



**2021 AUSTRALIAN & OCEANIA &
COMMONWEALTH MASTERS
CHAMPIONSHIPS
PRELIMINARY ENTRIES
10TH - 12TH September 2021 – Cairns**



SESSION	LIFTERS	AGE GROUP	BODYWEIGHT CATEGORY	WEIGH-IN (AEST)	START (AEST)
FRIDAY 10 SEPTEMBER					
1	13	W70, W65, W60	All Categories	10:00 – 11:00	12:00
2	9	M80+, M75, M70	All Categories	12:30 – 13:30	14:30
3	11	W55	All Categories	14:30 – 15:30	16:30
4	8	M65, M60, M55	M65 All Categories M60 All Categories M55 73kg	16:30 – 17:30	18:30
SATURDAY 11 SEPTEMBER					
5	11	W50	All Categories	06:30 – 07:30	8:30
6	9	M55	89kg, 96kg, 102kg, 109kg, 109+kg	08:30 – 09:30	10:30
7	13	W45	All Categories	10:30 – 11:30	12:30
8	10	M50	All Categories	13:00 – 14:00	15:00
9	11	W40	45kg, 49kg, 53kg, 55kg, 59kg, 64kg	15:00 – 16:00	17:00
10	11	M45, M40	M45 All Categories M40 67kg, 73kg	17:00 – 18:00	19:00
11	12	W40	71kg, 76kg, 81kg, 87kg 87+kg	19:30 – 20:30	21:30
SUNDAY 12 SEPTEMBER					
12	12	M40	81kg, 89kg, 96kg	06:30 – 07:30	8:30
13	9	W35	45kg, 49kg, 53kg, 59kg, 64kg	09:00 – 10:00	11:00
14	7	M40	102kg, 109kg, 109+kg	11:00 – 12:00	13:00
15	12	W35	71kg, 76kg, 81kg, 87kg 87+kg	13:00 – 14:00	15:00
16	11	M35	67kg, 73kg, 81kg, 89k	15:00 – 16:00	17:00
17	8	M35	96kg, 102kg, 109kg, 109+kg	17:00 – 18:00	19:00

ALL TIMES ARE AUSTRALIAN EASTERN STANDARD TIME (UTC +10)

SCHEDULE SUBJECT TO CHANGE AFTER VERIFICATION OF FINAL ENTRIES

Changes to bodyweight categories and entry totals are permitted up until 12:00 AEST on Wednesday 8th September 2021. Changes must be made online at: www.awf.com.au/verification/

Entrants who cannot travel to Cairns unrestricted on or after 27 August due to government health orders relating to the COVID-19 pandemic may compete online from remote locations. Information sessions will be conducted for all entrants in the week of 30 Aug – 3 September and details will be communicated out about this in due course. Entrants who are not subject to COVID-19 related travel restrictions are expected to compete in this event in Cairns.



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LOT	LIFTER	YOB	STATE	GROUP	CAT	TOTAL	AUS	OCEANIA	CWTH	SESSION
	Alison McDonald	1951	NSW	W70	F45	49	Entered	Entered	Entered	1
	Julie Davis	1952	QLD	W65	F55	60	Entered	Entered	Entered	1
	Meg Emerton	1953	QLD	W65	F64	91	Entered	Entered	Entered	1
	Mary Pekin	1954	ACT	W65	F71	59	Entered	Entered	Entered	1
	Cathy Mason	1956	NSW	W65	F71	54	Entered	Entered	Entered	1
	Denese Billings	1958	VIC	W60	F45	79	Entered	Entered	Entered	1
	Mary Macken	1961	NSW	W60	F49	94	Entered	Entered	Entered	1
	Christine Human	1959	ACT	W60	F55	78	Entered	Entered	Entered	1
	Elizabeth Knox	1960	TAS	W60	F64	72	Entered	Entered	Entered	1
	Wendy Campbell	1961	QLD	W60	F71	69	Entered	Entered	Entered	1
	Carolyn Mayes	1961	NZL	W60	F76	91	---	Entered	Entered	1
	Jill Mottram	1958	VIC	W60	F81	70	Entered	Entered	Entered	1
	Margaret Webb	1961	VIC	W60	F81	103	Entered	Entered	Entered	1
LOT	LIFTER	YOB	STATE	GROUP	CAT	TOTAL	AUS	OCEANIA	CWTH	SESSION
	John Preston	1938	ACT	M80+	M67	63	Entered	Entered	Entered	2
	Christopher Holt	1936	VIC	M80+	M73	110	Entered	Entered	Entered	2
	Rohan Mason	1946	VIC	M75	M73	110	Entered	Entered	Entered	2
	Milos Trnka	1943	VIC	M75	M89	85	Entered	Entered	Entered	2
	Tony Hagar	1947	TAS	M70	M81	97	Entered	Entered	Entered	2
	John Clow	1949	VIC	M70	M81	120	Entered	Entered	Entered	2
	David Oswell	1949	VIC	M70	M89	89	Entered	Entered	Entered	2
	Ludek Prokes	1949	QLD	M70	M89	80	Entered	Entered	Entered	2
	Derek D'Mellow	1948	WA	M70	M102	153	Entered	Entered	Entered	2



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LOT	LIFTER	YOB	STATE	GROUP	CAT	TOTAL	AUS	OCEANIA	CWTH	SESSION
	JoAnne Vincent Barwood	1962	WA	W55	F55	55	Entered	Entered	Entered	3
	Sherilyn Moffitt	1964	VIC	W55	F55	90	Entered	Entered	Entered	3
	Diana Loy	1965	QLD	W55	F59	100	Entered	Entered	Entered	3
	Cazzie Pitsis	1966	NSW	W55	F59	74	Entered	Entered	Entered	3
	Berta Armijo	1965	VIC	W55	F64	78	Entered	Entered	Entered	3
	Petra de Ruyter	1963	ACT	W55	F71	100	Entered	Entered	Entered	3
	Claudia Duve	1966	NSW	W55	F71	100	Entered	Entered	Entered	3
	Lay Sang Tan	1966	SGP	W55	F71	95	---	---	Entered	3
	Beth Isaac	1962	TAS	W55	F76	87	Entered	Entered	Entered	3
	Kirsten Walker	1965	NZL	W55	F81	100	---	Entered	Entered	3
	Rachael King	1965	NSW	W55	F87+	116	Entered	Entered	Entered	3
LOT	LIFTER	YOB	STATE	GROUP	CAT	TOTAL	AUS	OCEANIA	CWTH	SESSION
	Lionel Isaac	1954	TAS	M65	M67	132	Entered	Entered	Entered	4
	Robert McIntosh	1954	NSW	M65	M89	76	Entered	---	---	4
	Lance Baylis	1955	WA	M65	M109	90	Entered	Entered	Entered	4
	Andrew Dodman	1961	SA	M60	M67	135	Entered	Entered	Entered	4
	Peter Gnaljan	1960	IND	M60	M81	150	---	---	Entered	4
	Mohan Parashar	1960	IND	M60	M89	175	---	---	Entered	4
	Stephen Johnstone	1958	QLD	M60	M102	170	Entered	Entered	Entered	4
	Lenin Pichiayan	1966	SA	M55	M73	160	Entered	Entered	Entered	4
LOT	LIFTER	YOB	STATE	GROUP	CAT	TOTAL	AUS	OCEANIA	CWTH	SESSION
	Miriam Hutchinson	1968	ACT	W50	F55	88	Entered	Entered	Entered	5
	Jana Truban	1968	NSW	W50	F64	93	Entered	Entered	Entered	5
	Elizabeth Buikstra	1967	QLD	W50	F71	109	Entered	Entered	Entered	5
	Sue Rennett	1967	NSW	W50	F76	105	Entered	Entered	Entered	5
	Linda Eades	1970	NSW	W50	F76	104	Entered	Entered	Entered	5
	Althea Mackie	1970	QLD	W50	F81	120	Entered	Entered	Entered	5
	Nicole Swanson	1970	QLD	W50	F81	114	Entered	Entered	Entered	5
	Rachel Brown	1971	NSW	W50	F81	100	Entered	Entered	Entered	5
	Bobbie-Jane Souter	1971	NSW	W50	F81	116	Entered	Entered	Entered	5
	Claire Nahi	1968	NZL	W50	F87	128	---	Entered	Entered	5
	Dale Donaghue	1971	QLD	W50	F87	110	Entered	Entered	Entered	5





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LOT	LIFTER	YOB	STATE	GROUP	CAT	TOTAL	AUS	OCEANIA	CWTH	SESSION
	Peter Ticehurst	1962	NSW	M55	M89	125	Entered	Entered	Entered	6
	David Oliver	1964	FIJ	M55	M89	140	---	Entered	Entered	6
	Mark Elliott	1965	QLD	M55	M89	162	Entered	Entered	Entered	6
	Dion Walmsley	1966	QLD	M55	M89	192	Entered	Entered	Entered	6
	Kamaljit Singh	1963	IND	M55	M96	190	---	---	Entered	6
	Prasanna Kulkarni	1963	IND	M55	M96	164	---	---	Entered	6
	Warren Hellisen	1966	VIC	M55	M102	218	Entered	Entered	Entered	6
	Scott Mark	1964	QLD	M55	M109	160	Entered	Entered	Entered	6
	James Holt	1964	VIC	M55	M109+	120	Entered	Entered	Entered	6
LOT	LIFTER	YOB	STATE	GROUP	CAT	TOTAL	AUS	OCEANIA	CWTH	SESSION
	Monika Endres	1975	VIC	W45	F55	120	Entered	Entered	Entered	7
	Toni Lane	1974	VIC	W45	F59	120	Entered	Entered	Entered	7
	Apsar Shaik	1975	NSW	W45	F59	100	Entered	Entered	Entered	7
	Dani Simeoni	1975	ACT	W45	F64	115	Entered	Entered	Entered	7
	Kathryn McPherson	1973	NSW	W45	F71	57	Entered	Entered	Entered	7
	Loren Bartley	1975	NSW	W45	F71	85	Entered	Entered	Entered	7
	Michelle Shannon	1972	NSW	W45	F76	88	Entered	Entered	Entered	7
	Malgorzata Soroka	1973	QLD	W45	F76	122	Entered	Entered	Entered	7
	Leora Yates	1976	VIC	W45	F87	158	Entered	Entered	Entered	7
	Grace Hayes	1973	ACT	W45	F87+	104	Entered	Entered	Entered	7
	Stephanie Kirk	1974	QLD	W45	F87+	114	Entered	Entered	Entered	7
	Joanne Phillips	1975	QLD	W45	F87+	120	Entered	Entered	Entered	7
	Telia Tonkin	1976	QLD	W45	F87+	75	Entered	Entered	Entered	7
LOT	LIFTER	YOB	STATE	GROUP	CAT	TOTAL	AUS	OCEANIA	CWTH	SESSION
	Rajiv Sharma	1969	IND	M50	M61	130	---	---	Entered	8
	Benjamin Silva	1967	VIC	M50	M67	176	Entered	Entered	Entered	8
	Shane Bailey	1968	VIC	M50	M81	151	Entered	Entered	Entered	8
	Celi Varol	1971	NSW	M50	M81	155	Entered	Entered	Entered	8
	James Mildren	1967	QLD	M50	M96	178	Entered	Entered	Entered	8
	Anthony Schultz	1971	VIC	M50	M96	221	Entered	Entered	Entered	8
	Alan Slack	1971	QLD	M50	M96	186	Entered	Entered	Entered	8
	Tim Steele	1968	NT	M50	M102	122	Entered	Entered	Entered	8
	Steven Reitano	1969	NSW	M50	M102	170	Entered	Entered	Entered	8
	Phillip Christou	1970	VIC	M50	M109+	260	Entered	Entered	Entered	8



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LOT	LIFTER	YOB	STATE	GROUP	CAT	TOTAL	AUS	OCEANIA	CWTH	SESSION
	Paula Robinson	1978	WA	W40	F45	80	Entered	Entered	Entered	9
	Sonja Kerr	1981	NT	W40	F55	121	Entered	Entered	Entered	9
	Wendy Souw	1979	SA	W40	F59	108	Entered	---	---	9
	Melissa Hanson	1980	TAS	W40	F59	115	Entered	Entered	Entered	9
	Najmeh Alyasin	1981	ACT	W40	F59	63	Entered	Entered	Entered	9
	Isabella Clarke	1981	VIC	W40	F59	66	Entered	Entered	Entered	9
	Deborah Hastings	1979	QLD	W40	F64	112	Entered	Entered	Entered	9
	Carolyn Lacey	1980	NSW	W40	F64	130	Entered	Entered	Entered	9
	Bonnie Grylls	1981	VIC	W40	F64	159	Entered	Entered	Entered	9
	Sally Wells	1981	QLD	W40	F64	128	Entered	Entered	Entered	9
	Tammy Hicks	1981	VIC	W40	F64	157	Entered	Entered	Entered	9
LOT	LIFTER	YOB	STATE	GROUP	CAT	TOTAL	AUS	OCEANIA	CWTH	SESSION
	Jason Reed	1973	TAS	M45	M55	83	Entered	Entered	Entered	10
	Baljinder Singh	1976	IND	M45	M61	160	---	---	Entered	10
	Steven Graham	1973	QLD	M45	M73	195	Entered	Entered	Entered	10
	Brant Petruszewski	1976	QLD	M45	M81	171	Entered	Entered	Entered	10
	Aaron LaCombre	1976	VIC	M45	M89	140	Entered	Entered	Entered	10
	Daniel Moss	1974	WA	M45	M102	190	Entered	Entered	Entered	10
	Drew McTavish	1975	NSW	M45	M109	233	Entered	Entered	Entered	10
	Neeraj Chawla	1976	IND	M45	M109	150	---	---	Entered	10
	Troy Roughley	1977	ACT	M40	M67	183	Entered	Entered	Entered	10
	Rodney Hill	1979	QLD	M40	M67	180	Entered	Entered	Entered	10
	Lincoln Hanson	1980	NT	M40	M73	188	Entered	Entered	Entered	10





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LOT	LIFTER	YOB	STATE	GROUP	CAT	TOTAL	AUS	OCEANIA	CWTH	SESSION
	Rebecca Lim	1980	VIC	W40	F71	90	Entered	---	---	11
	Saineha Fitisemanu	1980	NT	W40	F71	121	Entered	---	---	11
	Disa Caspersen	1980	QLD	W40	F71	120	Entered	Entered	Entered	11
	Penny Tudberry	1981	QLD	W40	F71	145	Entered	Entered	Entered	11
	Samantha Ping-Nam	1979	NT	W40	F76	138	Entered	---	---	11
	Tanya Weir	1977	NSW	W40	F81	90	Entered	Entered	Entered	11
	Sherri Stephen	1979	VIC	W40	F81	140	Entered	---	---	11
	Tina Cotter	1980	QLD	W40	F81	128	Entered	Entered	Entered	11
	Meagan Wellby	1981	QLD	W40	F81	162	Entered	Entered	Entered	11
	Jacelyn Chan	1981	SGP	W40	F87	133	---	---	Entered	11
	Danica Hampton	1979	NSW	W40	F87+	183	---	Entered	Entered	11
	Tamara Kulyk	1979	VIC	W40	F87+	145	Entered	Entered	Entered	11
LOT	LIFTER	YOB	STATE	GROUP	CAT	TOTAL	AUS	OCEANIA	CWTH	SESSION
	Bobby Johnson	1977	QLD	M40	M81	211	Entered	Entered	Entered	12
	Daniel Hutley	1979	NSW	M40	M81	191	Entered	Entered	Entered	12
	Jonathan Park	1981	VIC	M40	M81	188	Entered	Entered	Entered	12
	Demogene Smith	1978	NSW	M40	M89	230	Entered	Entered	Entered	12
	Mark O'Halloran	1978	QLD	M40	M89	150	Entered	---	---	12
	Mark Muir	1979	ACT	M40	M89	235	Entered	Entered	Entered	12
	Mark Kinnell	1979	NSW	M40	M89	184	Entered	Entered	Entered	12
	Sean Parkes	1977	NT	M40	M96	138	Entered	---	---	12
	Brian Banez	1977	NSW	M40	M96	185	Entered	Entered	Entered	12
	Santokh Kumar	1980	IND	M40	M96	250	---	---	Entered	12
	Jay Watson	1981	NSW	M40	M96	181	Entered	Entered	Entered	12
	Chris Partridge	1979	QLD	M40	M96	230	Entered	Entered	Entered	12
LOT	LIFTER	YOB	STATE	GROUP	CAT	TOTAL	AUS	OCEANIA	CWTH	SESSION
	Josephine Chan	1982	SGP	W35	F45	64	---	---	Entered	13
	Jun Yue	1982	NSW	W35	F49	64	Entered	---	---	13
	Yolandie Weir	1986	QLD	W35	F49	125	Entered	Entered	Entered	13
	Shannon Good	1984	QLD	W35	F59	124	Entered	Entered	Entered	13
	Sarah Florence	1986	NZL	W35	F59	123	---	Entered	Entered	13
	Sarah Esteban	1983	NSW	W35	F64	128	Entered	Entered	Entered	13
	Rebecca Jakubovsky	1983	QLD	W35	F64	119	Entered	Entered	Entered	13
	Rachel Mc Ewan	1983	QLD	W35	F64	119	Entered	Entered	Entered	13
	Valentina Cecchi	1985	NT	W35	F64	127	Entered	---	---	13



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	Matt Meddows	1977	NSW	M40	M102	230	Entered	Entered	Entered	14
	Andrew Brown	1978	ACT	M40	M102	106	Entered	Entered	Entered	14
	Ignatius Papenga	1980	QLD	M40	M102	250	Entered	Entered	Entered	14
	Nathan Beves	1981	NSW	M40	M102	236	Entered	Entered	Entered	14
	Kurt Elstone	1978	VIC	M40	M109	187	Entered	Entered	Entered	14
	Ky Wittich	1981	TAS	M40	M109	198	Entered	Entered	Entered	14
	Gurpreet Singh	1980	IND	M40	M109+	230	---	---	Entered	14
LOT	LIFTER	YOB	STATE	GROUP	CAT	TOTAL	AUS	OCEANIA	CWTH	SESSION
	Ainsleigh Pegg	1982	QLD	W35	F71	105	Entered	---	---	15
	Jessica Greacen	1983	NSW	W35	F71	116	Entered	Entered	Entered	15
	Deena Henaway	1984	VIC	W35	F71	105	Entered	Entered	Entered	15
	Renae Docherty	1985	ACT	W35	F71	153	Entered	Entered	Entered	15
	Katie Harrold	1986	QLD	W35	F71	132	Entered	Entered	Entered	15
	Rosemary Wilson	1984	NSW	W35	F76	134	Entered	Entered	Entered	15
	Nicole Carrick	1986	TAS	W35	F81	125	Entered	Entered	Entered	15
	Harjeet Kaur	1982	IND	W35	F87	80	---	---	Entered	15
	Amy Siebenhausen	1986	QLD	W35	F87	158	Entered	Entered	Entered	15
	Baley Yim	1983	NSW	W35	F87+	80	Entered	Entered	Entered	15
	Belinda Webber	1985	QLD	W35	F87+	106	Entered	---	---	15
	Ashlee Robertson	1986	NSW	W35	F87+	144	Entered	Entered	Entered	15
LOT	LIFTER	DOB	STATE	GROUP	CAT	TOTAL	AUS	OCEANIA	CWTH	SESSION
	Andre Castro	1985	WA	M35	M67	180	Entered	Entered	Entered	16
	Kedar Karnik	1982	IND	M35	M73	205	---	---	Entered	16
	Anurag Gill	1984	VIC	M35	M81	175	Entered	Entered	Entered	16
	Lester Ho	1985	VIC	M35	M81	185	Entered	---	---	16
	Malcolm Wright	1983	QLD	M35	M89	237	Entered	Entered	Entered	16
	Debjyoti Karmakar	1983	VIC	M35	M89	172	Entered	Entered	Entered	16
	Brendan Sharpe	1984	VIC	M35	M89	215	Entered	Entered	Entered	16
	Jaspal Singh	1984	IND	M35	M89	230	---	---	Entered	16
	Kingston Tranvu	1984	SA	M35	M89	248	Entered	Entered	Entered	16
	Justin Connor	1985	QLD	M35	M89	237	Entered	Entered	Entered	16
	Amandeep Singh	1985	IND	M35	M89	230	---	---	Entered	16





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	Lloyd Wright	1986	QLD	M35	M96	235	Entered	Entered	Entered	17
	Ali Abdo	1983	VIC	M35	M102	180	Entered	Entered	Entered	17
	Justin Coe	1983	NT	M35	M102	244	Entered	---	---	17
	Nicolas Warren	1985	ACT	M35	M102	252	Entered	Entered	Entered	17
	Kelly Weatherstone	1986	QLD	M35	M109	275	Entered	---	---	17
	Tim Boys	1986	TAS	M35	M109	221	Entered	---	---	17
	Russell Golding	1982	SA	M35	M109+	200	Entered	Entered	Entered	17
	Robert Milsom	1982	NSW	M35	M109+	176	Entered	Entered	Entered	17



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