

2024 THE CHARTIST QLD SENIOR CHAMPIONSHIPS

Preliminary Entries



Saturday 13th & Sunday 14th July 2024

Milton Weightlifting Club, 40 Mayne Road, Bowen Hills

Verification of entries close Wednesday 10th July via email to qwa@qwa.org.

COMPETITION INFORMATION

- To be eligible to compete at this event lifters must have competed in an approved competition in the qualifying period of 12 July 2023 – 23 June 2024 and achieved a minimum of a State Senior qualifying total.
- All competitors are expected to nominate for at least one session as a volunteer during the competition. [Sign up here](#).
- No dogs rule are permitted at the venue and children must be supervised.
- Photo ID and Starting Weights MUST be presented/submitted at weigh-in. Competitors must wear a lifting suit at weigh-in.
- All 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 Aus. There are some generic black suits available in the QWA Shop if you need to purchase one. Note there is no additional incoming stock before the event.
- The event will be live streamed on the Qld Weightlifting Facebook page.
- Athlete videos will be available for pre-order from Brent Things and Stuff on Instagram.

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

AWARDS:

- Medals for 1st, 2nd & 3rd place in all bodyweight categories.
- Best lifter Plaques: Best Female lifter; Best Male lifter (calculated using Sinclair)
- Most Improved Lifter Award trophies: Most Improved Female lifter; Most Improved Male lifter (calculated using the Forbes formula)

ATHLETE EXEMPTIONS:

- James Norman – Approved
- Cameron Maher – awaiting supporting documentation

| SATURDAY 13TH JULY | | WEIGH-IN | START |
|-----------------------|--|---------------|---------|
| Session 1 F49,55,59 | | 8am - 9am | 10am |
| Session 2 M61, 67, 73 | | 10.30-11.30am | 12.30pm |
| Session 3 F64 | | 12.30-1.30pm | 2.30pm |
| Session 4 M81 | | 2.30-3.30pm | 4.30pm |

| SUNDAY 14TH JULY | | WEIGH-IN | START |
|-------------------------------|--|-----------|-------|
| Session 5 F71, 76 | | 7am-8am | 9am |
| Session 6 M89 | | 9am-10am | 11am |
| Session 7 F81, 87 | | 11am-12pm | 1pm |
| Session 8 M96, 102, 109, 109+ | | 1pm-2pm | 3pm |

SATURDAY

SESSION 1

| | | | | | |
|-----|-----|----------------------|------|------------------|-----|
| 98 | F49 | Sarah Dioguardi | 2000 | Milton | 95 |
| 230 | F49 | Sienna Lambert | 2008 | Cougars | 107 |
| 17 | F55 | Chloe Perkins | 2006 | None | 160 |
| 291 | F55 | Dominika Makosova | 1991 | Burleigh Barbell | 136 |
| 58 | F59 | Jessica Malone | 1987 | None | 118 |
| 92 | F59 | Dani O'Neil | 1995 | Cougars | 129 |
| 132 | F59 | Kayla Miller-Gorce | 1999 | Burleigh Barbell | 160 |
| 140 | F59 | Natalie Marshall | 1985 | Noosa Barbell | 147 |
| 162 | F59 | Karli Duesbury-Marek | 1995 | Bounce | 167 |

SESSION 2

| | | | | | |
|-----|-----|------------------|------|------------------|-----|
| 216 | M61 | David Futo | 1993 | Milton | 160 |
| 275 | M67 | Reon Van Rooyen | 1999 | None | 200 |
| 69 | M73 | Brayden Williams | 1996 | Burleigh Barbell | 245 |
| 72 | M73 | Chris Chung | 1994 | Body Express | 185 |
| 209 | M73 | Levi Deans | 2006 | Sunshine Coast | 200 |
| 267 | M73 | Ulrich Smit | 1998 | North Brisbane | 175 |

SESSION 3

| | | | | | |
|-----|-----|------------------|------|------------------|-----|
| 19 | F64 | Emmanuela Romano | 1998 | Cougars | 138 |
| 20 | F64 | Hailinn Diola | 1993 | Ipswich | 150 |
| 53 | F64 | Courtney Haley | 1994 | None | 159 |
| 95 | F64 | Kate Edwards | 2002 | Milton | 141 |
| 119 | F64 | Briony Challis | 2000 | Cougars | 181 |
| 123 | F64 | Ciera Stafford | 1999 | Cougars | 131 |
| 131 | F64 | Anna Wishnowsky | 1994 | North Brisbane | 159 |
| 246 | F64 | Kate Edwards | 2002 | Milton | 141 |
| 296 | F64 | Lauryn Bromhead | 2003 | Burleigh Barbell | 149 |

SESSION 4

| | | | | | |
|-----|-----|-------------------|------|------------------|-----|
| 42 | M81 | Rory Scott | 1999 | Milton | 300 |
| 94 | M81 | Joshua Swanepoel | 2003 | Cougars | 250 |
| 103 | M81 | Samuel Cartwright | 2004 | Cougars | 207 |
| 149 | M81 | Nathan George | 1996 | Ipswich | 240 |
| 208 | M81 | Cesar Oyola | 1991 | Burleigh Barbell | 220 |
| 227 | M81 | Zac Schwitter | 1998 | Noosa Barbell | 240 |
| 248 | M81 | Mitch Grieve | 1995 | Burleigh Barbell | 180 |

SUNDAY**SESSION 5**

| | | | | | |
|-----|-----|---------------------|------|-----------------------|-----|
| 23 | F71 | Sarah Lorenzo | 1991 | Cougars | 140 |
| 58 | F71 | Aisling Scott | 1992 | Cougars | 181 |
| 132 | F71 | Kaiya Ngahina Marsh | 2006 | Noosa Barbell | 147 |
| 140 | F71 | Nya Hayman | 2005 | Cougars | 200 |
| 162 | F71 | Isabelle Farthing | 2005 | None | 140 |
| 69 | F76 | Olivia Kelly | 1993 | Ipswich Weightlifting | 205 |
| 72 | F76 | Tandia Wood | 1997 | Cougars | 150 |
| 216 | F76 | Caitlin Ford | 1994 | Milton | 126 |
| 275 | F76 | Mikala Ferguson | 1995 | Milton | 145 |

SESSION 6

| | | | | | |
|-----|-----|-----------------|------|------------------|-----|
| 86 | M89 | Aldous McCarthy | 2000 | Milton | 190 |
| 97 | M89 | Matt Scipione | 1994 | Thunder Barbell | 226 |
| 153 | M89 | Alexander Isaac | 1993 | Cougars | 202 |
| 157 | M89 | Tait Stuart | 2005 | Toowoomba | 193 |
| 161 | M89 | Min Soo Ha | 1996 | Milton | 207 |
| 213 | M89 | Jeff Johnson | 1998 | Burleigh Barbell | 188 |
| 214 | M89 | Hayden Davie | 1993 | Milton | 250 |
| 243 | M89 | Justin Connor | 1985 | Burleigh Barbell | 255 |
| 259 | M89 | Stuart Ng | 1997 | Milton | 222 |
| 286 | M89 | Levi Fredericks | 1999 | Body Express | 235 |

SESSION 7

| | | | | | |
|-----|-----|----------------------|------|------------------|-----|
| 76 | F81 | Ella Naidoo-Golledge | 2003 | Burleigh Barbell | 155 |
| 81 | F81 | Michelle Thomanek | 1992 | Milton | 134 |
| 192 | F81 | Alana Castle | 2007 | Burleigh Barbell | 145 |
| 271 | F81 | Chelsea Weston | 1993 | Ipswich | 168 |
| | F81 | Jessica Watzek | 1997 | Cougars | 189 |
| 31 | F87 | Alissa Chant | 1987 | North Brisbane | 150 |
| 32 | F87 | Claire Binch | 1988 | Burleigh Barbell | 150 |
| 204 | F87 | Charjae Cracknell | 1996 | Burleigh Barbell | 180 |
| 292 | F87 | Sharntahlia Ale | 1999 | Body Express | 151 |
| 293 | F87 | Maria Divina | 1995 | None | 142 |

SESSION 8

| | | | | | |
|-----|-------|-------------------------|------|------------------|-----|
| | M96 | Samuel Saxby | 1989 | Dux | 185 |
| 40 | M96 | Liam Janse van Rensburg | 1995 | Dux | 220 |
| 177 | M96 | Jack Lafferty | 2006 | Noosa Barbell | 250 |
| 199 | M96 | Samuel Dickman | 1999 | Milton | 246 |
| 215 | M96 | Blayze Sherry | 1991 | None | 260 |
| 247 | M96 | Kevin Tam | 2000 | Cougars | 235 |
| 301 | M96 | Ryan Villiers | 1994 | Cougars | 220 |
| 39 | M102 | Taj Marsh | 2004 | Noosa Barbell | 280 |
| 104 | M102 | Deane Casson | 1995 | Burleigh Barbell | 250 |
| 142 | M102 | Jakob Daniels | 1995 | Sunshine Coast | 280 |
| 206 | M102 | Fraser Harrison | 1991 | Rebuild | 265 |
| 93 | M109 | Shane Reinke | 1997 | Ipswich | 230 |
| 117 | M109 | Jack Cunningham | 1993 | Milton | 199 |
| 220 | M109 | Sotiri Karageorgiou | 1990 | Cougars | 290 |
| 254 | M109+ | Angus Ward | 2003 | Noosa Barbell | 240 |