

2024 QWA State Masters in conjunction with NQ Games

Dungeon Barbell Club, McCormack Street, Manunda, Cairns
4-5 May 2024



MASTERS ATHLETES

Any changes to bodyweight categories and/or entry totals must be in by the Verification of Entries, due 12.00pm Wednesday 1st May via email to qwa@qwa.org.

NQ GAMES ATHLETES

No need to notify bodyweight or entry total changes.

Competition Information

Photo ID and Starting Weights MUST be presented/submitted at weigh-in.

Lifting suits/attire must be worn at weigh-in. All Masters competitors MUST wear a one-piece lifting suit that cover the trunk and does not cover the elbows. Please do not wear a Queensland or Australian lifting suit unless you have represented Qld or Australia.

COMPETITORS MAY ALSO WEAR:

- A collarless T shirt under a one-piece lifting suit
- Close-fitting pants under a one-piece lifting suit
- A full body, one-piece unitard under a one-piece lifting suit
- The top of a unitard that covers the elbows under a one-piece lifting suit / or just the bottoms on their own under a one-piece lifting suit

COMPETITORS CAN NOT WEAR:

- Loose fitting clothing
- Anything that covers the elbows (apart from a unitard)
- Shirts with collars
- Any clothing that displays words, slogans, or images other than brand trademarks and/or weightlifting club / team names or logos
- Lifting belts wider than 120mm

COMPETITORS COMPETING IN THE NQ GAMES ONLY:

Are not required to wear a lifting suit HOWEVER if you own a lifting suit, we would love to see you in it on the platform.

AWARDS:

- Medals for 1st, 2nd & 3rd place in all age-group & bodyweight categories in the State Masters event.
- Trophies for best female and best male overall masters lifter.
- NQ Games medals for first, second & third placings across all age-groups.

Competition Schedule

SESSION	CATEGORIES	WEIGH-IN	START
Saturday			
Session 1	F 70-74, 55-59	7.00-8.00am	9.00am
Session 2	M 70-74, 65-69, 55-59	8.30-9.30am	10.30am
Session 3	F50-54, 45-49	10.00-11.00am	12.00pm
Session 4	M50-54, 45-49, 40-44	12.00-1.00pm	2.00pm
Sunday			
Session 5	F40-44, 35-39	8.00-9.00am	10.00am
Session 6	M35-39, 30-34	10.00-11.00am	12.00pm
Session 7	F30-34, F Open, F Junior	12.00-1.00pm	2.00pm

Preliminary Entries

Session

1

F70-74

5	F55	Julie	Davis	1952	North Brisbane	59
39	F73	Meg	Emerton	1953	Cougars	80

F55-59

47	F60	Diana	Loy	1965	None	95
1	F73	Linda	Skerman	1965	North Brisbane	85
56	F73	Marian	Wright	1969	Milton	127
10	F87	Sandra	Branson	1967	Stay True	90

Session

2

M70-74

23	M90	Alexander	Croot	1952	Milton	94
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M65-69

18	M98	Geoffrey	Wright	1956	Dungeon Barbell	50
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M55-59

55	M82	Michael	Riggall	1965	Milton Southside	123
6	M90	John	Hanlon	1966	Storm	110
51	M98	James	Mildren	1967	Dungeon Barbell	180
8	M109	Peter	Foster	1967	Southside Storm	150

**Session
3**

F50-54						
38	F73	Malgorzata	Soroka	1973	None	115
26	F87	Althea	Mackie	1970	Burleigh Barbell	117
30	F87	Dale	Donaghue	1971	Sunshine Coast	115
2	F87+	Lee-Anne	Spinks	1973	Barbell 4017	62
60	F87+	Libby	Macdonald	1972	Stay True	98
F45-49						
					Dungeon	
15	F66	Marianna	Toller	1977	Barbell	110
4	F73	Christine	Baber	1977	Cougars	115
28	F81	Rebecca	Wright	1975	Barbell 4017	79
11	F87+	Telia	Tonkin	1976	None	50

**Session
4**

M50-54						
					Southside	
57	M98	Gerard	Nelson	1972	Storm	181
M45-49						
36	M73	Darrel	Naude	1979	None	200
12	M82	Tinkham	Vongphrachanh	1975	Body Express	100
7	M90	Damian	Gillett	1977	Burleigh Barbell	165
M40-44						
52	M82	Nathan	Holsgrove	1984	None	170
					Dungeon	
16	M98	Malcolm	Wright	1983	Barbell	240
					Southside	
20	M109	Ignatius	Papenga	1980	Storm	180
34	M109	Jarrad	McCarthy	1983	Sunshine Coast	188

**Session
5**

F40-44						
35	F66	Rachel	Mc Ewan	1983	None	127
					Dungeon	
37	F66	Penny	Tudberry	1981	Barbell	155
24	F73	Amy	Goodwin	1982	Ipswich	108
45	F87	Jacque	Kendall	1983	Stay True	80
					Ultra	
43	F87+	Caroline	Jones	1984	Weightlifting	91
F35-39						
					Dungeon	
32	F73	Renate	Wool	1987	Barbell	120
42	F81	Ellyse	Sheridan	1987	Barbell 4017	90
40	F87	Alissa	Chant	1987	North Brisbane	0
25	F87+	Charlene	Kroesen	1986	Ipswich	135
					Dungeon	
49	F87+	Lynette	Thompson	1988	Barbell	110

**Session
6**

M35-39						
33	M73	David	Gilpatrick	1988	Thunder Barbell	213
29	M90	Justin	Connor	1985	Burleigh Barbell	255
50	M90	Daniel	Robinson	1989	Dungeon Barbell	180
53	M90	James	Crisostomo	1985	Ultra Barbell	186
9	M98	Ben	Trousdell	1986	Weightlifting	226
17	M98	Ken	Nakada	1987	Fraser Coast	195
48	M98	Daniel	Grace	1987	Thunder Barbell	145
59	M98	Lloyd	Wright	1986	None	235
M30-34						
27	M60	David	Futo	1993	Milton	160
41	M98	Kaleb	Schefe	1994	Stay True	185

**Session
7**

F30-34						
58	F64	Rochelle	Kay	1992	North Brisbane	127
3	F73	Casey	Edgar	1991	Thunder Barbell	150
14	F87+	Isabel	O'Callaghan	1991	Ultra Weightlifting	115
21	F87+	Laura	Abrey	1992	Stay True	80
31	F87+	Taylee	Todd	1993	Dungeon Barbell	95
46	F87+	Emily	Upton	1992	Milton	115
F Senior						
13		Karli	Duesbury- Marek	1995	Bounce	167
22		Sara	Nash	1998	Dungeon Barbell	
F Junior						
44		Taylah	Smith	2004	Dungeon Barbell	

Exemptions:

Alexander	Bell
Amy	Siebenhausen
Anna	Thomson
Bobby	Johnson
Bonney	Douglas
Bronwyn	Hitchener
Bryan	Cardeno
Bryan	Cardeno
Callum	Hannay
Cayo	Andreotti
Cheyenne	Hurinui
Darren	Castle
Dominika	Makosova



Erin	Oberem
Esther	Moir
Evonne	Sinclair
Fraser	Harrison
Gabrielle	Day
George	Lobo
Gregory	Hobl
Hannah	Morgan
Hayden	Davie
Jasier	Reehal
Jason	McNamara
Jessica	Malone
Joanne	Phillips
Kasie	Hunter
Katie	Harrold
Kelly	Tumata
Kirrily	Dowd
Leah	Chandler
Leandra	Miscamble
Lee-Ann	Crooks
Logan	Poon
Lou	Thao
Louise	Burwood
Ludek	Prokes
Mark	O'Halloran
Matt	Jenkinson
Matt	Cunningham
Matthew	Manz
Meg	Wellby
Mel	Lumb
Michael	O'Connor
Minoru	Yamasaki
Natalie	Marshall
Nic	Peterson
Nicholas	Wright
Red	Windle
Robert	Stanton
Sally	Wells
Sarah	Hart
Scott	Mark
Steven	Graham
<hr/> Tanya	<hr/> Eames
<hr/> Theresa	<hr/> Major
<hr/> Valerie	<hr/> Silver
<hr/> Yolandie	<hr/> Weir