

2026 QWA State Masters

Hosted by Bundaberg Weightlifting Club at Shalom College,

9 Fitzgerald Street Bundaberg 11-12 April

FINAL ENTRIES

Competition Schedule

SESSION	CATEGORIES		WEIGH-IN	START
Saturday				
Session 1	F	10	6-7.00am	8.00am
Session 2	M	12	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	15	2.30-3.30pm	4.30pm
Sunday				
Session 6	F	12	6.00-7.00am	8.00am
Session 7	F	9	8.30-9.30am	10.30am
Session 8	M	9	10.30-11.30am	12.30pm
Session 9	F	11	12.00-1.00pm	2.00pm

Saturday		Lifter	DOB	Club	Bodyweight	Total
Session 1		Weigh-in 6.00-7.00am		Start 8.00am		
70-74	38	Julie Davis	1952	NBWA	F58	54
65-69	263	Maree Davidson	1960	BIWC	F58	70
65-69	170	Wendy Pakchung	1961	NBWA	F63	57
60-64	32	Diana Loy	1965	---	F63	88
60-64	231	Bronwyn Hitchener	1962	TWA	F77	98
55-59	72	Erin Oberem	1969	NBC	F63	79
55-59	102	Sandra Branson	1967	STWC	F77	90
55-59	215	Marne Jakins	1970	---	F77	119
55-59	80	Linda Abraham	1969	TWA	F86	41
55-59	156	Althea Mackie	1970	BUBC	F86	115

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Session 2		Weigh-in 8.00-9.00am		Start 10am		
80+	124	Raymond Louden	1945	SCWC	M79	90
75-79	189	Lawrence Townsend	1951	NBWA	M79	86
65-69	248	Gregory Hobl	1960	TWA	M88	120
60-64	281	Michael Riggall	1965	---	M71	130
60-64	10	John Hanlon	1966	SSS	M88	100
55-59	18	Graham Walker	1970	---	M65	140
55-59	259	Alan Slack	1971	BER	M88	180
55-59	289	James Mildren	1967	DUN	M94	135
55-59	294	Paul Walters	1968	BIWC	M110	120
55-59	70	Robert Weeks	1969	SCWC	M110+	120
55-59	78	Richard Taylor	1969	REWC	M110+	120
50-54	260	Michael O'Connor	1974	BUBC	M79	135
Session 3		Weigh-in 10.30-11.30am		Start 12.30pm		
50-54	149	Malgorzata Soroka	1973	---	F69	100
50-54	291	Bonney Douglas	1975	REWC	F69	105
50-54	207	Jean Friend	1974	SCWC	F77	55
50-54	272	Theresa Major	1975	NBC	F77	100
50-54	89	Telia Kaye Tonkin	1976	NPWC	F86	70
50-54	9	Libby Macdonald	1972	STWC	F86+	90
50-54	12	Lee-Anne Spinks	1973	BAR	F86+	60
50-54	34	Anastasia Johnson	1975	NPWC	F86+	70
50-54	148	Heather O'Mara	1974		F86+	45
50-54	188	Esther Cuk	1975	MBC	F86+	115
50-54	301	Helen Mclachlan	1976	REWC	F86+	72

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Session 4		Weigh-in 12.30-1.30pm		Start 2.30pm		
45-49	8	Bobby Johnson	1977	SSS	M88	160
45-49	68	Simon Chadwick	1981	TWA	M88	87
45-49	298	Russell Seesink	1979	---	M94	160
45-49	599	Jimmy Graham	1977	NBC	M94	160
40-44	131	Ben Barkley	1986	TWA	M88	140
40-44	179	Matt Eaborn	1983	---	M88	165
40-44	197	Justin Connor	1985	BUBC	M88	230
40-44	75	Ben Trousdell	1986	MWC	M94	230
40-44	173	Jarrad Mccarthy	1983	SCWC	M110	165
40-44	237	Christopher Rhodes	1983	SCWC	M110+	151
40-44	266	Owen Williams	1983	NBWA	M110+	200
Session 5		Weigh-in 2.30-3.30pm		Start 4.30pm		
45-49	26	Caitlin Langford	1981	NBWA	F58	89
45-49	93	Paulina Eaborn	1981	---	F58	100
45-49	181	Lee-Ann Crooks	1980	NBC	F58	80
45-49	154	Penny Tudberry	1981	AKWL	F69	152
45-49	167	Christine Angell	1977	REWC	F69	116
45-49	52	Rebecca Pezzutti	1978	MBC	F77	65
45-49	186	Ruth Grills	1980	UBCI	F77	88
45-49	283	Danielle Hall	1981	BUBC	F77	104
45-49	43	Kirrily Dowd	1977	NBC	F86	93
45-49	63	Rachelle Young	1979	---	F86	125
45-49	236	Meagan Wellby	1981	BER	F86	145
45-49	35	Barbara Mckellar	1980	TBAR	F86+	120
45-49	59	Erika Faichney	1979	NPWC	F86+	70
45-49	71	Juanita Mcdonald	1978	AKWL	F86+	80
45-49	292	Jo Phillips	1977	NBC	F86+	110

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Sunday						
Session 6		Weigh-in 6.00-7.00am		Start 8.00am		
40-44	278	Natalie Marshall	1985	NBC	F58	140
40-44	48	An Wilson	1984	DWC	F63	114
40-44	101	Dash Newington	1984	CWC	F63	120
40-44	226	Rachel Mc Ewan	1983	DUN	F69	125
40-44	21	Chelsea Owen	1986	UBCI	F77	115
40-44	97	Adrienne Karniewicz	1984	AKWL	F77	160
40-44	183	Amy Goodwin	1982	FWL	F77	100
40-44	132	Kristine Kolade	1985	NPWC	F86	100
40-44	16	Hannah Morgan	1986	FWL	F86+	125
40-44	37	Caroline Jones	1984	NBWA	F86+	93
40-44	153	Leah Rhodes	1982	SCWC	F86+	131
40-44	211	Melissa Sherriff	1986	BIWC	F86+	45
Session 7		Weigh-in 8.30-9.30am		Start 10.30am		
35-39	144	Sarah Hearn	1987	---	F58	130
35-39	117	Olivia Forrest	1991	NPWC	F63	137
35-39	61	Kathryn Harvey	1988	BIWC	F77	98
35-39	187	Kayla Driscoll	1991	UBCI	F77	105
35-39	232	Renate Wool	1987	DUN	F77	105
35-39	155	Louise Sutherland	1990	BAR	F86	130
35-39	233	Melissa Hitchcock	1987	NPWC	F86	90
35-39	261	Emily Crank	1991	SCWC	F86	101
35-39	241	Isabel O'Callaghan	1991		F86+	130

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Session 8		Weigh-in 10.30-11.30am		Start 12.30pm		
35-39	130	Jordan Loughlin	1988	SCWC	M79	163
35-39	73	Zac Chen	1991	NBWA	M110	150
35-39	205	Fraser Harrison	1991	REWC	M110	200
35-39	276	Matthew Scott	1988	---	M110+	215
30-34	58	Zack Hansen	1995	UBCI	M79	213
30-34	247	Giulio Centorame	1996	NBWA	M79	120
30-34	213	Joshua Lin	1993	MBC	M88	150
30-34	244	Alasdair Macdonald	1992	MBC	M94	230
30-34	219	Tyler Tavalea	1993	MBC	M110+	260
Session 9		Weigh-in 12.00-1.00pm		Start 2.00pm		
30-34	57	Kaysie Florance	1993	---	F63	155
30-34	300	Brodie Covel	1993	BAR	F63	132
30-34	65	Rachel Morrisson	1995	BUBC	F69	161
30-34	271	Natasha Nilsson	1991	REWC	F69	85
30-34	44	Laura Hando	1992	NBWA	F77	130
30-34	82	Amie Cox	1992	AKWL	F77	110
30-34	160	Mele Hawthorne	1993	AKWL	F77	160
30-34	194	Gabby Mast	1995	SCWC	F77	130
30-34	33	Johanna Mast	1993	SCWC	F86	100
30-34	139	Laura Abrey	1992	STWC	F86+	80
30-34	246	Liga Bright	1995	STWC	F86+	65

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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
Jan Greyling
Leandra Miscamble
Tracy Harder
Sara Honegger
Ludek Prokes