



TE HIKINGA TAUMAHA AOTEAROA WEIGHTLIFTING NEW ZEALAND

October 2024

Feature Club of the month – Victory barbell club

Welcome to Victory Barbell, an Olympic weightlifting club proudly rooted in Christchurch, New Zealand. Founded by Vicky Blair in 2020, we've transformed from a humble duo of one lifter and one coach into a vibrant team of athletes competing at club, national, and international levels.

At Victory, we believe that everyone should have the opportunity to train and compete, regardless of their coaching affiliations. You're welcome to join our supportive community and bring your own coach along for the journey!

Our mission is to promote and elevate the sport of weightlifting in Christchurch. We're dedicated to fostering confidence and skill among our lifters while encouraging newcomers to step onto the platform.

Join us for our beginner weightlifting classes held every Monday, Wednesday, and Friday in partnership with Snap Fitness Bush Inn. Whether you're eager to master the lifts or contemplating your first competition, we invite you to come down and give it a try!

Reach out to us via our Victory Barbell Facebook or Instagram page to secure your spot.

Come and be a part of our growing family at Victory Barbell—where your weightlifting journey begins



Contact: Vicky Blair –
dvblair@snap.net.nz

HOW TO PERFORM VFE

This process is done **AFTER** entries close for any competition Log onto website, Home/Calendar Click on the competition you entered and to alter information. Enter the same email and details used when you entered and **PAYMENT ID** (this is found on your confirmation email



WANT YOUR CLUB FEATURED

EMAIL info@weightlifting.nz



SO MANY SPECTATORS - YAY

NORTH SPORT WEIGHTLIFTING

Cam McTaggart – took over head coach of North Sport Weightlifting earlier this year....

Numbers of Athletes has increased and finally held his first club Competition albeit with the assistance of Kelly Ihaka-Pitama (HP Weightlifting), and referees Kirsty Walker, Karen Lloyd and Lyndsay Cunningham

12th October 2024

We had a great Saturday afternoon. Great to see so many friends and family coming along to watch and support.

This competition allowed for 3 more athletes to qualify for 2024 Senior Nationals... North Sport had a great turnout 14 athletes lifting in total.

Wanna Join us??? Located on the North Shore alongside AUT Millenium Centre. Phone Cam: 021 836 752

Contact Us

Cam McTaggart

17 Antares Place
Mairangi Bay
northsportweightlifting@gmail.com

SPECIAL FEATURE ARTICLE – LEGEND IN BUSINESS AND SPORT BRUCE CAMERON



Education: Attended Grey Lyn Primatry School 1947-1952

Intermediate 1953-1954 Pasadena onto Secondary 1955-1958 Mt Albert Grammar (School C and UE)

Auckland University 1960 – Accounting AND Law papers

Business: 1959-1968 Guardian Trust and Executors

1968-1986 Co Founder Les Mills World of Fitness Co Ltd

1987-2004 Private Accounting Practise

2008-2024 Carlaw Heritage Trust as Chairman (5 years)

SPORTS

WEIGHTLIFTING

1966 60kg Commonwealth Games, Kingston – unplaced

1970 67.5 kg Commonwealth Games, Edinburgh – Bronze

1974 67.5 kg Commonwealth Games – CHCH – Bronze Medal

1976 Olympic Games, Montreal – Manager/Coach

1978 Commonwealth Games, Edmonton – Manager/Coach

1982 Commonwealth Games, Brisbane – Coach

1986 Commonwealth Games, Edinburgh – Coach

OTHER SPORTS

1956 Rugby League – North Island School boys
1964 Rugby Union, NZ Colts Aussie Tour
1958-1964 NZ Track and Field Championships Medalist !
1976 -2004 Titirangi Golf Club Member
2000-2004 Member Auckland Metro Jets “Curling Team” to Provincial and National Championships

HONOURS

1990 NZ Commemorative Medal
1995 IOC Olympic Order
2005 NZOC Olympic Order
2006 Officer of NZ Order of Merit

NZ OLYMPIC COMMITTEE

1975-1995 Council Member representing Weightlifting
1977-1996 Member and later Convenor of Assoc 3 person
Selection Panel for Summer and Winter Olympics, and Commonwealth Games
1997-2004 Member of sport Sub Committee of Olympic and Commonwealth Games Selection Policy and drafting Sport specific criteria with Member Federations
1991-1997 Member of Teams Commission
1995-1997 Vice President
1997-2004 Board Member NZOC

COMMONWEALTH GAMES FEDERATION

1998-2003 Member of Sports Committee
1994 President of Jury for Weightlifting (Victoria)
1998 President of Jury for Weightlifting (KL)
2002 President of Jury for Weightlifting (Manchester)

SELECTION PANELS AND COMMISSIONS AND AWARDS

1990-1992 HILLARY COMMISSION FOR RECREATION AND SPORT
1994-2003 CHAIR OF SUNDAY STAR NATIONAL SPORTS AWARDS FOR SECONDARY SCHOOLS
1993-2001 HALBERG SPORT AWARD SELECTION PANEL
1995-2000 CHAIR DON OLIVER TRUST AWARDS
1996-2004 NZ HALL OF FAME
2000-2001 PRIME MINISTER SCHOLARSHIPS

BRUCE CAMERON

NZ WEIGHTLIFTING 1969-2004

President
Secretary/Treasurer
National Selector
Auditor
Life Member

INTERNATIONAL WEIGHTLIFTING FEDERATION

CATEGORY 1 INTERNATIONAL REFEREE 1981-2004

REFEREE x16 OCEANIA AND SOUTH PACIFIC GAMES AND x11 WORLD CHAMPIONSHIPS (JNR & SNR (JNR&SNR)

FIRST NZ REFEREE AT OLYMPIC GAMES IN BARCELONA 1992

REFEREE OLYMPIC AGAMES ATLANTA 1996

MEMBER OF IWF TECHNICAL COMMITTEE 1992-1996

REGIONAL WEIGHTLIFTING FEDERATIONS

1985-1988 President of OWF
1992 – 2001 President CWF
1978 -1984 General Secretary OWF

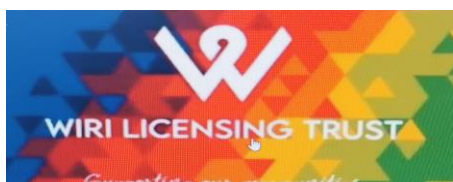
**2024 WNZ NATIONAL
CHAMPIONSHIPS
DUE DROP CENTRE
25-27 OCT**

We had an incredibly successful three days of competition, featuring a total of 92 entries—37 males and 55 females. After final withdrawals, we ended up with 88 competitors across the Junior and Senior categories. Among them, three competitors from Vanuatu who participated as guests, further strengthening our relationships throughout the Pacific.

In addition to the competition, we hosted 22 students from Te Kura Mangere, who had the opportunity to meet Olympian Ajah Pritchard-Lolo, who shared her inspiring journey, followed by watching the M61-81 Session. We also welcomed back Wiri Central, who performed at our opening on Friday, and a group of 16 Year 12-13 students from Tangaroa College assisted with event setup as part of their work experience. Our collaboration with local schools continues to enhance the richness of our events.

Over the three days, several records were broken, including youth records, junior records, senior records, and Masters records. We also conducted two Category 1 & 2 written and practical exams during this event, enhancing the skills and competency of our technical officials across New Zealand. Special thanks to Barb for her leadership in this area.

A heartfelt thank you to all our volunteers for their invaluable support throughout the weekend. These events wouldn't be possible without your help, from setup to pack down and everything in between that keeps the weekend running smoothly. We also extend our gratitude to all athletes and coaches for upholding high standards of sports integrity, respect, and care for others during the event.



FEATURE ARTICLES

EVERYONE, EVERY CLUB is welcome to send an article on any matter of interest to our weightlifting community.

As you can see this month we did an article on a Life Member – Bruce Cameron. Bruce can be seen at many competitions with his wife Lyn. If you see them, please stop, introduce yourself, welcome them and say HI!

Lyn by the way has also been heavily involved in Weightlifting – that will be an article of its own merit.

We have many Legends in our community so send me your stories

And our club of the month Victory Barbell Club

So put pen to paper or nowadays fingers to the keyboard and send through your notes

TECHNICAL OFFICIAL'S CORNER

Scenario: You are officiating at the Nationals for the first time. You really want to impress the TO Manager who is on the Jury. The lifter approaches the barbell for his second attempt, cleans it, touching his elbow to his knee (and you see it). You make a note to red light the lifter once he finishes his lift. The lifter makes a beautiful jerk after a grind of a clean. You red light the lifter and are very proud to have seen the fault, unlike the centre ref who did not.

Question: Did you do everything right in this instance?

Answer: No you did not, as you need to press the red light button **as soon as** you see the fault. In this case, the other side ref pressed red as soon as he saw the elbow touch, but the centre ref could not see the elbow touch, so eventually gave a white. If you had red lighted as you saw the fault, the lifter would have received the down signal before he jerked. This is to the lifter's advantage as they may not expend extra energy jerking when it is a no lift already, especially when it is not their third attempt.

How do you get around that when using flags at a local comp? You may raise your red flag so the centre ref sees it and once a second red flag is given, the centre ref can give the down signal, even before the third ref shows his flag.

Giving a red light as you see a fault could also happen with a double clean (dirty clean), a double dip on the jerk, deliberate oscillation or a press out, amongst others.