

# 2026 QWA State Masters

Hosted by United Barbell Club at Shalom College,  
9 Fitzgerald Street Bundaberg 11-12 April



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

## PRELIMINARY ENTRIES

## Competition Schedule

SESSION	CATEGORIES		WEIGH-IN	START
<b>Saturday</b>				
Session 1	F	10	6-7.00am	8.00am
Session 2	M	13	8.00-9.00am	10.00am
Session 3	F	11	10.30-11.30am	12.30pm
Session 4	M	11	12.30-1.30pm	2.30pm
Session 5	F	13	2.30-3.30pm	4.30pm
<b>Sunday</b>				
Session 6	F	13	6.00-7.00am	8.00am
Session 7	F	9	8.30-9.30am	10.30am
Session 8	M	7	10.30-11.30am	12.30pm
Session 9	F	11	12.00-1.00pm	2.00pm

All competitors are expected to volunteer for at least one session. Link to sign up will be circulated next week.



55-59	18	Graham Walker	1970	QLD	---	M65	140
55-59	259	Alan Slack	1971	QLD	BER	M88	180
55-59	289	James Mildren	1967	QLD	DUN	M94	135
55-59	78	Richard Taylor	1969	QLD	REWC	M110	130
55-59	294	Paul Walters	1968	QLD	BIWC	M110	120
55-59	70	Robert Weeks	1969	QLD	SCWC	M110+	120
50-54	260	Michael O'Connor	1974	QLD		M79	135
<b>Session 3</b>							
50-54	149	Malgorzata Soroka	1973	QLD	---	F69	100
50-54	291	Bonney Douglas	1975	QLD	REWC	F69	105
50-54	207	Jean Friend	1974	QLD	SCWC	F77	55
50-54	272	Theresa Major	1975	QLD	NBC	F77	100
50-54	89	Telia Kaye Tonkin	1976	QLD	NPWC	F86	70
50-54	9	Libby Macdonald	1972	QLD	STWC	F86+	90
50-54	12	Lee-Anne Spinks	1973	QLD	BAR	F86+	60
50-54	34	Anastasia Johnson	1975	QLD	NPWC	F86+	70
50-54	148	Heather O'Mara	1974	QLD		F86+	45
50-54	188	Esther Cuk	1975	QLD	MBC	F86+	115
50-54	301	Helen Mclachlan	1976	QLD	REWC	F86+	72
<b>Session 4</b>							
45-49	8	Bobby Johnson	1977	QLD	SSS	M88	160
45-49	68	Simon Chadwick	1981	QLD	TWA	M88	87
45-49	298	Russell Seesink	1979	QLD	---	M94	160
45-49	65	Jan Greyling	1981	QLD	CRWC	M110+	220
40-44	131	Ben Barkley	1986	QLD	TWA	M88	140

40-44	179	Matt Eaborn	1983	QLD	---	M88	165
40-44	197	Justin Connor	1985	QLD	BUBC	M88	230
40-44	75	Ben Trousdell	1986	QLD	MWC	M94	230
40-44	173	Jarrad Mccarthy	1983	QLD	SCWC	M110	165
40-44	237	Christopher Rhodes	1983	QLD	SCWC	M110+	151
40-44	266	Owen Williams	1983	QLD	NBWA	M110+	200
<b>Session 5</b>							
45-49	26	Caitlin Langford	1981	QLD	NBWA	F58	89
45-49	93	Paulina Eaborn	1981	QLD	---	F58	100
45-49	52	Rebecca Pezzutti	1978	QLD	MBC	F69	65
45-49	154	Penny Tudberry	1981	QLD	AKWL	F69	152
45-49	167	Christine Angell	1977	QLD	REWC	F69	116
45-49	283	Danielle Hall	1981	QLD	BUBC	F69	104
45-49	186	Ruth Grills	1980	QLD	UBCI	F77	96
45-49	43	Kirrily Dowd	1977	QLD	NBC	F86	93
45-49	63	Rachelle Young	1979	QLD	UBCI	F86	125
45-49	236	Meagan Wellby	1981	QLD	BER	F86	145
45-49	35	Barbara Mckellar	1980	QLD	TBAR	F86+	120
45-49	59	Erika Faichney	1979	QLD	NPWC	F86+	70
45-49	71	Juanita Mcdonald	1978	QLD	AKWL	F86+	80
<b>Sunday</b>							
<b>Session 6</b>							
40-44	101	Dash Newington	1984	QLD	CWC	F58	120
40-44	278	Natalie Marshall	1985	QLD	NBC	F58	140
40-44	48	An Wilson	1984	QLD	DWC	F63	114

40-44	226	Rachel Mc Ewan	1983	QLD	DUN	F69	125
40-44	21	Chelsea Owen	1986	QLD	UBCI	F77	115
40-44	97	Adrienne Karniewicz	1984	QLD	AKWL	F77	160
40-44	183	Amy Goodwin	1982	QLD	FWL	F77	100
40-44	199	Sara Honegger	1984	QLD	DWC	F77	150
40-44	132	Kristine Kolade	1985	QLD	NPWC	F86	100
40-44	16	Hannah Morgan	1986	QLD	FWL	F86+	125
40-44	37	Caroline Jones	1984	QLD	NBWA	F86+	93
40-44	153	Leah Rhodes	1982	QLD	SCWC	F86+	131
40-44	211	Melissa Sherriff	1986	QLD	BIWC	F86+	45
<b>Session 7</b>							
35-39	144	Sarah Hearn	1987	QLD	---	F58	130
35-39	117	Olivia Forrest	1991	QLD	NPWC	F63	137
35-39	61	Kathryn Harvey	1988	QLD	BIWC	F77	98
35-39	187	Kayla Driscoll	1991	QLD	UBCI	F77	105
35-39	232	Renate Wool	1987	QLD	DUN	F77	105
35-39	233	Melissa Hitchcock	1987	QLD	NPWC	F77	90
35-39	155	Louise Sutherland	1990	QLD	BAR	F86	150
35-39	261	Emily Crank	1991	QLD	SCWC	F86	101
35-39	241	Isabel O'Callaghan	1991	QLD		F86+	130
<b>Session 8</b>							
35-39	130	Jordan Loughlin	1988	QLD	SCWC	M79	163
35-39	73	Zac Chen	1991	QLD	NBWA	M110	150
35-39	276	Matthew Scott	1988	QLD	---	M110+	215

30-34	58	Zack Hansen	1995	QLD	UBCI	M79	213
30-34	213	Joshua Lin	1993	QLD	MBC	M88	150
30-34	244	Alasdair Macdonald	1992	QLD	MBC	M94	230
30-34	219	Tyler Tavalea	1993	QLD	MBC	M110+	260
<b>Session 9</b>							
30-34	57	Kaysie Florance	1993	QLD	UBCI	F63	155
30-34	300	Brodie Covell	1993	QLD	BAR	F63	132
30-34	271	Natasha Nilsson	1991	QLD	REWC	F69	85
30-34	44	Laura Hando	1992	QLD	NBWA	F77	130
30-34	82	Amie Cox	1992	QLD	AKWL	F77	110
30-34	160	Mele Hawthorne	1993	QLD	AKWL	F77	160
30-34	194	Gabby Mast	1995	QLD	SCWC	F77	130
30-34	33	Johanna Mast	1993	QLD	SCWC	F86	100
30-34	139	Laura Abrey	1992	QLD	STWC	F86+	105
30-34	146	Tracy Harder	1992	QLD	NPWC	F86+	125
30-34	246	Liga Bright	1995	QLD	STWC	F86+	65

## Competition Information

Photo ID and Starting Weights MUST be presented/submitted at weigh-in.

All competitors MUST wear a one-piece lifting suit that covers the trunk and does not cover the elbows. Lifting suits must be worn at weigh-in and the corresponding 250g allowance will be deducted from the athletes bodyweight at this time. 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

**AWARDS:**

Medals for 1st, 2nd & 3rd place in all age-group & bodyweight categories

Trophies for best female and best male overall masters lifter

**EXEMPTIONS:**

Celeste Van  
Coeverden  
Meg Emerton  
Susan Edwards  
Red Windle  
Chelsea Weston  
Peter Foster  
Emmanuel Tanios  
Tinkham  
Vongphrachanh  
Callum Hannay  
Leandra Miscamble