

ANNUAL REPORT 2024





MISSION

TO PROMOTE
AND DEVELOP
ALL ASPECTS
OF THE SPORT OF
WEIGHTLIFTING
IN QUEENSLAND.

We respectfully acknowledge the traditional owners of the land on which we live, work and play. We pay respect to Elders past, present and emerging. We acknowledge the contributions of Indigenous Peoples from the past, present and future, and recognise their continuing connection to the land, water and community of this country in which we all live. May Indigenous Australians and non-Indigenous Australians continue to work together to unite and live in peace on this land we call home, Australia.



Management Committee

PresidentJemma Cowper
Vice President..... Fraser Harrison
SecretarySonia Stenhouse
Treasurer.....James Mildren
Committee Member.....Bonney Douglas
Committee Member.....Liam Saxby
Committee Member.....Luke Gardner (Athlete Advisory Group)
Committee Member.....Scott Mark (resigned 8/4/2025) Position remained unfilled

Staff

Operations ManagerDebra Keelan (part-time)
Youth Pathway Manager.....Jade Sharp
Web Support.....Angela Wydall
Social MediaTara Noonan (Star Creative)
BookkeeperMegan Stevens
Competition Live StreamingBrent Vaughan (Brent things & Stuff)
Competition First Aid.....Peter Lynskey (SMA accredited)

Other Committee appointments

Coral Quinell, AWF Board of Directors
Coral Quinell, President UMWF
Lawrie Townsend, Treasurer UMWF

Auditor

Mark Sheridan - Adviser Planning Pty Ltd, Capalaba QLD

Affiliations

Australian Weightlifting Federation
Queensland Olympic Council
QSport – The Sports Federation of Queensland.

Sponsors

Queensland Government
Physique Science
The Chartist
Harcourt's Buderim
All Onsite Diesel, Langs Building Supplies and City Cave Float & Wellness Centre
Valkr

Insurers

SportsCover (AWF)
Gallagher Insurance

President's Report

2024 has been a year of both progress and challenge for the Queensland Weightlifting Association. While we've continued to grow our athlete base, support clubs, and deliver high-quality competitions across the state, we've also faced financial pressures due to a decrease in government funding.

Despite these constraints, our Management Committee remained focused and proactive. The adoption of the GovernRight platform played a key role in keeping our strategic planning and governance on track. It has helped us clarify our priorities, stay accountable, and work more efficiently as a committee during a demanding period.

On the platform, our athletes continued to shine — achieving excellent results at state and national events, and our clubs have driven grassroots growth, particularly through youth development. We also saw positive momentum in coaching and officiating, including more female and regional coaches gaining accreditation thanks to the Women and Girl's in Sport grant funding.

Thank you to all our volunteers, officials, athletes, coaches, and partners who kept Queensland Weightlifting moving forward. Your commitment is the reason we're able to keep building a strong future for the sport.

Jemma Cowper President,
Queensland Weightlifting Association Inc.



Jemma Cowper

“ ON THE PLATFORM, OUR ATHLETES CONTINUED TO SHINE

QWA Affiliated Clubs

Barbell 4017	Sandgate
Berserker Barbell Club	Mackay
Body Express Barbell Club	Helensvale
Bounce Weightlifting Club	Arundel
Bribie Island Weightlifting Club	Bribie Island
Bundaberg Weightlifting Club	Bundaberg
Burleigh Barbell Club	Burleigh Heads
Cougars Weightlifting Club Inc.	Chandler
Dungeon Barbell Club	Manunda
Dux Weightlifting Club	Kelvin Grove
Fraser Coast Weightlifting Club	Pialba
Hero Weightlifting	Peregian
Ipswich Weightlifting Club	Raceview
Mettle Barbell Club	East Brisbane
Milton Weightlifting Club Inc.	Bowen Hills
Noosa Barbell Club Inc.	Noosaville
North Brisbane Weightlifting Association Inc.	Zillmere
North Gold Coast Weightlifting Club	Helensvale
Northwest Powerhouse	Arana Hills
Project Barbell Club	Glenvale
Rebels Weightlifting Club	Capalaba
Saints Weightlifting Club	Miles
Southside Storm Weightlifting Club Inc.	Coopers Plains
Southside Weightlifting Club	Meadowbrook
Stay True Weightlifting Club	Glanmire
Sunshine Coast Weightlifting Club Inc.	Nambour
Thunder Barbell Club	Condon
Toowoomba Weightlifting Association Inc.	Toowoomba
Whitsundays Weightlifting Club Inc.	Mount Marlow

QWA Athlete Advisory Group Report

As the Chair of the Queensland Weightlifting Association (QWA) Athlete Advisory Group (AAG), I am pleased to present this report outlining the group's activities, achievements, and contributions over the past year. The AAG serves as a vital bridge between athlete members and the QWA management committee, advocating for athlete needs, providing feedback, and initiating projects to enhance the athlete experience within the sport of weightlifting.

In 2024 we saw Fraser Harrison Current Chair successfully be elected as QWA Vice President meaning a new Chair for the AAG needing to be elected. In July 2024 I was nominated and successful for taking over the current Chair, the group continued in 2024 incorporating and continuing our progress with our inaugural operations plan, outlining how the group functions and its key responsibilities. This plan serves as a roadmap for our activities, ensuring alignment with the QWA's strategic objectives and operational requirements.

The operations plan developed by the AAG encompasses a wide range of activities and initiatives aimed at fulfilling our mandate effectively. Some key aspects of the plan include: Monitoring local, national, regional, and international sporting news that may impact athletes' wellbeing, participation, and/or performance. Engaging in regular conversations to identify matters affecting athlete members. Providing feedback on competition formats, training camps, and education sessions. Promoting and contributing to data collection and research processes. Forming project groups to initiate and oversee specific projects aimed at improving athlete experience.

In the past 12-months, the AAG actively contributed to decision-making on policy and processes on matters directly affecting athlete

members by providing valuable perspectives from the athlete's point of view. While initially only contributing as an advisor on the Management Committee, this is the third year that the Chair of the AAG has had the capacity to vote on items arising at Management Committee meetings.

As a group, the AAG has met a total of 8 times between AGM 2024 and 2025, where a range of policies, integrity matters, and projects have been discussed. It is through regular formal and informal conversations that we identified and addressed a range of issues, bringing key concerns to the attention of the Operations Manager and/or the Management Committee, ensuring athlete voices are heard and considered in organisational decisions. This demonstrating the value of sound and independent athlete representation at any level of sport, and further testament to the QWA's continued efforts to set and hold a standard that other states, and nationally, are yet to meet.

The AAG look to contribute to various projects aimed at enhancing the experiences of athletes within the weightlifting community and engaging with a National Athletes Advisory Group, We strive to create meaningful and inclusive initiatives that support athlete wellbeing and performance.

In summary, the Athlete Advisory Group look to 2025 to make significant progress in fulfilling its mandate to represent athlete interests, provide feedback, and initiate projects to enhance the athlete experience within the sport of weightlifting. Through collaborative efforts and proactive engagement, we remain committed to advocating for athlete needs and contributing to the continued growth and success of weightlifting in Queensland.

Lukas Gardner
Chair, Queensland Weightlifting Association
Athlete Advisory Group

Activity Report

Events

Queensland continues with its extensive yearly calendar of events providing opportunities for participants from Club through to State level.

With displacement plans in preparation for Brisbane 2032 we saw for the first year in a significant amount of time no State events held at Cougars. Plans continue to be worked out in this space as both the QWA and Cougars prepare to leave their home base of over 30 years.

To start off the year the QWA School Age Championships was held at Sunshine Coast Weightlifting Club in Nambour, followed closely by the State Junior & U23's at Ipswich Weightlifting Club. The State Masters was held in Cairns at Dungeon Barbell Club in conjunction with the 2024 NQ Games. The Chartist State Seniors at Milton Weightlifting Club in Brisbane, State U12, U15 & Youth Championships were hosted by newly affiliated Fraser Coast Weightlifting Club in Pinalba.

2024 saw the launch of the NSW v QLD event as part of the program of the AusFitness Expo in Sydney. Athletes who did not achieve the necessary qualifying standard to compete at National Seniors were the ones targeted at this event, along with our up-and-coming Team Leaders and Coaching staff.

Sincere thanks to our event financial sponsors this year: Harcourt's Buderim, The Chartist, Physique Science, All Onsite Diesel, Langs Building Supplies, and City Cave Float & Wellness Centre.

Workforce

Queensland Coaches with the aid of Queensland Government funding were able to attend a Coaching Conference organised by NSWWA in Sydney to start off their year.

Queensland continues to employ just the one

person at .4 FTE. Our volunteer workforce of coaches, team leaders, technical officials, volunteers, members of the MC, and AAG make up the deficit of employee hours to ensure that Queensland continues to go from strength to strength.

Brent Vaughan continues to provide live-streaming of all our age-group Championships. Tara from By Star Creative continued to manage our socials platforms in such a professional manner. Angela Wydall for her behind the scenes work as Webmaster of the QWA website; Megan Stevens of (Megan Stevens Bookkeeping) for her invaluable assistance in the competent management of the financial practices of the organisation.

The QWA wished one its stalwart volunteers Lesley Moyle all the best for their move interstate.

Thank you to Peter Lynskey SMA Accredited for providing First Aid cover for our events.

Isabel O'Callaghan successfully secured a spot in the ASC Womens Mentor Pilot Program along with successfully upgrading to an AWF Level 2 coach qualification.

<https://www.qwa.org/wp-content/uploads/2024/10/ASC-Womens-Mentor-Pilot-Program.pdf>

<https://www.ausport.gov.au/coaching/community/education/coaching-women-and-girls/resources/coach-profiles#Isabel-O'Callaghan>

Participation

A majority of AWF National teams again featured Queenslanders as athletes, coaches, and team managers. Of note we were pleased to see Miles Wydall selected as an Australian Coach for 2024 Paris Olympics.

Squad training was delivered across all age-



Activity Report cont.

groups for athletes preparing to compete at National Championships, hosted across several venues – thank you, NBWA, MWC, Burleigh Barbell Club & Ipswich Weightlifting Club for playing host to our Queensland representative athletes.

The Club Challenge boasting 3 rounds continues to be the number one entry point for new members to get out on to the competition platform. Prize money for the winning club, and athlete's male and female across age groups was distributed after the conclusion of Round 3. Final places in the age-group component of the challenge are usually achieved by those that compete in all 3 rounds. This year the prize money was funded with the increase to the entry fee. Thank you to Bowen Stuart – AWF IT & Communications Manager for his ongoing assistance with the scoring for this group of events.

Initiatives

The Queensland Weightlifting Association once again wishes to acknowledge the continuing financial support of the Queensland Government. This support has allowed the QWA to deliver Participation & Development activities across several areas in our efforts to grow the sport throughout Queensland. Principally, Workforce Development, Recruitment, Coach and Technical Official Development, Member Wellbeing and Women and Girls.

Significant time and effort were once again invested into ensuring the organisation has quality qualified Technical Officials available to support the large number of events held across Queensland. From Cairns in the north to Burleigh in the south and out west to Miles.

2024 saw the introduction of the practice of personal coaches supplementing the Team Support Personnel at National events, providing additional opportunities for our up-and-coming staff to learn new skills under the supervision of our more experienced staff.

Women and Girls funding has allowed for Queensland female members to have subsidised attendance at AWF Coaching Courses and free membership for new female recruits in the Officiating space.

Our application to the Queensland Government DTIS (Department of Tourism, Innovation & Sport) for funds to put together and run a Junior Pathway Program was successful. Funding will stretch across 2 years and we are confident that we can work on boosting our membership participation numbers across this age group.

Wellbeing project: Our partnership with Queensland based WhiteCloud Foundation continued. Thank you to our members for supporting the fundraising efforts at both the State Junior & U23 and the State Senior Championships.



Youth Development Report

Queensland Weightlifting Association (QWA) has made significant progress in youth development, focusing on long-term growth, leadership, and community engagement. This year, our initiatives have supported QWA's strategic vision to create sustainable pathways for young athletes in Olympic Weightlifting across Queensland.

Key Projects Undertaken

1. Youth Leadership Program Development

We have successfully researched and developed a comprehensive Youth Leadership Program, designed to empower young athletes with life skills, leadership qualities, and community-minded values. Inspired by best-practice youth development models, the program is tailored specifically for the weightlifting community.

Both physical and digital resources have been created to support the program, including detailed participant booklets. These assets are complete and will be officially launched at the upcoming Youth Workshop in June 2025.

2. Youth Training Diaries

In response to the need for structured training literacy among young lifters, QWA has produced youth-specific training diaries. After researching and refining the content, we engaged a designer to ensure the diaries were both functional and engaging. These have now been printed and ready to be distributed to youth athletes and clubs across Queensland.

Strategic Engagements

1. Queensland Academy of Sport – Developing Partnership

QWA is currently in ongoing discussions with the Queensland Academy of Sport (QAS) to explore a collaborative partnership. These conversations have focused on mutual support in youth physical development through the Youfor2032 initiative.

We are working towards an exchange of expertise, where QAS would provide access to

workshop space and development opportunities for our coaches and athletes. In return, QWA would support Youfor2032 talent by welcoming their athletes into our club environments, offering high-quality training, community support, and long-term development pathways. While the partnership has not yet been formalised, both parties are optimistic about the potential for future collaboration.

“
WE ARE WORKING TOWARDS
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2. Duke of Edinburgh's International Award – Queensland

QWA is now an accredited activity provider for the Duke of Edinburgh's Award. This affiliation enables us to connect with thousands of Queensland youth annually by offering Olympic Weightlifting as a recognised activity for skill development, physical recreation, and volunteering. Through this partnership, young people can count their involvement in weightlifting, whether training, coaching, or assisting at events, toward their award achievement, helping to grow the sport and foster a new generation of well-rounded youth leaders.

I'm excited to continue building on this momentum into 2025 and 2026, further strengthening our partnerships, expanding opportunities for young athletes, and continuing to grow youth engagement in Olympic Weightlifting across Queensland.

- Jade Sharp



Athlete Recruitment & Development

With funding from the Queensland Government school visits were able to be run in the regional areas of Townsville, Helensvale and Whitsundays up until Government participation funding concluded at the end of June 2024.

QWA Affiliated Clubs were able to utilise 4 free new Youth/Junior QWA memberships to assist in onboarding their athletes to compete in QWA events.



**SPORT INTEGRITY
AUSTRALIA**

Anti-Doping

Queensland's weightlifters can be tested for the use of prohibited substances at State, National and International events, and at any time outside of competition. All testing is planned, managed and conducted by the Sport Integrity Australia. <https://www.sportintegrity.gov.au/>

Promotion, Marketing and Sponsorship

The QWA was supported financially by the Queensland Government through the State Sport and Recreation Office.

The QWA's commercial sponsor:

Physique Science provided funding to assist with program delivery in the first half of 2024.





International Events

Event	Athlete	Appointed Support Personnel from QLD
Tri-Nation Masters Tournament Auckland, NZ 20/2/2024	Natalie Marshall F59 Althea Mackie F87 Justin Connor M89 Joshua Barkley M109	Nil appointed by AWF
Oceania Championships Auckland, NZ 21/2/2024	Sienna Lambert F45 Karli Duesbury-Marek F55 Darcy Kay F64 Chloe Saliba F64 Ika Ryan F64 Saige Groves F64 Sarah Cochrane F71 Nya Hayman F71 Taj Marsh M96	Angela Wydall Bryce Knight Miles Wydall – HP Commission
IWF World Cup Phuket 31/3/2024	Sarah Cochrane F71	Personal coach – Bryce Knight
OWF International Elite Tournament Melbourne 1/6/2024	Yasmin Aziz F64 Nya Hayman F71 Ryven Ewing M89 Taj Marsh M102	Miles Wydall Greg Hobl
2024 Paris Olympics	Nil	Miles Wydall
Commonwealth Championships Suva 17/9/2024	Sienna Lambert F49 Georgia Sadler F59 Yasmin Aziz F64 Chloe Saliba F64 Saige Groves F64 Darcy Kay F71 Olivia Kelly F76 Nate Thorley M73 Rory Scott M81 Samuel Honeywood M81 Ryven Ewing M89 Taj Marsh M102	Jackson Solofa - Coach – Youth Team Miles Wydall – HP Commission
IWF World Junior Championships Leon 19/9/2024	Chloe Perkins F55 Lily Strange F59 Nya Hayman F71	Angela Wydall

International Events

Event	Athlete	Appointed Support Personnel from QLD
UMWA Masters World Championships Suva 23/9/2024	Dash Newington F55 Julie Davis F55 Diana Loy F64 Hailinn Diola F71 Sally Wells F71 Malgorzata Soroka F71 Meg Emerton F71 Katie Harrold F81 Leandra Miscamble F81 Meagan Wellby F87 Althea Mackie F87 Hannah Morgan F87+ Dale Donaghue F87+ Steven Graham M73 Sidharth Gulati M81 Justin Connor M89 Michael O'Connor M89 Alexander Croot M89 Alan Slack M96 Ignatius Papenga M109 Peter Foster M109	Nil appointed by AWF



National Events

Australian Junior & U23 Championships | Balcatta WA 7/6/2024

With the downturn in the economy Queensland team numbers travelling across the country to Perth were significantly impacted, down from a team of 22 in 2023 to just 5 in 2024.

F71

Nya Hayman	Junior & U20 Gold	Cougars
Ruby Carwardine	U23 Bronze	Whitsundays
Ella McIntyre	Junior Bronze	-

M102

Charlie Hargreaves	U23 Gold	Ipswich
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Staff support personnel: Head Coach Miles Wydall, Assistant Coach /Team Leader Scott McIntyre
Appointed TO: Gabrielle Snowdon, Malgorzata Soroka



Nya Hayman
Best Junior & U23 Female Lifter



National Events cont.

AWF Masters Championships | Gold Coast 19/6/2024

In all we had 93 Queenslanders hit the platform for this event at the Gold Coast, with numerous PB's and records set across the 5 day competition. Find the results book here to see age-group placings: [2024 AWF OWF UMWF Masters Results by Age Group.pdf](#)

Alissa Chant	Logan Poon	Darrel Naude
Althea Mackie	Lou Thao	Darren Castle
Amy Goodwin	Louise Burwood	David Futo
Amy Siebenhausen	Malgorzata Soroka	David Gilpatrick
Bonney Douglas	Marian Wright	Denis Kaiser
Bronwyn Hitchener	Meg Emerton	Fraser Harrison
Caroline Jones	Meg Wellby	George Lobo
Charlene Kroesen	Mel Lumb	Gerard Nelson
Cheyenne Hurinui	Melanie Fenwick	Hayden Davie
Christine Baber	Natalie Marshall	Ignatius Papenga
Diana Loy	Penny Tudberry	James Mildren
Dominika Makosova	Rachel Mc Ewan	Jarrad Mccarthy
Ellyse Sheridan	Rebecca Wright	Jason McNamara
Emily Upton	Red Wiard	John Hanlon
Erin Oberem	Rochelle Kay	Johnny West
Esther Moir	Sally Wells	Justin Connor
Evonne Sinclair	Sandra Branson	Kaleb Schefe
Hannah Morgan	Sarah Hart	Malcolm Wright
Jacquie Kendall	Tanya Eames	Mark O'Halloran
Jasier Reehal	Telia Tonkin	Matt Cunningham
Jessica Malone	Theresa Major	Michael O'Connor
Joanne Phillips	Valerie Silver	Michael Riggall
Julie Davis	Wendy Pakchung	Minoru Yamasaki
Kasie Hunter	Yasmin Lauaki	Nic Peterson
Katie Harrold	Yolandie Weir	Peter Foster
Kelly Tumata	Alan Slack	Robert Stanton
Kirrily Dowd	Alexander Bell	Scott Mark
Laura Abrey	Alexander Croot	Steven Graham
Leah Chandler	Anthony Head	Thanh Nguyen
Leandra Miscamble	Bobby Johnson	Tinkham Vongphrachanh
Lee-Ann Crooks	Callum Hannay	
Lee-Anne Spinks	Cameron Maher	
Libby Macdonald	Cayo Andreotti	
Linda Skerman	Damian Gillett	



National Events cont.

Age Group Champions

W75	Valerie Silver
W70	Meg Emerton
W40	Penny Tudberry
M70	Minoru Yamasaki

Team support personnel: Team Leader Jemma Cowper,
Head Coach: Greg Hobl,
Assistant Coaches: Chelsea Weston,
David Bock and Iain Blacow.

Appointed TO: Alex Croot



National Events cont.

Australian Senior Championships | Sydney 31/8/2024-1/9/2024

Category	Athlete	Club	Placing
F55	Dominika Makosova	Burleigh	7th
F59	Kayla Miller-Gorce	Burleigh	Bronze
F64	Briony Challis	Cougars	Silver
F64	Hailin Diola	Ipswich	10th
F71	Nya Hayman	Cougars	Gold
F81	Jessica Watzek	Cougars	Silver
M73	Brayden Williams	Burleigh	Gold
M81	James Norman	Cougars	Gold
M89	Cameron Maher	Milton	Silver
M102	Fraser Harrison	Rebuild	Bronze
M109+	Sortiri Karageorgiou	Cougars	Bronze

Team Support Staff: Team Leader Chelsea Weston, Head Coach Callum Hannay, Assistant Coach Miles Wydall Appointed TO: Rebecca Jakubovsky, John Hanlon



Queensland took out the Men's Shield



National Events cont.

National U15 & Youth Championships Hobart 18/10/2024-20/10/2024

Category	Athlete	Club	Placing
F45	Poppy Forrest	NBWA	Gold U15 & Youth
F55	Mahalia Davison	Bribie Island	Silver U15
F55	Bailey Stevens	Cougars	Bronze U15
F59	Georgia Sadler	Milton	Gold Youth
F59	Caitlin Van Waveren	Cougars	Silver U15
F59	Summa Salisbury	Saints	5 th U15
F64	Yasmin Aziz	Milton	Gold Youth
F64	Holly Souter	Toowoomba	4 th Youth
F64	Annabelle Morgan	Stay True	Gold U15
F71	Saige Groves	Cougars	Gold Youth
F71	Chasey Schulz	Ipswich	Silver U15
M55	Atticus Manz	Burleigh	Gold U15
M61	Tyson Eaborn	Cougars	Silver U15
M67	Cooper Lydement	Barbell 4017	Gold Youth
M73	Kase Dowd	Noosa Barbell	Silver U15
M81	Cooper Ward	Noosa Barbell	Gold U15
M81	Harry Seaton	Toowoomba	Silver U15
M89	Levi Davidson	Bribie Island	Silver Youth

Head Coach Jemma Cowper, Team Leader Isabel O'Callaghan, Assistant Coach/Team leader Mentor Sonia Stenhouse, Assistant Coach Scott Robinson Appointed TO: Sally Wells

Team Trophies

UNDER 15s						
Female	QLD (175)	WA (107)	TAS (56)	VIC (50)	NSW (28)	ACT (25)
Male	QLD (131)	NSW (28)	WA (28)	TAS (28)	ACT (25)	SA (25)
YOUTH						
Female	QLD (134)	NSW (121)	VIC (81)	WA (53)	SA (28)	
Male	NSW (105)	QLD (53)	VIC (53)	WA (51)	ACT (22)	

National Events cont.

Queensland v New South Wales Weightlifting Invitational at Ausfitness Expo Sydney

The Queensland v New South Wales Weightlifting event at the AusFitness Expo was a pioneering event that aimed to showcase the potential of a team-based, state v state competition. This unique format provided athletes the opportunity to represent their state, many for the first time, in a competitive and supportive environment. The event sought to strengthen the sense of community within the weightlifting sport, promote athlete development, and build a foundation for future competitions that could eventually include other states. This report reflects on the success of the event, key lessons learned, and recommendations for the future.

Queensland athletes performed significantly better than expected across all sessions. Initially, the team was predicted to fall short by a substantial margin, but the athletes exceeded their nominated entry totals by 25-30kg in each session. In contrast, NSW's performance was below their nominated totals by the same margin.

Every session contributed to the overall success, with each athlete displaying determination

and grit. Unlike some competitions where one standout session makes the difference, the Queensland team saw remarkable contributions from all athletes. This collective performance underscored their commitment and preparation in the lead-up to the event.

The Queensland women's team won their category, while the men's team experienced a narrow loss. The overall result was a loss by just 90 points, which was an impressive outcome given the pre-competition prediction that Queensland would lose by 660 Sinclair points. This result was a testament to the determination and effort of every athlete, as well as the strategic preparation and support provided by the coaching staff.

As the first event of its kind, this competition successfully demonstrated the potential for a team-based, state v state format. Interest is likely to grow as more athletes and states recognise the value of participating in such events, creating excitement for future editions.

David Bock - Team Leader



National Events cont.

Records Broken

Lifter	Bwt Cat	Age Group	Record Level	Record Type	New Record
Abby Carvell	F73	Mast 40-44	AWF	SNATCH	74kg
Bec Akdemir	F73	Mast 30-34	NSW	CJ	96kg
Bec Akdemir	F73	Mast 30-34	NSW	TOTAL	172kg
Drew Mctavish	M109+	Mast 45-49	NSW	CJ	133kg
Drew Mctavish	M109+	Mast 45-49	NSW	TOTAL	239kg
Justin Connor	M90	Mast 35-39	QLD	SNATCH	113kg
Mark Grinham	M90	Mast 30-34	NSW	CJ	145kg
Mark Grinham	M90	Mast 30-34	NSW	TOTAL	260kg
Savannah Maytom	F59	Youth	NSW	CJ	81kg
Savannah Maytom	F59	Junior	NSW	CJ	81kg
Savannah Maytom	F59	Youth	NSW	TOTAL	148kg
Savannah Maytom	F59	Junior	NSW	TOTAL	148kg

Personal Bests

Lifter	State	Lift	Previous PB	New PB	Increase
Aldous Mccarthy	QLD	CJ	114kg	115kg	1kg
Aldous Mccarthy	QLD	TOTAL	196kg	197kg	1kg
Cesar Oyola	QLD	SNATCH	104kg	105kg	1kg
Justin Connor	QLD	SNATCH	112kg	113kg	1kg
Levi Deans	QLD	SNATCH	89kg	90kg	1kg
Levi Deans	QLD	TOTAL	204kg	205kg	1kg
Lok Yee Lam	QLD	SNATCH	43kg	46kg	3kg
Lok Yee Lam	QLD	TOTAL	99kg	100kg	1kg
Luiza Sartori	QLD	SNATCH	77kg	80kg	3kg
Luiza Sartori	QLD	TOTAL	173kg	177kg	4kg
Poppy Priestley	QLD	SNATCH	63kg	64kg	1kg
Poppy Priestley	QLD	TOTAL	153kg	154kg	1kg
Samuel Cartwright	QLD	SNATCH	88kg	95kg	7kg
Samuel Cartwright	QLD	CJ	124kg	130kg	6kg
Samuel Cartwright	QLD	TOTAL	211kg	225kg	14kg
Tristan Gibson	QLD	SNATCH	103kg	105kg	2kg
Tristan Gibson	QLD	CJ	123kg	125kg	2kg
Tristan Gibson	QLD	TOTAL	224kg	230kg	6kg

Officiating Development

Our grass roots development continued. Referee mentoring opportunities were organised for as many of the QWA competitions as possible throughout the year.

QWA Member Technical Officials - Male	2021	2022	2023	2024
Club	49	62	81	74
State	22	22	16	10
National	13	14	11	10
Category 2	2	2	1	1
Category 1	7	7	6	7
TOTALS	93	107	115	102

QWA Member Technical Officials - Female	2021	2022	2023	2024
Club	61	73	88	106
State	34	41	28	21
National	17	16	17	14
Category 2	5	3	6	5
Category 1	3	5	5	5
TOTALS	120	138	144	151

New National Referees: Deborah Mildren (Dungeon) Bobby Johnson (Southside Storm)



Coaching Development

In 2024, the Australian Weightlifting Federation (AWF) continued to conduct Club Weightlifting / Sports Power Coach Level 1 courses and one State Weightlifting / Sports Power Coach Level 2 course. We thank the AWF for the 4 subsidised course spots they granted us for use across the year.

As a small thank you from the QWA community QWA coaches with 5 or more QWA registered athletes are entitled to a discounted yearly membership rate.

QWA Member Coaches - Male	2021	2022	2023	2024
Level 1	16	14	29	32
Level 2	11	17	20	20
Level 3 Intern	2	0	0	0
Level 3	5	8	8	8
TOTALS	34	39	57	60

QWA Member Coaches - Female	2021	2022	2023	2024
Level 1	16	19	36	29
Level 2	7	7	13	16
Level 3 Intern	3	3	4	3
Level 3	1	2	1	1
TOTALS	27	31	54	49





**Queensland
Government**

The Queensland Government is proud to provide funding for the Queensland Weightlifting Association to get more Queenslanders active through sport and recreation.



www.qwa.org