

# NTWA Open and Masters Competition

## Results Summary

16 Sep 2018

CrossFit Palmerston



AUSTRALIAN WEIGHTLIFTING FEDERATION INC.

ABN 73 150 873 587

5 Kelly Rd, Spring Creek QLD 4343 AUSTRALIA

Tel: +61 7 5466 5295 Mob: +61 411 424 328

E-mail: [office@awf.com.au](mailto:office@awf.com.au)

Internet: [www.awf.com.au](http://www.awf.com.au)

**Session 1 -  
Ladies**

Lifter	Club	YOB	Bwt	Snatch attempts			CJ attempts			Sn	CJ	Total	MST	SEN
<b>F49</b>														
Emily Tjung	---	1996	45.80	<del>30</del>	30	<del>32</del>	35	38	40	30	40	70	8	
<b>F59</b>														
Elise Lichos	---	1980	58.26	25	28	30	35	38	<del>41</del>	30	38	68	9	
<b>F64</b>														
Jessica Cussen	CFP	1993	62.05	50	55	60	65	70	75	60	75	135	1	
Ruby Kwong	CFD	1990	64.00	50	<del>62</del>	55	67	71	<del>76</del>	55	71	126	3	
Carly Gerrard	CFA	1991	60.85	37	40	43	<del>55</del>	56	58	43	58	101	5	
Chloe Sandford	---	1987	63.60	30	<del>32</del>	<del>32</del>	40	42	43	30	43	73	7	
<b>F71</b>														
Catherine Robinson	CFA	1987	65.45	50	54	57	60	65	70	57	70	127	2	
<b>F76</b>														
Kelly Rau	CFD	1967	73.60	43	48	52	55	60	64	52	64	116	4	
<b>F87+</b>														
Jen Lloyd	CFA	1979	87.80	<del>30</del>	32	<del>37</del>	40	43	48	32	48	80	6	

**Referees** Tim Steele QLD (NAT) Robyn Hall NT (INT II) Nyree Slatter NT (CLUB)

**Jury**

**Tech Controller**

**MC** Leanne Goldsworthy NT (INT II) **Timekeeper**

**Marshall** **Doctor**

\*State records can be claimed in this session. \*National records can be claimed in this session.

**Session 2 -  
Men**

Lifter	Club	YOB	Bwt	Snatch attempts			CJ attempts			Sn	CJ	Total	
<b>M55</b>													
Cary Shoyer	---	2005	38.04	10	11	12	12	13	14	12	14	26	6
<b>M61</b>													
Chase Webster	---	2005	55.58	22	25	27	32	35	37	27	37	64	5
<b>M89</b>													
Tom Jones	---	1985	88.30	100	105	110	125	130	<del>135</del>	110	130	240	2
Cobi Head	CFA	1984	83.65	93	98	103	<del>130</del>	130	0	103	130	233	3
<b>M96</b>													
Kyle Spiteri	---	1990	91.95	105	<del>115</del>	115	130	140	150	115	150	265	1
<b>M102</b>													
Daniel Baster	CFA	1984	96.25	<del>95</del>	96	<del>101</del>	120	<del>126</del>	127	96	127	223	4

**Referees** Tim Steele QLD (NAT) Robyn Hall NT (INT II) Nyree Slatter NT (CLUB)

**Jury**

**Tech Controller**

**MC** Leanne Goldsworthy NT (INT II) **Timekeeper**

**Marshall** **Doctor**

\*State records can be claimed in this session. \*National records can be claimed in this session.

## Sinclair Ranking

Men		
Rank	Name	Score
1	Kyle Spiteri	303.75
2	Tom Jones	279.99
3	Cobi Head	278.77
4	Daniel Baster	250.89
5	Chase Webster	98.56
6	Cary Shoyer	55.79

Women		
Rank	Name	Score
1	Jessica Cussen	178.58
2	Ruby Kwong	163.58
3	Catherine Robinson	162.72
4	Kelly Rau	139.48
5	Carly Gerrard	135.24
6	Emily Tjung	115.24
7	Chloe Sandford	95.13
8	Elise Lichos	93.65
9	Jen Lloyd	89.00

### Masters SMF Ranking

Men		
Rank	Name	SMF Score
1	Daniel Baster	0.00
2	Cobi Head	0.00

Women		
Rank	Name	SMF Score
1	Kelly Rau	183.56
2	Elise Lichos	105.07
3	Jen Lloyd	101.01

## Records Broken

Lifter	Bwt Cat	Age Group	Record Level	Record Type	New Record
Carly Gerrard	F64	Senior	NT	SNATCH	43kg
Carly Gerrard	F64	Senior	NT	CJ	58kg
Carly Gerrard	F64	Senior	NT	TOTAL	101kg
Cary Shoyer	M49	Under 15	NT	SNATCH	12kg
Cary Shoyer	M49	Youth	NT	SNATCH	12kg
Cary Shoyer	M55	Under 15	NT	SNATCH	12kg
Cary Shoyer	M55	Youth	NT	SNATCH	12kg
Cary Shoyer	M55	Junior	NT	SNATCH	12kg
Cary Shoyer	M55	Senior	NT	SNATCH	12kg
Cary Shoyer	M55	U23	NT	SNATCH	12kg
Cary Shoyer	M49	Under 15	NT	CJ	14kg
Cary Shoyer	M49	Youth	NT	CJ	14kg
Cary Shoyer	M55	Under 15	NT	CJ	14kg
Cary Shoyer	M55	Youth	NT	CJ	14kg
Cary Shoyer	M55	Junior	NT	CJ	14kg
Cary Shoyer	M55	Senior	NT	CJ	14kg
Cary Shoyer	M55	U23	NT	CJ	14kg
Cary Shoyer	M49	Under 15	NT	TOTAL	26kg
Cary Shoyer	M49	Youth	NT	TOTAL	26kg
Cary Shoyer	M55	Under 15	NT	TOTAL	26kg
Cary Shoyer	M55	Youth	NT	TOTAL	26kg
Cary Shoyer	M55	Junior	NT	TOTAL	26kg
Cary Shoyer	M55	Senior	NT	TOTAL	26kg
Cary Shoyer	M55	U23	NT	TOTAL	26kg
Catherine Robinson	F71	Senior	NT	SNATCH	57kg
Catherine Robinson	F71	Senior	NT	CJ	70kg
Catherine Robinson	F71	Senior	NT	TOTAL	127kg
Chase Webster	M61	Under 15	NT	SNATCH	27kg
Chase Webster	M61	Youth	NT	SNATCH	27kg
Chase Webster	M61	Junior	NT	SNATCH	27kg
Chase Webster	M61	Senior	NT	SNATCH	27kg
Chase Webster	M61	U23	NT	SNATCH	27kg
Chase Webster	M61	Under 15	NT	CJ	37kg
Chase Webster	M61	Youth	NT	CJ	37kg
Chase Webster	M61	Junior	NT	CJ	37kg
Chase Webster	M61	Senior	NT	CJ	37kg
Chase Webster	M61	U23	NT	CJ	37kg
Chase Webster	M61	Under 15	NT	TOTAL	64kg
Chase Webster	M61	Youth	NT	TOTAL	64kg

Australian Weightlifting Federation Results Book - NTWA Open and Masters Competition

Chase Webster	M61	Junior	NT	TOTAL	64kg
Chase Webster	M61	Senior	NT	TOTAL	64kg
Chase Webster	M61	U23	NT	TOTAL	64kg
Chloe Sandford	F64	Senior	NT	SNATCH	30kg
Chloe Sandford	F64	Senior	NT	CJ	43kg
Chloe Sandford	F64	Senior	NT	TOTAL	73kg
Cobi Head	M89	Senior	NT	SNATCH	103kg
Cobi Head	M89	Senior	NT	CJ	130kg
Cobi Head	M89	Senior	NT	TOTAL	233kg
Daniel Baster	M102	Senior	NT	SNATCH	96kg
Daniel Baster	M102	Senior	NT	CJ	127kg
Daniel Baster	M102	Senior	NT	TOTAL	223kg
Elise Lichos	F59	Senior	NT	SNATCH	30kg
Elise Lichos	F59	Mast 35-39	NT	SNATCH	30kg
Elise Lichos	F59	Senior	NT	CJ	38kg
Elise Lichos	F59	Mast 35-39	NT	CJ	38kg
Elise Lichos	F59	Senior	NT	TOTAL	68kg
Elise Lichos	F59	Mast 35-39	NT	TOTAL	68kg
Emily Tjung	F49	Senior	NT	SNATCH	30kg
Emily Tjung	F49	U23	NT	SNATCH	30kg
Emily Tjung	F49	Senior	NT	CJ	40kg
Emily Tjung	F49	U23	NT	CJ	40kg
Emily Tjung	F49	Senior	NT	TOTAL	70kg
Emily Tjung	F49	U23	NT	TOTAL	70kg
Jen Lloyd	F87+	Senior	NT	SNATCH	32kg
Jen Lloyd	F87+	Mast 35-39	NT	SNATCH	32kg
Jen Lloyd	F87+	Senior	NT	CJ	48kg
Jen Lloyd	F87+	Mast 35-39	NT	CJ	48kg
Jen Lloyd	F87+	Senior	NT	TOTAL	80kg
Jen Lloyd	F87+	Mast 35-39	NT	TOTAL	80kg
Jessica Cussen	F64	Senior	NT	SNATCH	60kg
Jessica Cussen	F64	Senior	NT	CJ	75kg
Jessica Cussen	F64	Senior	NT	TOTAL	135kg
Kelly Rau	F76	Senior	NT	SNATCH	52kg
Kelly Rau	F76	Mast 50-54	NT	SNATCH	52kg
Kelly Rau	F76	Senior	NT	CJ	64kg
Kelly Rau	F76	Mast 50-54	NT	CJ	64kg
Kelly Rau	F76	Senior	NT	TOTAL	116kg
Kelly Rau	F76	Mast 50-54	NT	TOTAL	116kg
Kyle Spiteri	M96	Senior	NT	SNATCH	115kg
Kyle Spiteri	M96	Senior	NT	CJ	150kg

Australian Weightlifting Federation Results Book - NTWA Open and Masters Competition

Kyle Spiteri	M96	Senior	NT	TOTAL	265kg
Ruby Kwong	F64	Senior	NT	SNATCH	55kg
Ruby Kwong	F64	Senior	NT	CJ	71kg
Ruby Kwong	F64	Senior	NT	TOTAL	126kg
Tom Jones	M89	Senior	NT	SNATCH	110kg
Tom Jones	M89	Senior	NT	CJ	130kg
Tom Jones	M89	Senior	NT	TOTAL	240kg



## Personal Bests

Lifter	State	Lift	Previous PB	New PB	Increase
Catherine Robinson	NT	CJ	67kg	70kg	3kg
Chase Webster	NT	SNATCH	24kg	27kg	3kg
Chase Webster	NT	CJ	30kg	37kg	7kg
Chase Webster	NT	TOTAL	54kg	64kg	10kg
Chloe Sandford	NT	CJ	40kg	43kg	3kg
Chloe Sandford	NT	TOTAL	70kg	73kg	3kg
Cobi Head	NT	SNATCH	101kg	103kg	2kg
Cobi Head	NT	TOTAL	231kg	233kg	2kg
Daniel Baster	NT	SNATCH	95kg	96kg	1kg
Daniel Baster	NT	CJ	126kg	127kg	1kg
Daniel Baster	NT	TOTAL	221kg	223kg	2kg
Jessica Cussen	NT	SNATCH	57kg	60kg	3kg
Jessica Cussen	NT	CJ	73kg	75kg	2kg
Jessica Cussen	NT	TOTAL	128kg	135kg	7kg
Kyle Spiteri	NT	CJ	140kg	150kg	10kg
Kyle Spiteri	NT	TOTAL	255kg	265kg	10kg
Ruby Kwong	NT	SNATCH	50kg	55kg	5kg
Ruby Kwong	NT	CJ	67kg	71kg	4kg
Ruby Kwong	NT	TOTAL	117kg	126kg	9kg