

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 covers 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

M75-79

205	M90	Ludek	Prokes	1949	Dungeon	NQ Games
M70-74						
23	M90	Alexander	Croot	1952	Milton	94
M65-69						
18	M98	Geoffrey	Wright	1956	Dungeon Barbell	50
M60-64						
400	M90	Bruce	Wedmaier	1956	Dungeon	60
M55-59						
55	M82	Michael	Riggall	1965	Milton	123
6	M90	John	Hanlon	1966	Southside Storm	110

51	M98	James	Mildren	1967	Dungeon Barbell	180
8	M109	Peter	Foster	1967	Southside Storm	150

**Session
3**

F50-54						
38	F66	Malgorzata	Soroka	1973	None	115
26	F87	Althea	Mackie	1970	Burleigh Barbell	117
2	F87+	Lee-Anne	Spinks	1973	Barbell 4017	62
60	F87+	Libby	Macdonald	1972	Stay True	98
F45-49						
15	F66	Marianna	Toller	1977	Dungeon 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						
57	M98	Gerard	Nelson	1972	Southside 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
16	M98	Malcolm	Wright	1983	Dungeon Barbell	240
20	M109	Ignatius	Papenga	1980	Southside Storm	180
34	M109	Jarrad	McCarthy	1983	Sunshine Coast	188

**Session
5**

F40-44						
35	F66	Rachel	Mc Ewan	1983	None	127
37	F66	Penny	Tudberry	1981	Dungeon Barbell	155
24	F73	Amy	Goodwin	1982	Ipswich	108
45	F87	Jacque	Kendall	1983	Stay True	80
43	F87+	Caroline	Jones	1984	Ultra Weightlifting	91
F35-39						
32	F73	Renate	Wool	1987	Dungeon Barbell	120

						NQ
201	F73	Melanie	Fenwick	1989	Ipswich	Games
42	F81	Ellyse	Sheridan	1987	Barbell 4017	90
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
					Dungeon	
50	M90	Daniel	Robinson	1989	Barbell	180
					Dungeon	
53	M90	James	Crisostomo	1985	Barbell	186
					Ultra	
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
					Ultra	
14	F87+	Isabel	O'Callaghan	1991	Weightlifting	115
21	F87+	Laura	Abrey	1992	Stay True	80
					Dungeon	
31	F87+	Taylee	Todd	1993	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	
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Exemptions:

Alan	Slack
Alexander	Bell
Alisa	Chant
Amy	Siebenhausen
Anna	Thomson
Bobby	Johnson
Bonney	Douglas
Bronwyn	Hitchener
Bryan	Cardeno
Callum	Hannay
Cayo	Andreotti
Cheyenne	Hurinui
Dale	Donaghue
Darren	Castle
Dominika	Makosova
Erin	Oberem
Esther	Moir
Evonne	Sinclair
Fraser	Harrison
Gabrielle	Day
George	Lobo
Gregory	Hobl
Hannah	Morgan
Hayden	Davie
James	Cotter
Jasier	Reehal
Jason	McNamara
Jessica	Malone
Joanne	Phillips
Johnny	West
Kasie	Hunter
Katie	Harrold
Kelly	Tumata
Kirrily	Dowd
Leah	Chandler
Leandra	Miscamble
Lee-Ann	Crooks
Leesa	Langley
Logan	Poon
Lou	Thao
Louise	Burwood
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
Tanya	Eames
Theresa	Major
Tina	Cotter
Valerie	Silver
Yasmin	Lauaki
Yolandie	Weir