

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.

WEIGH-IN INFORMATION

TCRR Regulation to 6.4 / Weigh-In

- *10. Athletes must be weighed in their weightlifting costume. Athletes must not wear shoes or socks or any other footwear during the weigh-in. If an athlete is over their officially entered bodyweight category, 250 grams can be deducted from the weight shown on the scales to allow for the weight of the Costume. If the athlete is within their officially entered bodyweight category the weight on the scales will be recorded as shown.*
- Please note the following clarification:
- All athletes must be weighed in their lifting attire. If an athlete weighs over the limit of the bodyweight category in which they are entered, UP TO 250g can be deducted from the weight shown on the scales to record the athlete's competition weight as being equal to the bodyweight category's maximum limit, enabling the athlete to compete within the category.
- **Example for the 81kg category:**

| Weight shown on the scales | Athlete's weight recorded |
|----------------------------|---------------------------------------|
| 80.95 | 80.95 |
| 81.00 | 81.00 |
| 81.05 | 81.00 |
| 81.10 | 81.00 |
| 81.15 | 81.00 |
| 81.20 | 81.00 |
| 81.25 | 81.00 |
| 81.251+ | Did not make weight for 81kg category |

- If the weight shown on the scales is more than 250g over the category limit, the athlete can try to reduce their weight and return to the weigh-in within the allocated time, as usual.
- If the weight shown on the scale is more than 250g over the category limit at the end of the weigh-in, the athlete will be unable to lift in any capacity in this competition.

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 |
|----|-----|-----------|-------|------|--------|----|

M65-69

| | | | | | | |
|-----|-----|----------|----------|------|---------|----|
| 18 | M98 | Geoffrey | Wright | 1956 | Dungeon | 50 |
| 400 | M90 | Bruce | Wedmaier | 1956 | Dungeon | 60 |

M55-59

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

| | | | | | | |
|----|------|-----------|--------|------|--------------|-----|
| | | | | | Dungeon | |
| 15 | F66 | Marianna | Toller | 1977 | Barbell | 110 |
| 4 | F73 | Christine | Baber | 1977 | Cougars | 115 |
| 28 | F87 | 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 |

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 |
| | | | | | NQ | |
| 201 | F73 | Melanie | Fenwick | 1989 | Ipswich | Games |
| 42 | F81 | Ellyse | Sheridan | 1987 | Barbell 4017 | 90 |
| 25 | F87+ | Charlene | Kroesen | 1986 | Ipswich | 135 |
| 49 | F87+ | Lynette | Thompson | 1988 | Dungeon | 110 |
| | | | | | NQ | |
| 22 | F Senior | Sarah | Nash | 1998 | Dungeon | Games |

Session 6
M35-39

| | | | | | | |
|-----|--------|--------|------------|------|------------------|-----|
| 33 | M73 | David | Gilpatrick | 1988 | Thunder Barbell | 213 |
| 29 | M90 | Justin | Connor | 1985 | Burleigh Barbell | 200 |
| | | | | | 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 |
| | | | | | Dungeon | |
| 50 | M98 | Daniel | Robinson | 1989 | Barbell | 180 |
| 59 | M98 | Lloyd | Wright | 1986 | None | 235 |
| | | | | | | |
| | | | | | M30-34 | |
| 27 | M60 | David | Futo | 1993 | Milton | 160 |
| 41 | M98 | Kaleb | Schefe | 1994 | Stay True | 185 |
| 500 | Senior | Jack | Adams | 1999 | Dungeon | na |

Session 7
F30-34

| | | | | | | |
|----|------|----------|----------------|------|-----------------|----------|
| 58 | F64 | Rochelle | Kay | 1992 | North Brisbane | 127 |
| 14 | F87+ | Isabel | O'Callaghan | 1991 | Ultra | 115 |
| 21 | F87+ | Laura | Abrey | 1992 | Stay True | 80 |
| 31 | F87+ | Taylee | Todd | 1993 | Dungeon | 95 |
| 46 | F87+ | Emily | Upton | 1992 | Milton | 115 |
| | | | | | | |
| | | | | | F Senior | |
| 13 | | Karli | Duesbury-Marek | 1995 | Bounce | NQ Games |
| | | | | | | |
| | | | | | F Junior | |
| 44 | | Taylah | Smith | 2004 | Dungeon | NQ Games |