



TE HIKINGA TAUMAHA AOTEAROA
Weightlifting New Zealand

So what happened in April 2024lets take a look

Waikato BOP Championships 6th April 2024

2024 Waikato - Bay of Plenty Weight Lifting Champs kicked off on Saturday the 6th April.

A solid women's field opened the day & it was great to see so many clubs represented. Women's Weight is so strong & a tight field showed this with plenty of personal bests being achieved, qualification for masters events, North Islands & the National Champs.

A small men's field competed with a healthy battle between Jayden Buckley & the young Gio Penjueli with Jayden showing class & experience to come away with the win in the 102's.

It was also great to see young Stefan Filipchich get on stage, hopefully we will see more of this young man.

A huge thank you to Medea Jones for sorting most of the admin/event, Mount Crossfit-Weight Lifting for a great venue. Thank you Richie Wong for coming down from Auckland to help run the event. Of course all the other officials who without this event can not run.

Hopefully this is the first of an annual event as we have so many great lifting clubs & Lifters in the Waikato - Bay of Plenty Region.

For more "lifting faces" check these photos out:

<https://drive.google.com/drive/mobile/folders/1AVkZwnKnJw1hSixHX1nZTZI2RcHGwhw->



Website Update:
Results for each Event are now uploaded to Calendar for you to view
click on the Event Name



41 Degrees Club Comp April 14th 2024

A very successful comp with 15 lifters across the platform. Six of whom went 6 for 6 lifts and as a session they averaged 87% of lifts made. A very green scoreboard was good to see. Five clubs were represented on the platform and a similar number in the Technical Officials who ran a very smooth comp.

As well as giving lifters the opportunity to qualify for upcoming events, this comp also allowed our Technical Officials to enhance their skills and get some mentoring from other experienced TO's. Newly selected to officiate at Youth World Champs in Peru, Paule Poulin showed a great example of humility by mentoring one of our new referees while also completing bar loading duties. A great example of supporting the sport at all levels.



POWC - PAPATOETOE April 20th Papatoetoe Olympic Weightlifting held our first Club Competition of the year - the event brought good energy, spectators and a total of 22 competitors into the Kolmar complex. The competition was a 50/50 split of Male and Female competitors and a range of experienced and first time lifters. On behalf of Papatoetoe Olympic Weightlifting club we thank all our volunteer TO's, coaches and organisers who made the day so successful as well as all who came to lift from other clubs. Congratulations to all on your performances.



TECHNICAL OFFICIALS AND COACHES

When you are re registering your WNZ membership please check your membership shows you as Athletes and or Technical Official and or Coach at the same time - thank you

RESEARCH BEING STUDIED BY JAMIE OGILVY

My research explores the experiences of wahine Maori who participate in weightlifting. To better understand how weightlifting could be a vehicle for enhancing mana and wellbeing.

As a part of it, I am running a few focus groups. The purpose of these focus groups is to generate information on local views regarding the role and representation of women in weightlifting and to understand better the history and the current location of women within the sport. Hopefully, this research can contribute to a deeper understanding and help shape future initiatives for weightlifting.

The involvement would be attending a focus group discussion which will take roughly 90 – 120 minutes, where you would share your thoughts and experiences in a confidential and respectful setting.

If you would like more information: jamieogilvy.coaching@gmail.com

Auckland Champs 27th April 2024

On Saturday 27th April, 43 athletes aged 16 to 77 stepped up onto the platform to battle it out at the 85th OWA Auckland Weightlifting Championships! 7 Auckland clubs were represented, with a further 3 from around New Zealand as well as 2 guest lifters from overseas federations, USA and Cook Islands



Many PBs were smashed out and 11 National Records were broken! It was great to see that many of these were achieved by Masters athletes, many of whom are preparing for the 2024 Oceania Masters Championships and Masters World Cup being held in the Gold Coast in June. Judging by these results NZ are in good stead to beat the Aussies this time - game on!

Speaking of Masters, this cohort once again demonstrated their selfless commitment and love of the sport by saturating the official's roster in order to make this event happen, for all the lifters in the competition. Several key players (Masters and Seniors alike, you know who you are), came through in the final minutes to fill in key roles of refereeing, marshalling, timekeeping, tabulation and loading. Without this, sessions would likely have been cancelled - and OWA is extremely grateful for your generosity and flexibility on competition day!

OWA would like to thank everyone who contributed to the event in ways big and small:

- Athletes for their support and attendance.
- Northsport Olympic Weightlifting for co-hosting the event
- AUT Millennium for providing a great facility.
- Weightlifting NZ for sanctioning and supporting the event.





Weightlifting in NZ History Lesson

New Zealand beginnings

In the 19th and early 20th centuries weightlifting was generally carried out as part of fairground strongman displays or strength competitions at sports meetings. Weightlifting featured in the exercise regimes promoted by the physical culture movement of the early 1900s. Physical culture advocates also organised weightlifting competitions.

Weightlifting was part of the 1896 and 1904 Olympic Games, and since 1920 has been included in the Summer Olympics. It became an organised sport in New Zealand in the 1930s, the decade when provincial weightlifting organisations were established.

The New Zealand Amateur Weightlifters Association and an annual national championship were set up in 1935. Jack Elliot of Auckland, known as the father of New Zealand weightlifting, was one of the key organisers.

Weightlifters competed in provincial championships with the winners going to the national championships.

NOTE TO ALL MEMBERS: If you have some photos of extraordinary lifting faces and or weird and wonderful stories - SHARE THEM ! But make sure they are of yourself! Lets not embarrass/upset anyone other than ourselves

HCC - SOUTH ISLAND APRIL 28TH 2024

Thank you to the volunteers without you the day could not happen. Crew running the desk CMS, announcer, technical officials, loaders for giving up their day to make it possible.



It was a fantastic day for HCC Barbell Club having their first club competition of 2024 on Sunday the 28th April. After a couple of athletes pulling out due to injuries, we ended up having 12 girls and women and 10 boys and men.

Congratulations to all of the athletes who competed on the day and a special shout out to Dominic Webb and Mak Swanson from HCC Barbell Club, lifting in their first club level competition. Highlights of the day was an outstanding performance by The Christchurch City Weightlifting Pirates athletes Yun Lung and Joseph Warren. Special guest lifter from Kotahi Barbell Club Jamie Ogilvy. Thank you to the volunteers without you the day could not happen. Crew running the desk CMS, announcer, technical officials, loaders for giving up their day to make it possible.



Congratulations to all athletes who have set NZ Records at a Championship event during March and April:

IWF World Cup - Thailand
 NZ Junior & Oceania Junior
 Olivia Selemaia

Dunedin Champs
NZ U15
 Jeremy Manteiga
NZ Masters
 Jennifer Brown
 Mark White

Auckland Championships
NZ Senior
 Xavier Albert
NZ Masters
 Emilio Marquez de Prado
 Kim Grison
 Michel Walker
 Sachiko Kawakami
 Vanessa Lawgun



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