



Congratulations to David Liti for his incredible performance at the Paris Olympics. David finished 8th in the men's 102+ category, achieving a personal best in the Snatch and Total. David's strength, dedication, and passion are an inspiration to many. Congratulations David and coach Tina Ball.

TE HIKINGA TAUMAHA AOTEAROA

Weightlifting New Zealand

Correction to Qualifying Standards for NZ Junior & Senior National Championships

Thanks to the sharp eyed people who picked up an error in the Qualifying Standards for Juniors to WNZ Nationals

Seniors = C Grade

Juniors = D Grade

There is no separate Youth division at Nationals , however Youth who make D Grade have qualified to compete as a Junior.

Masters compete as Seniors and qualify if they achieve C grade

HOW TO CHANGE BWT OR OPENING DURING VFE PERIOD

[WNZ website/calendar/competition](#)

[Enter your email address](#)

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[Entry the Payment ID from your entry confirmation email](#)

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Weightlifting History

.....continued

1940s-1950s

During the 1940s and 1950s, weightlifting not only witnessed memorable rivalries but also innovative training methodologies. Intense competition between USA and USSR athletes such as John Davis and Grigory Novak pushed the boundaries of human strength, inspiring a new generation of lifters.

Meanwhile, coaches like Tommy Kono promoted the importance of progressive resistance training and introduced special weightlifting suits, improving athletes' performance and fueling the sport's evolution.

1970s

The 1970s marked an era of unprecedented change. In 1972, the press event was eliminated from Olympic weightlifting, and the sport was restructured, focusing solely on the snatch and clean and jerk. The removal of the press was mainly due to its subjective judging criteria and the hazards it posed to lifters' health.

The 1970s also saw the ascendance of legendary weightlifters like Vasily Alekseyev and Naim Süleymanoğlu, who captivated audiences with their seemingly supernatural strength and astonishing records, elevating the sport to a new level of global popularity.

TECHNICAL OFFICIAL CORNER

Scenario:

An athlete goes to the platform, tries to lift the barbell, and does a perfect snatch deadlift with it. The lifter looks puzzled and then starts gesturing at the TC when she gets off the platform. The coach is losing it too.

The barbell was supposed to be loaded to 80kg for this snatch first attempt, but was loaded to 85kg by mistake (that 15kg barbell versus the 20kg one confused the loaders, and they did not have a loading chart. The system used also did not have the image of the correct plates, which is always helpful).

Question: What should happen now?

1. The athlete and coach should have noticed the misloaded barbell, so this attempt is a no lift and they have to move on to the second attempt.
 2. The centre ref/TC should have noticed that the barbell was not loaded properly, so this attempt is given a good lift because it is not the athlete's fault.
 3. The centre ref/TC should have noticed that the barbell was not loaded properly, so the athlete is automatically granted an additional attempt with the weight originally requested.
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Attention all Technical Officials

1. We have an updated TO Pathway in place; this can be found on the WNZ website > Corporate > WNZ Corporate > under the Governance heading > TO Pathway.

Please read this carefully to ensure you are following the pathway correctly.

2. Can all expressions of interest (EOI) for upgrades to National/International Cat 2/International Cat 1 please be made to the TO Manager (Barb) barb.timeout@xtra.co.nz .

3. Those wanting to upgrade to international Cat 2 or 1 level this year please send your EOI to Barb asap; as these TO's will be examined at the National champs in October

Now lets go around Aotearoa and see who has done what

MANAWATU WHANGANUI WEICHLIFTING CLUB 6TH JULY 2024

A well supported club competition with 13 athletes lifting !! Great turnout. 9 athletes from Kapiti Olympic Lifting, 2 from Turanga Strong Weightlifting, Team Taurus was represented alongside MWWC club member

KOTAHI BARBELL CLUB 7TH JULY 2024

On Sunday July 7 Kotahi Barbell club held its first competition. As we have a lot of very new to the sport members, we decided to offer a sanctioned competition, followed by an unsanctioned event enabling a taster of the sport. Both were very well supported, with a total of 34 athletes taking part.

We had some great results from within the Club Competition, with 4 athletes ticking off C Grade and qualifying for Senior Nationals (3 for the first time!), and 3 youth athletes taking part in their first event as part of their build up to the 2024 NZ Secondary School Championships.



Hugely grateful to the support we received from Taurus Barbell, Limitless Weightlifting and Mount Weightlifting who ensured both events could run smoothly. Looking forward to the next one

Otago Weightlifting Club Comp 14th July 2024

Rather a small comp this time around with 3 very active lifters:

Results

Hannah close	Best Snatch 77 kg	Clean & Jerk 88kg	Total 165kg
Chanel Clarke	Best Snatch 68kg	Clean & Jerk 91kg	Total 159kg
Martin Wilkinson	Best Snatch 62kg	Clean & Jerk 90kg	Total 152kg

TRAINING DAY IN HAMILTON 27TH JULY 2024

On Saturday July 27th coaches Mike Calver and Gabi Peach ran a competitors training day at CrossFit Taurus in Hamilton, with 26 athletes from across the region attending. The day featured lots of learning, dialogue and lifting, with two training sessions and a special presentation from Megan Signal around personal definitions of high performance and success, and the decisions we make everyday to support these. We are so proud of how things went, with athletes rising to the challenge and making the most of the team environment. A special thank you to CrossFit Taurus for providing the space and Megan for travelling down to be involved.



41 Degrees Club competition 4th August 2024

Yet again our trust Matt Dyson holds another successful Club competition on 4th August 2024. With 15 Athletes (12 female and 3 male)

Thanks Matt Dyson for being an active competition organiser !

Kotahi Barbell Club

Sunday 18th August saw Kotahi Barbell Club hosting its second Club Competition, with 20 athletes competing across two sessions. It was great to have athletes joining us from as far as Gisborne! The competition served as a warm up event ahead of Secondary School Championships for some, and an opportunity to qualify for Junior/Senior and Masters Nationals for others. We are very proud at KBC to now have five athletes qualified for Junior/Senior Nationals, a great start for our young club! As always a huge thank you to everyone who supported the event, both in attending and assisting with key jobs throughout the day. Everything ran smoothly with a wonderful and supportive atmosphere.

HCC Barbell Club Competition

On Sunday, August 25th HCC Barbell Club held our second club competition of the year. 16 athletes registered, with a total of 13 competitors showing up on the day.

The competition had a mix of first-time and experienced lifters.

Our spectators brought the good vibes cheering for our lifters and were rewarded with outstanding performances from Matanoko McDonald achieving a successful 80kg snatch and 100kg clean and jerk. Xavier Albert was in fine form achieving a 143kg snatch and 167kg clean and jerk.

On behalf of HCC Barbell Club we thank all of our volunteer TO's Karla Hewitson, Adam Squires, Jennifer Brown. CMS running of the desk Koren Hale, announcer Shantelle Nahona, Aromia Merito. Loaders Mark Swanson, Lydia Hira, Keanna Hakeagaiki, Doug Sekone-Fraser, Morehu Hazel. Coaches and organisers who made the event successful and all of our lifters from other clubs. Congratulations everyone.

Olympic Weightlifting Auckland

24th August 2024

UP COMING EVENTS

National Secondary Schools Championships	Kolmar	7 & 8 September 2024
IMWLA World Masters Championships	Finland	5-14 September 2024
Commonwealth Sr/Jr/Youth/U23 Championship	Fiji	17-21 September 2024
UMWF World Championships	Fiji	23-28 September 2024
IWF Junior Worlds	Spain	19-27 September 2024
MC Weightlifting Club competition	Hamilton	28th September 2024
Otago Weightlifting Club Competition	Dunedin	29th September 2024
41 Degrees Weightlifting	Wellington	29th September 2024
Manawatu Whanganui Last chance qualifier	Feilding	6th October 2024

TECHNICAL OFFICIALS - WNZ has several National Competitions coming up - please save the following dates

National Secondary Schools

Kolmar Papatoetoe 7th and 8th September

Junior & Senior Nationals
Masters Nationals

Due Drop Centre Manukau 25-27 October
HCC Barbell Christchurch 23-24 November

WEBSITE UPDATE

**Hosting a Championship Event - applications are now taken on line -
Home/Corporate/WNZ Corporate/competitions**

**Technical Official Pathway - on line - Home/Corporate/WNZ Corporate
Competition Results - Home/Calendar/ click on competition**

TECHNICAL OFFICAL CORNER

Answer

The correct answer is 3).

If the barbell is loaded to a heavier weight than the one requested by the athlete, the athlete may accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1 kg. If the attempt is not successful, the athlete is automatically granted an additional attempt with the weight originally requested.

MASTERS NATIONAL MESSAGE

Therapeutic Use Exemptions (TUEs) for 2024 Masters Nationals

If you are an athlete that is taking medication and, according to Global DRO, the medication is Prohibited in Competition, please note that you DO NOT need to organise a TUE with Sport Integrity Commission prior to competing at the Masters Nationals. A TUE can be applied for retroactively ie after the event if you return a positive test.

If you have any queries on this please contact cleansport@weightlifting.nz

*****2025 COMPETITION CALENDAR*****

**ALL CLUBS INTERESTED IN HOSTING REGIONAL AND CHAMPIONSHIP
EVENTS DURING 2025, PLEASE NOTIFY WNZ COMPLETE BY 31 OCTOBER
2024 - APPLICATIONS ON LINE**

**APPLICATIONS: WW.WEIGHTLIFTING.NZ/HOME/CORPORATE/WNZ
CORPORATE/COMPETITIONS**



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