

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 30th April via email to qwa@qwa.org.**

Oly in the Outback ATHLETES

No need to notify bodyweight or entry total changes.

Competition Information

All competitors are expected to volunteer for at least one session.

<https://www.signupgenius.com/go/10C0949AEAD2BA3FDC07-55104632-state>

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 & prize money for best female and best male overall masters lifter, and best U15, Youth, Junior & Senior.
- Oly in the Outback medals for all athletes.

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	8.30-9.30am	10.30am
Session 4	F MASTERS 50-54YRS	10.30-11.30am	12.30pm
Session 5	M MASTERS 30-49YRS	12.30-1.30pm	2.30pm
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	9.30-10.30am	11.30am
Session 9	OLY M SEN/JUN/YOUTH	12.00-1.00pm	2.00pm
Session 10	OLY F SEN/JUN	1.30-2.30pm	3.30pm

Preliminary Entries

Session 1	Weigh-in	6.00-6.30am			Start	7.00am
		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	Weigh-in	6.30-7.30am			Start	8.30am
		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
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
Session 3	Weigh-in	8.30-9.30am			Start	10.30am
		Masters Male		Entry Total	Bodyweight Category	
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
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
Session 4	Weigh-in	10.30-11.30am			Start	12.30pm
		Masters Female		Entry Total	Bodyweight Category	
259	50-54	Sonia Stenhouse	1971	86	F58	Saints Weightlifting
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
298	50-54	Jacqui Klowss	1973	75	F86+	Dux

Session 5	Weigh-in	12.30-1.30pm			Start	2.30pm
		Masters Male		Entry Total	Bodyweight Category	
171	45-49	Bobby Johnson	1977	180	M79	Southside Storm
402	45-49	James Graham	1977	160	M88	Cougars
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	M96	Burleigh Barbell Club
55	40-44	Matt Cunningham	1984	175	M110+	--
205	40-44	Jan Greyling	1981	220	M110+	Dux Weightlifting
138	35-39	David Bock	1990	210	M88	Milton
152	35-39	Samuel Saxby	1989	180	M88	Dux Weightlifting
28	35-39	Ben Trousdell	1986	240	M98	Milton Weightlifting
17	30-34	Fraser Harrison	1991	250	M110	Rebels
48	30-34	Jakob Daniels	1995	275	M110+	Sunshine Coast
Session 6	Weigh-in	6.00-7.00am			Start	8.00am
		Oly in the Outback				
		Youth				
93		Mahalia Davidson	2009	100		Bribie Island
154		Marcella Kendall	2009	60		Stay True Weightlifting
283		Jayda Williams	2008	124		Toowoomba
405		Annabelle Morgan	2009	120		Stay True Weightlifting
		U15				
37		Tiare Kami	2012	30		Sunshine Coast
183		Summa Salisbury	2011	77		Saints Weightlifting Club
226		Eva Acason	2011	95		---
406		Chloe Dolley	2010	99		Toowoomba
Session 7	Weigh-in	7.30-8.30am			Start	9.30am
		Masters Female		Entry Total	Bodyweight Category	
213	45-49	Jade Sharp	1980	50	F63	Bribie Island
276	45-49	Christine Angell	1977	120	F69	Rebels
219	45-49	Rachelle Young	1979	131	F86	United Barbell
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
113	40-44	Sarah Bunyan	1985	100	F86	AKWL Gold Coast
36	40-44	Caroline Jones	1984	95	F86+	---

Session 8	Weigh-in	9.30-10.30am			Start	11.30am
		Masters Female		Entry Total	Bodyweight Category	
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
43	30-34	Natasha Nilsson	1992	50	F77	Rebels Weightlifting Club
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	Weigh-in	12.00-1.00pm			Start	2.00pm
		Male Oly in the Outback				
		Senior				
132		Shaun Casey	1985	160		Saints Weightlifting
278		Kyle Stevens	1997	230		---
		Youth				
21		Thomas Mckay	2008	138		Toowoomba
144		James Symes	2011	69		Saints Weightlifting
233		Levi Davidson	2008	213		Bribie Island
Session 10	Weigh-in	1.30-2.30pm			Start	3.30pm
		Female Oly in the Outback				
		Senior				
52		Katie Wollstein	1998	130		Toowoomba
59		Kylie Salisbury	2002	110		Saints Weightlifting
63		Laura Mclachlan	2003	100		Rebels Weightlifting Club
71		Kelsey Francis	2002	170		Toowoomba
89		Emory Black	1989	70		Saints Weightlifting
167		Le Minh Thu Huynh	1993	150		South Australia
		Junior				
236		Lilliana Kendall	2006	122		Stay True Weightlifting