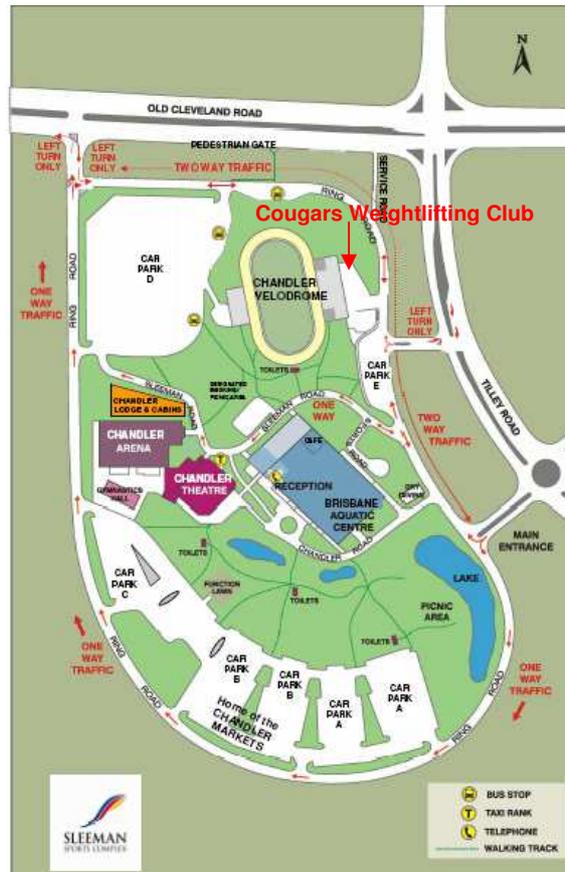


**QWA League & Masters League Round 1**  
**Cougars Weightlifting Club**  
The Sleeman Sports Complex, Tilley Road, Chandler, Brisbane Qld  
Saturday, 12<sup>th</sup> February 2011



### Competition Venue

The competition will be held in Cougars Weightlifting Club, located under the eastern side of the velodrome in the Sleeman Sports Complex, corner of Old Cleveland Road & Tilley Road, Chandler.

### Important Notice

Competitors must wear clothing which conforms to the following:

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.

**QWA League & Masters League Round 1**  
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**Competition Timetable**

**Group 1      Weigh in: 7:00 – 8:00 am      Start: 9:00 am**

Lot	Name	Y.O.B	Club	Division	PB Sn	PB C&J	PB Total
1	Julie Davis	1952	North Brisbane	4 & Masters	26	39	65
11	Vicki Brady	1943	Cougars	4 & Masters	27	34	61
25	Lisa Souter	1973	Toowoomba	2 & Masters	53	69	121
39	Sue Cox	1961	North Brisbane	4 & Masters	41	52	93
43	Valerie Silver	1949	Cougars	4 & Masters	32	44	76
60	Diana Loy	1965	North Brisbane	2 & Masters	58	81	138
68	Meg Emmerton	1953	Cougars	4 & Masters	33	42	75
76	Lesley Moyle	1945	North Brisbane	4 & Masters	32	44	76
82	Jenny Butler	1973	North Brisbane	2 & Masters	64	79	143
85	Anna Ryan	1975	Cougars	4 & Masters	33	50	83
91	Michelle Kinnane	1971	North Brisbane	4 & Masters	38	51	87
92	Leandra Miscamble	1956	Cougars	4 & Masters	34	50	84

**Group 2      Weigh in: 9:00 – 10:00 am      Start: 11:00 am**

Lot	Name	Y.O.B	Club	Division	PB Sn	PB C&J	PB Total
4	Alan McMenamin	1969	Cougars	4 & Masters	60	72	132
5	Rodney Carr	1973	Sunshine Coast	2 & Masters	105	120	225
12	Mal Irwin	1953		3 & Masters	83	103	186
35	Trevor Walz	1952	Sunshine Coast	3 & Masters	64	88	151
50	Ben Grzes	1950	Cougars	4 & Masters	50	62	112
54	Peter Foster	1967	Cougars	2 & Masters	115	133	244
58	Craig Wegert	1973	USQ	1 & Masters	140	172	310
61	Harry Grzes	1956	Cougars	4 & Masters	60	78	138
62	Tim Steele	1968	Sunshine Coast	3 & Masters	78	95	173
72	Bob Henderson	1943	Sunshine Coast	4 & Masters	57	77	134
75	John Hanlon	1966	Cougars	3 & Masters	75	98	171
97	Barry Harden	1959	Sunshine Coast	2 & Masters	90	110	200

**Group 3      Weigh in: 11:00 am – 12:00 noon      Start: 1:00 pm**

Lot	Name	Y.O.B	Club	Division	PB Sn	PB C&J	PB Total
2	Sam Baumann	1992	Cougars	1	76	104	180
6	Jake Ratcliffe	1994	Toowoomba	2	78	100	177
16	Luke Gardner	1988	Cougars	1	125	165	290
18	John Walz	1987	Cougars	1	130	160	288
19	Nick Dorn	1988	North Brisbane	2	90	116	206
27	Steven Eadie	1988	Cougars	2	85	107	190
31	John Yamasaki	1984		2	N/A	N/A	N/A
41	Darryl Hockins	1988	Toowoomba	2	85	110	191
45	Jonathan Pakchung	1993	Cougars	2	81	100	181
56	Scott Clark	1991	Sunshine Coast	1	93	113	203
66	Linzey Beister	1984	Cougars	2	91	120	211
89	Lamson Nguyen	1982	USQ	2	81	100	180
95	Christian Hopper	1985	North Brisbane	1	108	131	238

Note: PB's are the lifters' best results in competitions held after 1 January 2009.

**QWA League & Masters League Round 1**  
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**Group 4      Weigh in: 1:00 – 2:00 pm      Start: 3:00 pm**

Lot	Name	Y.O.B	Club	Division	PB Sn	PB C&J	PB Total
8	Emma Hitchener	1992	Toowoomba	3	41	53	94
9	Tegan Napper	1986	Cougars	3	35	50	85
15	Bianca Sheppard	1992	Toowoomba	1	68	78	144
21	Beth Tolputt	1996	Sunshine Coast	4	21	27	48
24	Kirsten Wu	1993	Cougars	1	63	83	146
28	Kara Stuart	1994	Toowoomba	3	42	58	99
29	Caitlyn Feurer	1996	Cougars	4	20	26	46
30	Robin Parr	1997	Cougars	4	N/A	N/A	N/A
33	Michelle Kahi	1994	Cougars	1	77	100	170
40	Bonnie Sleeman	1993	Cougars	2	66	82	146
52	Erika Yamasaki	1987		1	75	96	171
55	Stacy Koh	1985	Cougars	3	54	74	128
63	Erin Haske	1983	Cougars	4	35	52	87

**Group 5      Weigh in: 3:00 – 4:00 pm      Start: 5:00 pm**

Lot	Name	Y.O.B	Club	Division	PB Sn	PB C&J	PB Total
7	James Norman	1996	Cougars	4	42	55	96
22	James Pakchung	1993	Cougars	4	35	40	75
26	Korey Watson-Watt	1996	Cougars	3	50	60	110
38	Michael Thomas	1982	Cougars	4	N/A	N/A	N/A
46	Aaron Sym	1995	Sunshine Coast	3	60	80	139
49	Joshua Wu	1996	Cougars	4	45	55	100
53	Jakob Daniels	1995	Sunshine Coast	3	70	95	165
57	Ross Brown	1977	North Brisbane	4	N/A	N/A	N/A
59	Matt Skinner	1990	USQ	3	80	105	185
65	Nathan Gill	1994	Sunshine Coast	4	65	70	130
88	Norman Hanna	1981	North Brisbane	3	65	97	159
80	Riley Pollard	1996	Cougars	4	50	60	110
90	Timothy Hitchener	1997	Toowoomba	4	42	55	97
94	Nathaniel White	1984	Cougars	4	N/A	N/A	N/A
96	Andrew Adams	1995	Sunshine Coast	4	52	65	113

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