

2026 Australasian Police & Emergency Services Games - Weightlifting

16th October 2026

Modified Competition Regulations and Information

There will be no VOE – however please email us if you are withdrawing

Starting weights must be submitted at time of weigh-in

20kg rule will NOT be in play.

Competition Uniform

- Close-fitting pants (shorts/bike pants) and a close-fitting t-shirt (without collar) that does not cover the elbows is the minimum requirement.
- Competitors may instead wear: A one-piece lifting suit. Any t-shirt worn with this must be under the suit.
- The competition uniform requirement listed in the above 2 points are also the outfit requirements for weigh-in

Competitors **cannot** wear:

- Loose fitting clothing;
- anything that covers the elbows (apart from a unitard);
- Lifting belts wider than 12cm
- Bandages or tape 5cm either side of the elbow.

Athletes must weigh-in in their lifting attire – without shoes and socks. 250g will be deducted from the weight registering on the scales before this information is added to the competition paperwork – athletes it is your responsibility to ensure this occurs at the time you weigh-in. Athletes will be called to weigh-in according to Lot number.

Please note there is no requirement to meet the limits of a bodyweight category for this event as placings will be calculated using formula.

For this event if a **lifter fails to achieve a successful snatch** they may then continue to the clean & jerks.

All lifts will be judged by the referees as per IWF Technical Rules – elbows need to go to full extension in one movement. For further information about the rules go to:

[Download center – International Weightlifting Federation](#)

All lifters are expected to volunteer for at least one session of the event. Sign up here:

<https://www.signupgenius.com/go/10C0949AEAD2BA3FDC07-66556222-australasian>

AWARDS:

Medals for 1st, 2nd & 3rd place in Age groups using Sinclair and SHMF for Masters – male and female.

Age Groups for this event:

- U15
- Senior
- Masters 30+

NB. Results from this modified rule event will not be eligible to be uploaded to the AWF record keeping platform.

Competition Schedule

	Group	Weigh-in time	Start of competition	Finish	Sponsor
Session 1	Masters Male	7.00-8.00am	9.00am	11.00am	
Session 2	Masters Female	9.00-10.00am	11.00am	1.00pm	
Session 3	Masters Female, Senior & U15	9.00-10.00am Same as session 2 athletes	1.00pm	3.00pm	
Medal Ceremony			Immediately following last lift of the event	3.00pm	Justine Pepper – Tactical Gear

	Session 1			
43	Stephen Johnstone	Master	1958	110
52	Jaco Meiring	Master	1991	170
59	Alexander Allen	Master	1990	225
71	Paul Hart	Master	1970	110
89	Anthony Schultz	Master	1971	210
167	Quyen Nguyen	Master	1984	150
301	Adam Tobin	Master	1992	200
	Session 2			
12	Sophie Buhs	Senior	2003	80
32	Pip McWha	Master	1978	90
34	Megan Drapalski			
38	Belinda Sealey	Master	1974	65
102	Marie Bullock	Master	1987	75
149	Aurelia Norris	U15	2012	84
231	Loren Bartley	Master	1975	80
263	Telia Tonkin	Master	1976	70
291	Stefanie Preiksa			
	Session 3			
9	Ciera Stafford	Senior	1999	152
72	Mary Witham	Master	1987	142
80	Erika Yamasaki	Master	1987	155
148	Amy Norris	Master	1991	115
156	Grace Gentle	Master	1990	150
170	Annette Pfingst	Master	1977	110
188	Isabella Hardman	Master	1996	145
215	Emily Hoskin	Master	1992	115

For Weightlifting specific questions you are most welcome to email qwa@qwa.org