

QWA League & Masters League Round 1
Toowoomba Weightlifting Association
Toowoomba State High School, Stuart St, Toowoomba Qld
Saturday, 14th February 2009



Competition Venue

The competition will be held in Toowoomba State High School's gymnasium (opposite the school grounds) marked on the map above.

Directions from Brisbane/Ipswich:

Travel west on the Warrego Highway to Toowoomba. At the top of the Toowoomba range, turn right and then left into Margaret St. Turn right at the traffic lights into Mary St. Turn left at the traffic lights into Bridge St. Turn right into Stuart St (third street on the right).

Important Notice

Competitors must wear clothing which conforms to the rules of the International Weightlifting Federation, as follows:

The costume:

- may be one-piece or two pieces but must cover the trunk of the competitor;
- must be close fitting;
- must be collar-less;
- may be of any colour;
- must not cover the elbows;
- must not cover the knees.

A T-shirt may be worn under the costume. The sleeves must not cover the elbows. This shirt must be collar-less.

Close fitting leotard / cycling trunks may be worn under or over the costume. They must not cover the knees.

An example of an acceptable two-piece costume would be: "Bike pants" which are close fitting and do not cover the knees plus a collarless T shirt or singlet which covers the trunk, is close fitting and does not cover the elbows.

Entrants will not be permitted to compete in clothing that does not conform to the rules above.

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Competition Timetable

Group 1 Weigh in: 8:00 – 9:00 am Start: 10:00 am

Lot	Name	Y.O.B	Club	Division	PB Sn	PB C&J	PB Total
5	Julie Davis	1952	Honey Badgers	4 & Masters	27	37	63
10	Sue Cox	1961	Honey Badgers	4 & Masters	38	45	83
19	Vicki Brady	1943	Cougars	4 & Masters	28	35	63
47	Kirsty Burke	1968	Cougars	4 & Masters	28	44	72
50	Christine Bayne	1964	Cougars	4 & Masters	31	41	72
51	Bronwyn Hitchener	1962	Toowoomba	4 & Masters	35	46	81
59	Leandra Miscamble	1956	Honey Badgers	4 & Masters	31	45	76
79	Valerie Silver	1949	Cougars	4 & Masters	28	43	71
89	Lesley Moyle	1945	Honey Badgers	4 & Masters	28	38	66
91	Lisa Souter	1973	Cougars	3 & Masters	52	72	124

Group 2 Weigh in: 10:00 – 11:00 am Start: 12:00 noon

Lot	Name	Y.O.B	Club	Division	PB Sn	PB C&J	PB Total
2	Bob Henderson	1943	Sunshine Coast	3 & Masters	65	76	137
22	Kevin Blake	1960	Cougars	4 & Masters	N/A	N/A	N/A
24	Steven Matthews	1954	Toowoomba	3 & Masters	58	81	136
25	Lawrie Townsend	1951	Honey Badgers	3 & Masters	67	94	159
30	Aaron Sym	1995	Sunshine Coast	4	34	46	80
49	Paul McClure	1972		2 & Masters	86	102	186
52	Mitchell Thurlow	1992	Cougars	4	71	93	164
60	Laurence Reilly	1989	Gold Coast	4	N/A	N/A	N/A
63	Peter Foster	1967	Cougars	1 & Masters	116	135	250
65	Joshua Wu	1996	Cougars	4	N/A	N/A	N/A
77	Matt Stopel	1990	Gold Coast	4	N/A	N/A	N/A
78	Jake Ratcliffe	1994	Toowoomba	4	N/A	N/A	N/A
95	Tim Steele	1968	Sunshine Coast	3 & Masters	70	87	157

Note: PB's are the lifters' best results in competitions held after 1 January 2007.

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Group 3 Weigh in: 12:30 – 1:30 pm Start: 2:30 pm

Lot	Name	Y.O.B	Club	Division	PB Sn	PB C&J	PB Total
9	Amy Hardy	1989	Cougars	1	69	83	151
29	Kara Stuart	1994	Toowoomba	4	28	35	63
43	Kim Hanssen	1986	Cougars	3	46	62	108
53	Kirsten Wu	1993	Cougars	2	50	59	109
61	Melissa Robinson	1981	Honey Badgers	1	66	81	145
67	Christine Meier	1983	Cougars	2	52	64	116
68	Bonnie Sleeman	1993	Cougars	3	52	66	118
74	Bianca Sheppard	1992	Toowoomba	2	60	76	135
85	Davina Hughes	1989	Toowoomba	1	66	89	155
88	Emma Hitchener	1992	Toowoomba	4	N/A	N/A	N/A
93	Michelle Kahi	1994	Cougars	1	63	85	148
96	Kelsey Swift	1994	Cougars	3	48	61	109

Group 4 Weigh in: 2:30 – 3:30 pm Start: 4:30 pm

Lot	Name	Y.O.B	Club	Division	PB Sn	PB C&J	PB Total
3	Daniel McCallum	1992	Toowoomba	3	70	83	153
27	Alex Maskiell	1986	Cougars	3	75	103	178
32	Angus Takahashi	1992	Sunshine Coast	3	71	90	161
34	Darryl Hockins	1988	Toowoomba	2	78	103	179
36	Mitch Barnaba	1986	Cougars	1	113	150	260
54	Sam Baumann	1992	Cougars	3	50	71	120
70	Nathan Kahi	1992	Cougars	1	90	120	209
71	David Hockins	1991	Toowoomba	2	69	93	162
80	Bowen Stuart	1986	Toowoomba	1	95	117	212
81	Zack Tuckey	1986	Cougars	3	70	80	150
98	Scott Clark	1991	Sunshine Coast	1	86	106	192

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