



TE HIKINGA TAUMAHA AOTEAROA

Weightlifting New Zealand

AGM FRIDAY 25TH OCTOBER 2024

After final session on Day 1 of 2024 Jnr & Snr Nationals

September 2024 in a nutshell

To say that September has been busy is an understatement. National Secondary Schools hosted by Papatoetoe Weightlifting, OWF Commonwealth Championships in Fiji, IWF Junior World Championships in Leon Spain, and at the same time we had IWF Masters World championship in Finland, AND UMWF Masters World Championships in Fiji. Enough to say the World is impressed with the presence of Kiwi athletes display their skills, and prowess

NATIONAL SECONDARY SCHOOLS 7 AND 8 SEPTEMBER 2024

Resounding success. Many athletes lifting at their first competition... Impressive huge thanks to Megan Signal and all volunteers that helped out on the day - You know who you are. We appreciate you all

Congratulations to the following athletes who set NZ Records at this month's National Secondary School Championships hosted by Papatoetoe Olympic Weightlifting Club.

U15

Anika Maina Falasia - W81+kg - 85kg Snatch, 102kg C&J, 187kg Total

Jeremy Manteiga - M89kg - 82kg Snatch, 103kg C&J, 185kg Total

David Chung - M102kg - 65kg Snatch, 90kg C&J, 155 Total

YOUTH

Litia Nacagilevu - W81+kg - 112kg C&J, 205kg Total

Hunter Nepia - M89kg - 128kg Snatch, 147kg C&J, 275kg Total

Isyss Schuster - M102+kg - 170kg C&J, 310kg Total

WNZ IWF JUNIOR WORLD CHAMPS TEAM



In the first week, the team trained with the Italian Weightlifting Federation, immersing themselves in a world-class environment. Training alongside World Champions and Olympic medalists offered invaluable experience, aiding in the athletes' development as they aim to compete on the world stage.



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At the Junior World Championships in Leon, Spain results were varied. Georgia Theron showcased her potential with an impressive 5/6 performance, finishing 11th overall with a 205kg total (elite grade) in the highly competitive 71kg class. Olivia Selemaia, competing in the A session, faced challenges, successfully completing a 98kg snatch but missing all her clean and jerks as she chased a podium finish. It was a tough but valuable learning experience. Issys Tobia-Pita, competing in the 76kg class, also had a difficult day, making just one successful lift, a 95kg clean and jerk.

Isyss Schuster was the first of the boys to compete on the final day of competition. As one of only two Youth athletes in the men's 109kg+ class, Issys performed admirably, setting Oceania Youth records with a 175kg clean and jerk and a 310kg total.

The standout performance came from Numi Tepulolo in the men's 109kg+ class. After missing his opening snatch at 153kg, Numi regrouped, nailing his second attempt. With remarkable composure, he waited while other competitors completed their lifts before successfully lifting 161kg on his third attempt which ultimately proved good enough for the bronze medal. Numi made history as the first-ever NZ male lifter to win a medal at an IWF World Championship event, finishing with a 343kg total and securing 8th place overall.

This campaign marked a significant step forward, proving that NZ athletes can be genuinely competitive at the international level as we enter the next Olympic cycle.

COMMONWEALTH CHAMPIONSHIPS



The 2024 Youth, Junior and Senior Championships saw a team of 9 athletes and 3 coaches head to Suva, Fiji to compete between September 18 and 21. Congratulations to our athletes who all put together strong performances, some highlights including

- 6/6 and PB performances from Sienna and Mollie
- PB performance from Marco in his first international
- PB and New Zealand record performance from Xavier
- PB performance, New Zealand and Oceania records from Tia



Emma McIntyre W64 Senior, 189kg total, 5th place

Sienna Fesolai W71 Junior, 197kg total, 2nd place

Litia Nacagilevu W87 Junior 1st place, W81+ Youth 2nd place, 216kg total

Medea Jones W87 Senior, 215kg total, 3rd place

Mollie King W81+ Youth, 205kg total, 3rd place

Marco Mollo M81 Senior, 293kg total, 5th place

Xavier Albert M96 Senior, 317kg total, 2nd place

Kitini Taihuka M102 Senior, 304kg total, 4th place

Malachi Faamausili-Fala M109+ Senior, 335kg total, 3rd place

Special to mention to the additional Weightlifting New Zealand members at the event representing our Pacific neighbours

Ajah Pritchard-Lolo W81 (Vanuatu)

Uaealesi Funaki M89 (Tonga)

Timothy Vakuruivalu M102 (Fiji)

Thank you to the organising committee for the great hospitality and well run event, and to our team for representing New Zealand so well.



HOW TO ENTER COMPETITIONS

Log onto website - www.weightlifting.nz

Home/Calendar

Choose year of competition - could be 2024 or 2025

Find the competition from the list that appears

Click on the competition name Are you a member of WNZ-you MUST be a member to enter a competition

Enter your personal details/continue

Complete BWT and Entry totals

PAY Competition Fee

Upon payment you will be sent a confirmation email

Keep a note of the payment ID from confirmation email

IF YOU DONT PAY UPON ENTRY, NO CONFIRMATION IS SENT AND YOU ARE NOT ENTERED. YOU WILL NOT BE ABLE TO VFE

COMPETITION ENTRY CLOSE DATE

EXPLANATION

PLEASE NOTE THAT IF THE CLOSE DATE FOR ANY COMPETITION STATES 18TH - THIS MEANS COMPETITION IS **CLOSED** AS OF 18TH - IT CLOSED MIDNIGHT ON THE 17TH

HOW TO ENTER VFE

This process is done AFTER registration closes for the competition

Log onto website - www.weightlifting.nz

Home/Calendar

Click on the Competition you entered and need to alter information
Enter same email and details used upon entry and PAYMENT ID
Make any necessary changes

TECHNICAL CONTROLLER CORNER

- A Technical Controller never sits down, no matter how tired they are even after doing sessions back to back to back.
 - In New Zealand, we are a small community, and TOs may know some lifters habits. Some might have had a rebend in the past, or a hitch. It is very important to judge each lift individually, and not to be on the lookout especially for a certain habit to show up. We want to be fair, and the athlete may have fixed the issue. As Sam Coffa, the IWF Technical Delegate said at the 2024 Oceanias Technical Meeting, "Call what you saw, not what you think you saw."
 - As Chief Marshall, no matter what system is used (whether you are calling changes through a radio to the front, or directly to the tabulator if they are besides you in the back), you are responsible to make sure the tabulator has made the correct change by checking the board. This is very important and can help avoid technical stops and mix ups.
 - As referees, with live stream and audience, you make your call and you should not gesture to show why you made the call. You may discuss with the other two referees in the 10 minutes break, or after the session. Remember your angle is not the same as other referees or the spectators and so long as you call what you saw, that is all you can do.
 - As TOs, we are all leaders, but when the competition starts, the centre referee gets the final call and is the one giving direction to the athlete, the Technical Controller and the loaders. If you notice something as a side ref, let the centre ref know and they make the call. Think for example if you give the down signal to an athlete to put the barbell down as a side referee, but the centre referee and the other ref had not given their decision yet because the feet were not yet aligned together. The athlete may get a no lift, as the lift was incomplete, because they put the barbell down, but if they have not received the down signal, the athlete and/or coach might think to align the feet.
 - Keep up the good work all, all good learnings and do not hesitate to ask questions.
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Hope this TO is not
ours LOL

WNZ MASTERS - ALL INTERNATIONAL ATHLETES LIFT TO THE PODIUM !!!

September 5th - 12th IWF Masters WORLD Championship saw 4 NZ athletes take to the platform- All 6 athletes go a placing with an outstanding World Record broken by Jennifer Brown in the C&J! **Lyndsay Cunningham** - SILVER, **Jennifer Brown** - SILVER, **Kirsten Walker** - GOLD, **Danica Hampton** - GOLD, **Ehsan Bayati** - GOLD and NZ Record, **Daniel Ryan** - BRONZE.

Then two weeks later we had a team go to Fiji and yet AGAIN all 14 were on the Podium... ! Outstanding achievement **Andy Jameson** - GOLD, **Johan Handwerk** - SILVER, **David Szeto** - GOLD, **Lindsey Wharekura** - BRONZE, **Tanya Waikato** - SILVER, **Vicky Blair** - GOLD, **Sam Manuela** - GOLD, **Antonia Sturt** - GOLD, **Kylie Cebalo** - GOLD, **Cory McNaught** - GOLD,

Tevita Ngalu - GOLD all lifts were records ! **Kim Grison** - GOLD, **Chivon O'Neill** - GOLD

I cannot say enough about our awesome MASTERS - we sent 19 lifters over seas and we bring back

13 GOLD MEDALS

4 SILVER MEDALS

2 BRONZE MEDALS

**WAY TOO MANY PHOTOS TO CHOOSE FROM.... HEAD TO MASTERS FB
PAGE AND CHECK OUT THE SMILEY FACES**



Sport Integrity Code

The new Integrity Code for sport and recreation is open for consultation, and @nzsportintegrity is encouraging everyone involved in sport and rec to get involved. The Integrity Code sets standards to help protect people from bullying, intimidation, abuse, and discrimination.

Let's work together to make sport and rec safer and fairer for all.

Read the draft Integrity Code and have your say at haveyoursay.sportintegrity.nz

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