



2010 Queensland Senior Championships  
 Cougars Weightlifting Club, Chandler Qld  
 30<sup>th</sup> October 2010

**Women**

Name	YOB	Club	Bwt	Snatch	C&J	Total	Sinclair	Forbes	Place
<b>53kg Category</b>									
Kara Stuart	1994	Toowoomba	51.05	42	57	99	143.46	766.97	1
<b>58kg Category</b>									
Kirsten Wu	1993	Cougars	57.90	63	83	146	192.08	1071.11	1
<b>63kg Category</b>									
Christine Meier	1983	Cougars	62.25	73	88	161	201.68	819.62	1
Melissa Robinson	1981	Cougars	61.50	70	88	158	199.49	1372.11	2
Diana Loy	1965	North Brisbane	59.85	52	76	128	164.57	164.57	3
Bianca Sheppard	1992	Toowoomba	61.90	65	withdrew	---			
<b>69kg Category</b>									
Michelle Kahi	1994	Cougars	68.35	75	91	166	196.60	196.60	1
Tanya Beths	1989	Cougars	63.10	35	45	80	99.35	99.35	2
<b>+75kg Category</b>									
Bonnie Sleeman	1993	Cougars	77.70	60	76	136	151.10	151.10	1

**Men**

Name	YOB	Club	Bwt	Snatch	C&J	Total	Sinclair	Forbes	Place
<b>56kg Category</b>									
David Hockins	1991	Toowoomba	55.95	75	98	173	268.24	2527.04	1
<b>62kg Category</b>									
Scott Clark	1991	Sunshine Coast	61.65	90	110	200	288.61	288.61	1
Sam Baumann	1992	Cougars	61.75	75	100	175	252.25	252.25	2
Shane Wagner	1996	Toowoomba	59.90	58	70	128	188.56	188.56	3
<b>69kg Category</b>									
Nathan Kahi	1992	Cougars	67.75	91	124	215	291.12	291.12	1
Darryl Hockins	1988	Toowoomba	64.50	81	102	183	255.95	255.95	2
Jakob Daniels	1995	Sunshine Coast	68.85	---	80	---			
<b>77kg Category</b>									
Lamson Nguyen	1982	USQ	70.10	81	99	180	238.54	878.41	1
Michael Winn	1994	USQ	75.05	82	97	179	227.75	227.75	2
Paul McClure	1972		76.20	82	96	178	224.53	224.53	3
<b>85kg Category</b>									
Bowen Stuart	1986	Toowoomba	79.20	95	120	215	265.51	265.51	1
Jonathan Pakchung	1993	Cougars	80.30	80	91	171	209.63	209.63	2
<b>94kg Category</b>									
John Walz	1987	Cougars	89.40	126	160	286	332.63	10605.86	1
Linzey Beister	1984	Cougars	92.65	85	117	202	231.26	3417.78	2
Steven Eadie	1988	Cougars	87.35	77	107	184	216.31	3754.64	3
James Blake	1989		92.15	77	102	179	205.41	3108.27	4

Supported by:



**105kg Category**

Robert Galsworthy	1989	Cougars	104.90	145	173	318	346.98	346.98	1
Lad Singh	1983	Cougars	104.90	140	172	312	340.43	340.43	2
Matt Skinner	1990	USQ	103.60	80	105	185	202.74	1641.23	3

**+105kg Category**

Damon Kelly	1983	Cougars	147.40	145	180	325	328.05	328.05	1
Craig Wegert	1973	USQ	151.50	125	155	280	281.83	281.83	2
Peter Foster	1967	Cougars	106.40	110	122	232	251.92	251.92	3

**Referees:** Bob Henderson (Cat I); Ian Moir (Cat I); Kylie Booth (Cat II); John Hanlon (National); Vicki Brady (National); Erika Yamasaki (State); Greg Baumann (State).

**Time Keeper:** Erika Yamasaki; Greg Baumann; Kylie Booth.

**M.C:** Mike Keelan; Ian Moir.

**Best Lifter Awards**

	Name	Sinclair Points
Male	Robert Galsworthy	346.98
Female	Christine Meier	201.68

**William Faulkner Performance Awards**

	Name	Forbes Points
Male	John Walz	10605.86
Female	Melissa Robinson	1372.11

**Records**

Name	Cat	Lift	Weight	Age Group	Level
Kirsten Wu	58kg	Snatch	61	Youth	AUS, QLD
Kirsten Wu	58kg	Snatch	63	Youth	AUS, QLD
Kirsten Wu	58kg	Cl & Jk	81	Youth	AUS, QLD
Kirsten Wu	58kg	Cl & Jk	83	Youth	AUS, QLD
Kirsten Wu	58kg	Total	144	Youth	AUS, QLD
Kirsten Wu	58kg	Total	146	Youth	AUS, QLD
Michelle Kahi	69kg	Cl & Jk	91	Youth	AUS, QLD
John Walz	94kg	Snatch	126	Open	QLD
David Hockins	56kg	Cl & Jk	98	Junior	QLD

Supported by: