graham	M	1973	180	M73
-----	---------------	---	------	-----	-----



36	Gerard Nelson	M	1972	181	M96
<b>Masters Male 45-49</b>					
171	Bobby Johnson	M	1977	201	M81
217	Jason McNamara	M	1975	130	M89
306	Tinkham Vongprachanh	M	1975	75	M89
238	Matt Jenkinson	M	1979	180	M102
<b>Masters Male 40-44</b>					
222	Jarrad McCarthy	M	1983	184	M102
201	Ignatius Papenga	M	1980	200	M102+

### Session 9

#### Masters Male 35-39

145	David Gilpatrick	M	1988	213	M73
268	Justin Connor	M	1985	230	M89
277	Ben Trousdell	M	1986	220	M96
203	Cayo Andreotti	M	1985	230	M96
87	Shaun Casey	M	1985	150	M96
46	Andrew Taylor	M	1988	230	M102
274	Joshua Barkley	M	1985	170	M102
134	Luke Gardner	M	1988	200	M109+

### Session 10

#### Junior Female & Male

237	Kaiya Marsh	F	2006	138	Noosa
178	Lilliana Kendall	F	2006	116	Stay True
285	Taylah Blaik	F	2003	85	Stay True
241	Taj Marsh	M	2004	301	Noosa Barbell
61	Angus Ward	m	2003	251	Noosa
124	Jack Lafferty	M	2006	240	Noosa
231	Liam Smith	M	2004	187	Stay True
265	Tait Stuart	M	2005	184	Toowoomba
52	Eli Frew	M	2003	90	Noosa
106	Klay Dowd	M	2007	90	Noosa