

FRIDAY	Categories	Lifter no.s	Weigh-in	Start
SESSION 1	F49/53/57	14	12.00-1.00PM	2.00PM
SESSION 2	M60/65/70/75B	9	3.00-4.00PM	5.00PM
SATURDAY				
SESSION 3	M75A	10	6.00-7.00am	8.00am
SESSION 4	F61	11	8.00-9.00am	10.00am
SESSION 5	M85	16	10.00-11.00AM	12pm
SESSION 6	F69B	14	1.00-2.00PM	3.00pm
SESSION 7	F69A	11	3.00-4.00PM	5.00pm
SUNDAY				
SESSION 8	M95	15	6.00-7.00AM	8.00AM
SESSION 9	F 77B	7	9.00-10.00AM	11.00AM
SESSION 10	F77A	10	11.00-12.00PM	1.00PM
SESSION 11	F86/86+	12	1.00-2.00PM	3.00PM
SESSION 12	M110/110+	10	3.00-4.00PM	5.00PM

QWA State Junior & Senior Championships 25-27th September. Cougars Weightlifting Club.

	SESSION 1 - FRIDAY	WEIGH- IN	12.00-1.00PM		START	2.00PM	
41	Wynter Bradshaw	2013	CWC	F49	72	Junior	xx
119	Poppy Forrest	2009	NBWA	F49	113	Junior	Senior
104	Paulina Eaborn	1981	---	F53	110	xx	Senior
159	Sarah Dioguardi	2000	MWC	F53	126	xx	Senior
202	Kathleen Byrne	1998	MBC	F53	148	xx	Senior
288	Holly Strang	2011	BUBC	F53	99	Junior	xx
30	Mariella Gonzalez	2008	CWC	F57	132	Junior	Senior
60	Celine Huynh	2007	CWC	F57	145	Junior	Senior
84	Erika Yamasaki	1987	---	F57	155	xx	Senior
135	Sarah Hearn	1987	UBC	F57	148	xx	Senior
254	Mary Witham	1987	CWC	F57	149	xx	Senior
279	Sienna Lambert	2008	CWC	F57	142	Junior	Senior
286	Jaida Oliver	2009	TWA	F57	129	Junior	Senior
299	Dash Newington	1984	CWC	F57	138	xx	Senior
	SESSION 2 M60/65/70/75B	WEIGH- IN	3.00-4.00PM		START	5.00PM	
148	Gabriel Intal	"2008	BEBC	M60	155	Junior	Senior
265	Rixen Eaborn	2012	CWC	M60	100	Junior	xx
108	Corbin O'Connor	2013	BUBC	M65	100	Junior	xx
239	Hunter Walsh	1999	BERG	M65	153	xx	Senior
4	Joel Crookall	2008	NBWA	M70	201	Junior	Senior
83	Brayden Dwan	2003	MWC	M70	170	xx	Senior
165	Kase Dowd	2009	NBC	M75	165	Junior	Senior
253	Eli Frew	2003	NBC	M75	96	xx	Guest
290	Michael O'Connor	1974	BUBC	M75	165	xx	Senior

	SATURDAY						
	SESSION 3 75A	WEIGH- IN	6.00-7.00AM		START	8.00AM	
66	Franck Chauvin	1991	DWC	M75	180	xx	Senior
128	Tristan Gibson	1999	FWL	M75	225	xx	Senior
137	Kuai In Ng	1996	CWC	M75	180	xx	Senior
223	Tyson Eaborn	2009	CWC	M75	195	Junior	Senior
224	Brandon Wakeling	1994	CWC	M75	250	xx	Senior
242	Levi Deans	2006	MWC	M75	179	Junior	Senior
249	Brayden Williams	1996	BUBC	M75	200	xx	Senior
258	David Gilpatrick	1988	TBAR	M75	190	xx	Senior
287	Cooper Lydement	2007	BAR	M75	190	Junior	Senior
302	Kaleb Secher-Jorgensen	2002	CWC	M75	200	xx	senior
	SESSION 4 F61	WEIGH- IN	8.00-9.00AM		START	10.00AM	
19	Briony Challis	2000	CWC	F61	165	xx	Senior
23	Alexis Smith	2011	UBC	F61	108	Junior	xx
90	Marika Danaher	2001	NBWA	F61	153	xx	Senior
95	Courtney Haley	1994	CRWC	F61	150	xx	Senior
125	Hailinn Diola	1993	FWL	F61	160	xx	Senior
142	Kaysie Florance	1993	BBERG	F61	150	xx	Senior
168	Lily Strange	2004	NBWA	F61	175	xx	Senior
184	Yasmin Aziz	2008	CWC	F61	182	Junior	Senior
250	Olivia Forrest	1991	MWC	F61	135	xx	Senior
285	Nicole Boutsikakis	2001	NBC	F61	154	xx	Senior
405	Mahalia Davidson	2009	BIWC	F61	123	Junior	Senior
	SESSION 5 M85	WEIGH- IN	11.00- 12.00PM		START	1.00PM	
22	Jaz Day	1999	MBC	M85	215	xx	Senior
50	Dylan Callanan	1996	BUBC	M85	210	xx	Senior
62	Steven Rusman	1988	CRWC	M85	180	xx	Senior
86	Cesar Oyola	1991	BUBC	M85	235	xx	Senior
92	Archie Murray	2011	NBC	M85	126	Junior	xx
94	Luke Everett	1986	---	M85	220	xx	Senior
105	Justin Connor	1985	BUBC	M85	253	xx	Senior
147	Charlie Hammond	2008	MAWC	M85	220	Junior	Senior
182	Samuel Cartwright	2004	CWC	M85	200	xx	Senior
190	Cooper Ward	2009	NBC	M85	215	Junior	Senior
203	Matt Eaborn	1983	---	M85	179	xx	Senior
227	Jack Tully	2006	MBC	M85	150	Junior	xx
255	Lachlan Volk	1998	---	M85	200	xx	Senior
280	Ethan Van Waveren	2006	MBC	M85	225	Junior	Senior
282	Ryven Ewing	2002	CWC	M85	300	xx	Senior
403	Jesse Saliba	'2009	SCWC	M85	230	Junior	Senior
	SESSION 6 69B	WEIGH- IN	1.00-2.00PM		START	3.00PM	
2	Gabrielle Snowdon	1984	CWC	F69	122	xx	Senior

5	Georgia Macdonald	2001	BEBC	F69	121	xx	Senior
40	Christine Angell	1977	REWC	F69	121	xx	Senior
69	Angelina Deal	1987	BUBC	F69	130	xx	Senior
110	Alison Bennett	1982	CWC	F69	129	xx	Senior
111	Ella Sinclair	2009	SCWC	F69	100	Junior	Senior
116	Piper Mcsorley	2002	NBWA	F69	138	xx	Senior
162	Tiare Kami	2012	SCWC	F69	93	Junior	xx
166	Lola Cuk	2011	MBC	F69	95	Junior	xx
178	Charlotte Put	2010	CWC	F69	100	Junior	Senior
209	Lauryn Bromhead	2003	BUBC	F69	130	xx	Senior
264	Sadie Hayman	2010	CWC	F69	121	Junior	Senior
267	Chloe Gathercole	2004	UBC	F69	131	xx	Senior
270	Gabriella Gonzalez	2010	CWC	F69	138	Junior	Senior
	SESSION 7 69A	WEIGH- IN	3.00-4.00PM		START	5.00PM	
2	Bec Akdemir	1990	CWC	F69	170	xx	Senior
45	Kate Lindsay	1993	TWA	F69	150	xx	Senior
127	Anna Wishnowsky	1994	---	F69	155	xx	Senior
140	Rachel Morrisson	1995	BUBC	F69	153	xx	Senior
157	Jayda Williams	2008	TWA	F69	150	Junior	Senior
169	Astin Bidgood	2008	CWC	F69	182	Junior	Senior
176	Tiana Lawton	2002	TBAR	F69	150	xx	Senior
204	Penny Tudberry	1981	AKWL	F69	160	xx	Senior
206	Emily Heuer	1999	MBC	F69	140	xx	Senior
229	Tai Gwynne	2003	MBC	F69	173	xx	Senior
275	Saige Groves	2008	CWC	F69	171	Junior	Senior
SUNDAY							
	SESSION 8 M95	WEIGH- IN	6.00-7.00AM		START	8.00AM	
11	Ajdin Mujanovic	1994	NBWA	M95	267	xx	Senior
31	Kevin Tam	2000	CWC	M95	210	xx	Senior
38	Joshua Esman	2000	SCWC	M95	210	xx	Senior
100	Lance Dolan	1999	BUBC	M95	200	xx	Senior
112	Ahrie Jerred	2000	MWC	M95	280	xx	Senior
149	Michael Pona	2009	SSW	M95	200	Junior	Senior
170	Joshua Swanepoel	2003	CWC	M95	270	xx	Senior
174	Liam Janse Van Rensburg	1995	CRWC	M95	250	xx	Senior
193	Blayze Sherry	1991	---	M95	275	xx	Senior
201	Ben Trousdell	1986	MWC	M95	240	xx	Senior
220	Sam Saxby	1989	CRWC	M95	200	xx	Senior
238	Levi Davidson	2008	BIWC	M95	230	Junior	Senior
231	Tait Stuart	2005	TWA	M95	204	xx	Senior
263	Riley Matsen	2003	MAWC	M95	205	xx	Senior
284	Mitch Grieve	1995	BUBC	M95	194	xx	Senior

	SESSION 9 F77B	WEIGH-IN	9.00-10.00am		START	11.00am	
29	Chloe Rohan	1996	TBAR	F77	140	xx	Senior
74	Chloe Dolley	2010	TWA	F77	120	Junior	Senior
85	Brooke Camden	1997	CRWC	F77	140	xx	Senior
141	Alannah Codd	1990	MBG	F77	131	xx	Senior
150	Cataleya Gonzalez	2011	CWC	F77	120	Junior	Senior
208	Georgia Brown	1999	CWC	F77	145	xx	Senior
217	Jessica Hayman	1999	MBC	F77	140	xx	Senior
293	Isobel Ryan	2001	TBAR	F77	150	xx	Senior
	SESSION 10 F77A	WEIGH-IN	11.00-12.00pm		START	1.00pm	
3	Amanda-Rose Sesio	1998	BEBC	F77	170	xx	Senior
27	Kimberly Dunn	2005	AKWL	F77	175	xx	Senior
49	Nya Hayman	2005	CWC	F77	200	xx	Senior
53	Bronte Maund	2000	AKWL	F77	170	xx	Senior
67	Paula Urbina Klemmer	1991	AKWL	F77	164	xx	Senior
143	Maddison Power	2003	BUBC	F77	190	xx	Senior
163	Mele Hawthorne	1993	AKWL	F77	173	xx	Senior
214	Kaiya Ngahina Marsh	2006	NBC	F77	161	Junior	Senior
222	Ebony Gorincu	1989	CWC	F77	180	xx	Senior
245	Ruby Carwardine	2002	WWC	F77	186	xx	Senior
	SESSION 11 F86/86+	WEIGH-IN	1.00-2.00pm		START	3.00pm	
120	Eva Acason	2011	---	F86	140	Junior	Senior
145	Ella Naidoo-Golledge	2003	BUBC	F86	170	xx	Senior
175	Danica Schnitzerling	1998	TWA	F86	133	xx	Senior
218	Brooke Rakowitz	1998	NBWA	F86	138	xx	Senior
221	Ciera Stafford	1999	CWC	F86	152	xx	Senior
228	Adrienne Karniewicz	1984	AKWL	F86	160	xx	Senior
269	Ruby Saw	2009	AKWL	F86	121	Junior	xx
277	Jessica King	1995	MBC	F86	141	xx	Senior
402	Rachelle Young	1979	BBERG	F86	133	xx	Senior
42	Hannah Morgan	1986	FWL	F86+	141	xx	Senior
109	Leah Rhodes	1982	SCWC	F86+	140	xx	Senior
207	Hinerangi Tuheke	2002	BEBC	F86+	185	xx	Senior
	SESSION 12 M110/110+	WEIGH-IN	3.00-4.00pm		START	5.00pm	
3	Joshua Williams	1992	BEBC	M110	247	xx	Senior
4	Damian Saunders	2009	EXEMPTION	M110	160	Junior	xx
32	Tyler Woolfe	1999	MBC	M110	265	xx	Senior
72	Taj Marsh	2004	NBC	M110	331	xx	Senior
80	Matthew Robertson	2004	MBC	M110	247	xx	Senior
102	Charlie Hargreaves	2001	FWL	M110	300	xx	Senior
156	Tom Harris	2007	MWC	M110	240	Junior	Senior
5	Jakob Daniels	1995	SCWC	M110+	250	xx	Senior
9	Tyler Tavalea	1993	MBC	M110+	250	xx	Senior
12	Jesse Watts	1994	FWL	M110+	220	xx	Senior
215	Sotiri Karageorgiou	1990	CWC	M110+	260	xx	Senior

