

# 2025 QWA State Masters in conjunction with Oly in the Outback

Hosted by Saints Weightlifting Club at Miles State High School, Pine Street, Miles 3-4 May



## 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 30<sup>th</sup> April via email to [qwa@qwa.org](mailto: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.

**Confirmed**

## Competition Schedule

	SESSION CATEGORIES	WEIGH-IN	START
<b>Saturday</b>			
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
<b>Sunday</b>			
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

Session 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	---	
101	Kenzie Friend		2013	30	Sunshine Coast Weightlifting Club	
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
160	70-74	Meg Emerton	1953	85	F69	Cougars Weightlifting Club
99	65-69	Sue Cordell	1960	45	F58	Whitsunday
194	65-69	Maree Davidson	1960	65	F58	---
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
10	55-59	Sandra Branson	1967	90	F86	Stay True
281	55-59	Susan Edwards	1966	65	F86+	Rebels
				Entry Total	Bodyweight Category	
<b>Session 3</b>	<b>Masters Male</b>					
400	75-79	Ludek Prokes	1949	65	M88	Dungeon
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	Mervyn Tottman	1969	160	M88	Sunshine Coast
235	55-59	Paul Walters	1968	115	M110	Bribie Island
225	50-54	Tony Lisciandro	1974	155	M71	Whitsunday
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
<b>Session 4</b>	<b>Masters Female</b>			Entry Total	Bodyweight Category	
259	50-54	Sonia Stenhouse	1971	86	F58	Saints Weightlifting
298	50-54	Malgorzata Soroka	1973	100	F63	---
237	50-54	Bonney Douglas	1975	108	F69	Rebels
173	50-54	Jean Friend	1974	30	F77	Sunshine Coast
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
<b>Session 5</b>	<b>Masters Male</b>			<b>Entry Total</b>	<b>Bodyweight Category</b>	
171	45-49	Bobby Johnson	1977	180	M79	Southside Storm
402	45-49	James Graham	1977	160	M88	Cougars
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
138	30-34	Blayze Sherry	1991	270	M98	North Brisbane
17	30-34	Fraser Harrison	1991	250	M110	Rebels
48	30-34	Jakob Daniels	1995	275	M110+	Sunshine Coast
98	30-34	Jesse Watts	1994	195	M110+	Ipswich Weightlifting
<b>Session 6</b>	<b>Oly in the Outback</b>					
	<b>Youth</b>					
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	
	<b>U15</b>					
37	Tiare Kami		2012	30	Sunshine Coast Weightlifting Club	

183	Summa Salisbury		2011	77	Saints Weightlifting Club	
226	Eva Acason		2011	95	---	
<b>Session 7</b>	<b>Masters Female</b>			<b>Entry Total</b>	<b>Bodyweight Category</b>	
213	45-49	Jade Sharp	1980	50	F63	Bribie Island Weightlifting
276	45-49	Christine Angell	1977	120	F69	Rebels
219	45-49	Rachelle Young	1979	131	F86	United Barbell
73						
75	45-49	Helen Mclachlan	1976	55	F86+	Rebels
130	45-49	Telia Kaye Tonkin	1976	50	F86+	Northwest Powerhouse
244	45-49	Leah Chandler	1978	100	F86+	Milton
274	40-44	Dash Newington	1984	119	F53	Cougars
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+	---
<b>Session 8</b>	<b>Masters Female</b>			<b>Entry Total</b>	<b>Bodyweight Category</b>	
47	35-39	Amy Slater	1989	77	F63	Saints Weightlifting
195	35-39	Jessica Malone	1987	100	F63	AKWL
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
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

<b>Session 9</b>	<b>Male Oly in the Outback</b>					
	<b>Senior</b>					
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	
	<b>Youth</b>					
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	
<b>Session 10</b>	<b>Female Oly in the Outback</b>					
	<b>Senior</b>					
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	
	<b>Junior</b>					
35	Charlotte Goodwin		2006	120	Ipswich Weightlifting Club	
236	Lilliana Kendall		2006	122	Stay True Weightlifting Club	

**Exemptions:**

Alan Slack

approved



Althea Mackie  
Barbara McKellar  
Callum Hannay  
Camielle Honrade  
Cherise Walmsley  
Courtney Haley  
Danielle Hall  
Erin Oberem  
Evonne Sinclair  
Gab Snowdon  
Hailinn Diola  
Jacquie Kendall  
Jen M  
Jim Mildren  
Johnny West  
Katie Harrold  
Leandra Miscamble  
Lok Yee Lam  
Mel Fenwick  
Mikaela Ferguson  
Minoru Yamasaki  
Penny Tudberry  
Rachel McEwan  
Ray Loudon  
Red Windle  
Rochelle Kay  
Sammy Johnston  
Kasie Hunter  
Peter Foster  
Natalie Marshall  
Theresa Major  
Kerrily Dowd  
Mark O'Halloran  
Zach Hansen

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