



TE HIKINGA TAUMAHA AOTEAROA
Weightlifting New Zealand

INTRODUCING: OUR TECHNICAL OFFICAL CORNER:

Scenario: You are a first time national ref officiating at your first Senior Nationals. The first lifter is up, you wait until the lifter is locked out and immobile with the barbell above their head, and give your good lift decision. You are proud of yourself for getting your job done for that lift and look at your friend in the audience who will take a few photos of you in the ref chair.

All of a sudden, you look back to the platform and the other two refs give a red light.

Question: Without looking at the TCRR, can you name 3 different things that could have happened after the lifter is locked out and immobile that could consist of a no lift?

Answer is within the newsletter.....

Now lets jump around the country and check out what has been happening...

We are going to start with Functional Strength Olympic Club Comp

May 2024



4th May 2024 FSO Club Comp

A fun, laid back competition, held for athletes to qualify for nationals. Congratulations to Cody Ryan and Kharmin Bhana, who both qualified for Senior Nationals ! This Club competition allowed Cam Urgert to take his referee training wheels off ! Thanks to our other refs Richard Wong and Karen Lloyd for a relaxed comp with lots of laughs and encouraging support. Other mentions is Stefan Filichurch hit a PB C&J and Anne Haw turned up.

We even had a surprise visitor from USA Shan Berthelot-Meres. Shan loaded with Annabelle Hohepa-tho Annabelle did most of the heavy lifting ae Shan !! LOL

Otago Weightlifting Club 4th May 2024

"Solid hitout for Otago Weightlifting members at our May 4th competition. 10 lifters getting a practice run in before South Island Champs, was great to have a first timer and a returning lifter doing their first competition in a number of years. Huge thank you to the volunteers for helping us make this happen."



Nelson Weightlifting Club 11th May 2024

What can we say , Nelson held another small comp to enable their last few members to qualify for the South Island Champs in a few weeks. We had 2 lifters from Blenheim attend that also needed to qualify. We had 7 females and only 3 male lifters thanks to a ring-in Crossfitter (man have things changed). We also wanted to try out a new setup with the platform facing a different direction from normal and in the same position as it will be in June. Tia was in her recovery week as she builds to her trip to Peru so wasn't expecting to hit top weights. Best Wishes for Tia at Youth Worlds in Peru !

May 2024



Mount Maunganui Weightlifting Club -19th May 2024



It was a triumphant weekend for the Mount Weightlifting team! Paige Osborne, Bek Hayes, and Chloe Burnell secured their spots for the upcoming national championships, marking a significant milestone in their weightlifting journey. The competition showcased a diverse array of talented individuals, each demonstrating remarkable strength and determination.



We extend our heartfelt gratitude to our supportive local community for making this event a success. Hosting the competition was a true pleasure, and we look forward to future events with excitement.

+64 Fitness CHCH

Komihana Mitchell held its first competition in a few years. The competition was a successful comp with a few new faces to the lifting platform. We had a few athletes also gain qualification for nationals later in the year. Exciting times

Auckland Secondary School Championships 18th May 2024

A great weekend witnessing our young lifters on the platform, some for the first time! Plenty of High Schools sent teams of lifters to compete. Every session was exciting to watch and great to see friends and family supporting the athletes.

May 2024

HUGE THANK YOU TO MEGAN SIGNAL, NEROLI KING ! Our competitions cannot run without the huge amount of work that goes on behind the scenes prior to the event, and, the people you put their hands up to perform the Technical Official roles, and to Odette Smith for organising the TO schedule.... A special mention to our guest lifters from Cook Islands and Samoa Weightlifting - some very impressive eye watering weights being successfully lifted.



WEBSITE UPDATE NEWS FLASH

May 2024

**Wanting to host a Club Competition?????- Applications are received on line
!!!!
Home/Corporate/WNZ Corporate/ Application to Host a Club Competition
Coming soon: Application to Host a Championship Event**

IWF WORLD YOUTH CHAMPIONSHIPS -PERU

**Watching our up and coming Youth lifters on the World Stage !!!! So proud
to see these young people taking on the world!**

This month we had four athletes representing New Zealand at the Youth World Championships, in Lima, Peru. A trip full of firsts is a powerful experience with wins, losses, lessons, and learnings. This event was the first time a World level event was run as a two-platform event and credit to the Event Organisers for the huge amount of work in putting it together. Our athletes admirably represented themselves and Weightlifting New Zealand and did an outstanding job coming together as a team.

Madeleine Agnew W71, Papatoetoe Olympic Weightlifting Club

Maddy lifted in the 71B session, finishing 4/6 with a 73kg Snatch and 99kg (PB) Clean & Jerk. She achieved W71 A Grade (172) for the first time and finished 15th overall

Mollie King W81+, Manawatu Whanganui Weightlifting Club

Mollie lifted in the 81+ A session, finishing 5/6 with a 84kg Snatch and 105kg Clean & Jerk, both PB's. She achieved W81+ A Grade (189) for the first time and finished 8th overall

Litia Nacagilevu W81+, Nelson Weightlifting Club

Tia lifted in the 81+ A session, finishing 4/5 with a 94kg (PB) Snatch and 110kg Clean and Jerk. She achieved a BRONZE MEDAL in the Snatch, only the 5th athlete ever to medal at a World Championship, and the FIRST ever Youth World Championship medal for New Zealand. Tia declined her final Clean & Jerk after experiencing some shoulder pain through warm up. Despite this, she achieved a 3kg PB total with 204kg, and finished 7th overall.

Isyss Schuster M102+, Papatoetoe Olympic Weightlifting Club

Isyss experienced an acute mid-back injury in training early in the week. This ultimately left him unable to lift and he withdrew from the competition. We wish Isyss a speedy recovery!

Athletes were supported by coaches Gabrielle Peach and Joni Nacagilevu. Paule Poulin attended as an IWF Technical Official at her first major international and filled the role of President of the Jury for the Girl's platform throughout the competition.

May 2024



Response to TO's corner question

Dropping the barbell from above the shoulders

Failing to replace the complete barbell on the platform (for example, the lifter was at the edge of the platform and when they dropped the barbell it ended up half on the platform, half on the stage)

The lifter dropped the barbell behind them, instead of in front after completing the lift

Review: the [TCRRs on Incorrect movements](#), section 2.5, including TCRR 2.5.1.7 and TCRR 2.5.1.8.

CONGRATULATIONS TO THE FOLLOWING ATHLETES WHO SET NZ RECORDS THIS MONTH:

David Chung - Under 15

Isyss Schuster - Youth

Litia Nacagivevi - Youth

May 2024



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