

| <b>FRIDAY</b>   | 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  |
| <b>SATURDAY</b> |               |             |               |         |
| SESSION 3       | M75A          | 10          | 6.00-7.00am   | 8.00am  |
| SESSION 4       | F61           | 10          | 8.00-9.00am   | 10.00am |
| SESSION 5       | M85           | 15          | 11.00-12.00PM | 12pm    |
| SESSION 6       | F69B          | 14          | 1.00-2.00PM   | 3.00pm  |
| SESSION 7       | F69A          | 11          | 3.00-4.00PM   | 5.00pm  |
| <b>SUNDAY</b>   |               |             |               |         |
| SESSION 8       | M95           | 15          | 6.00-7.00AM   | 8.00AM  |
| SESSION 9       | F 77B         | 8           | 9.00-10.00AM  | 11.00AM |
| SESSION 10      | F77A          | 10          | 11.00-12.00PM | 1.00PM  |
| SESSION 11      | F86/86+       | 11          | 1.00-2.00PM   | 3.00PM  |
| SESSION 12      | M110/110+     | 11          | 3.00-4.00PM   | 5.00PM  |

QWA State Junior & Senior Championships 25-27<sup>th</sup> September. Cougars Weightlifting Club.

|     | <b>SESSION 1 - FRIDAY</b>      | WEIGH-<br>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 |
|     | <b>SESSION 2 M60/65/70/75B</b> | WEIGH-<br>IN | 3.00-4.00PM  |     | START | 5.00PM |        |
| 108 | Corbin O'Connor                | 2013         | BUBC         | M60 | 100   | Junior | xx     |
| 148 | Gabriel Intal                  | "2008        | BEBC         | M60 | 155   | Junior | Senior |
| 265 | Rixen Eaborn                   | 2012         | CWC          | M60 | 100   | Junior | xx     |
| 239 | Hunter Walsh                   | 1999         | BBERG        | 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 |

|     |                        |              |                   |     |       |         |        |
|-----|------------------------|--------------|-------------------|-----|-------|---------|--------|
|     | <b>SATURDAY</b>        |              |                   |     |       |         |        |
|     | <b>SESSION 3 75A</b>   | WEIGH-<br>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 |
|     | <b>SESSION 4 F61</b>   | WEIGH-<br>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 |
|     | <b>SESSION 5 M85</b>   | WEIGH-<br>IN | 11.00-<br>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 |
|     | <b>SESSION 6 69B</b>   | WEIGH-<br>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 |
|     | <b>SESSION 7 69A</b>    | WEIGH-<br>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 |
|     | <b>SUNDAY</b>           |              |              |     |       |         |        |
|     | <b>SESSION 8 M95</b>    | WEIGH-<br>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 |
|     | <b>SESSION 9 F77B</b>   | WEIGH-<br>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         | MBC               | 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 |
|     | <b>SESSION 10 F77A</b>      | WEIGH-<br>IN | 11.00-<br>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 |
|     | <b>SESSION 11 F86/86+</b>   | WEIGH-<br>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 |
| 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 |
|     | <b>SESSION 12 M110/110+</b> | WEIGH-<br>IN | 3.00-4.00pm       |       | START | 5.00pm |        |
| 3   | Joshua Williams             | 1992         | BEBC              | M110  | 247   | xx     | Senior |
| 4   | Damian Saunders             | 2009         |                   | 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 |