



TE HIKINGA TAUMAHA AOTEAROA

# Weightlifting New Zealand

## Weightlifting History

### 19th Century

Weightlifting saw considerable developments during the 1800s, including lifting guilds in Germany, Austria, and other European nations. A crucial turning point for the sport was when European strongmen such as Louis Cyr and Eugen Sandow captivated audiences across the globe with their incredible displays of power.

In 1891, the first modern [World Weightlifting Championship](#) took place in London. Soon after, the sport made its Olympic debut in 1896 in Athens, where seven athletes from five different countries represented this growing discipline on the international stage.

### 20th Century 1920 – 1930s

The International Weightlifting Federation (IWF) was established in 1905, and by the 1920s, the sport experienced significant growth. In the 1928 Amsterdam Olympic Games, weightlifting adopted a three-event format with the snatch, clean and jerk, and press. This format would remain in place until 1972.

The 1930s marked the rise of USA weightlifting as Bob Hoffman, the founder of York Barbell, promoted and developed the sport in North America. As a result, American lifters achieved unprecedented dominance in the coming decades.

to be continued.....

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Lets see what other kiwi lifters have been up to- Kiwis have been extremely busy during the month of June - we have set SO many new records at various competitions - but first we made one thing clear

## NZ Records – Standards

To keep WNZ inline with other IWF federations, the Record Standards now have to be exceeded. For example if the Snatch standard for your bodyweight is 70kg, you have to lift 71kg or more to be awarded the record.

NZ Records for all age groups are kept up to date after each Championship event and/or at the end of each month and can be found on the WNZ website on the Weightlifting tab for easy reference.

### SOUTH ISLAND CHAMPIONSHIPS 1 AND 2 JUNE 2024 - SUNNY NELSON



#### A huge thanks to Ed, Lester and their team at Nelson Weightlifting Club

The Nelson Weightlifting club hosted the 2024 South Island Championships on June 1st and 2nd. The event was done on a budget to enable more younger lifters attend and this shows in the numbers. Out of the 45 lifters who registered 14 were Juniors and Youth lifters and 28 were seniors. There were 5 sessions (3 female 2 male) held in the NWC gym. The gym was setup with 2 grandstand seating platforms to bring the crowd closer to the main platform to grow atmosphere.

Otago weightlifting took out both male and female team's trophies with a big team attending followed by good sized team from HCC of both Junior and Masters lifters. Nelson had 3 members out of town for that week so our team wasn't as big as hoped, we did have a name from the past in Bailey Lovett return from CrossFit just for the event and showed she can still hit comp PB's with a big total. CCW didn't send many lifters as they were peaking to compete at the Gold Coast Masters event.



We had a lot of support from local business who helped to fund the event and provided a large array of prizes for weight class and team's placings.

Refereeing was supported with Barb & James Greaves and Andy Jamison attending from out of town for no other reason but to help fill the official's roles.

There were 2 lifters who achieved NZ records and a few who attempted but missed out over both days.

All in all it was a great showing from the south island clubs and the Nelson weightlifting club looks forward to doing it again in 3 years.

## TECHNICAL OFFICAL CORNER

**Scenario:** You are doing your first weigh-in for a National event at 6AM. You are not very awake and have not had coffee yet. You know you are supposed to check the 20kg rule but you left your phone in the car (so have no calculator) and maths was never a strength for you.

**Question:** Without looking at the TCRR, name who is responsible to check the 20kg rule? The 20 kg rule, as a reminder, is that the total weight of the starting attempts declared and actually taken in the Snatch and the Clean & Jerk must equal or exceed the weight of the verified Entry Total

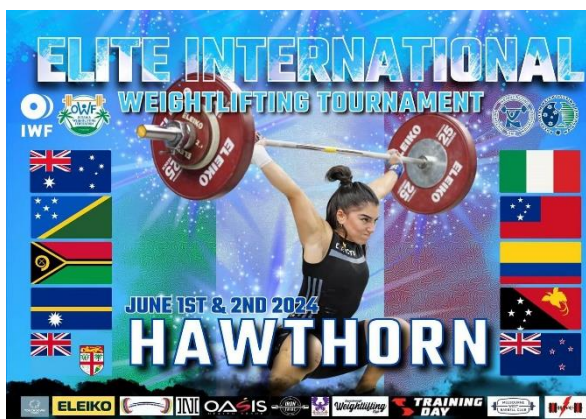
minus twenty (20) kg. So if entry total is 200, the opening snatch and clean and jerk must total 180kg together (80kg and 100kg, 75kg and 105kg, etc).

**CHECK OUT THE ANSWER BELOW**

## Oceania Elite International Invitational - Melbourne



June 1st to June 7th  
2 athletes competed in Elite International in Melbourne and then attended an Oceania Training Camp– and was a huge success



## NORTH ISLAND CHAMPIONSHIPS - POWC AUCKLAND

It was wonderful to see such heartfelt appreciation for everyone involved in making the event a success. Kudos to the crew for resolving the technical issues and ensuring the weekend went smoothly. The



athletes showed remarkable maturity by adapting to the disruptions, and the volunteers' efforts are indeed invaluable. From technical officials to coaches, loaders, announcers, timekeepers, and supportive friends and family, every role is crucial. The behind-the-scenes planning and dedication are often unseen but essential. A big thank you to all the volunteers who make these events possible!

So this month the photos go out to all volunteers - just not those below - it took a large effort to put this together so thank you to everyone



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## UMWF AND OCEANIA MASTERS WORLD CUP - JUNE 19 TO 23RD 2024

This year's Masters event was a memorable experience despite some technical difficulties. The essence of the event, with friends reconnecting, camaraderie, and a supportive atmosphere, truly captures the spirit of Masters competitions. The mix of unique and sublime techniques, weird, confusing, wonderful ref calls, all added to the charm, and warmer weather likely made it even more enjoyable. The sense of community and fun remained strong throughout!



## NZ Junior & Senior National Championships

A reminder that athletes can qualify for Nationals at any WNZ sanctioned event (club or Championship)

- Youth qualify if they achieve D Grade or above

- Junior or Senior qualify if they achieve C grade or above
  - Masters compete as Seniors and qualify if they achieve C grade or above
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## WEBSITE UPDATE NEWS FLASH

VFE - After close of comp entries, athletes now log on to website to make any alterations **BEFORE** the VFE day ! **(NOTE NOT THE DAY OF)**

To perform VFE

1. Log on WNZ website
  2. Calendar/Click on Correct Competition
  3. Enter Email, DOB and PAYMENT ID (you find this on the confirmation receipt sent upon entry fee payment)
  4. All your entry details appear - change what needs to be changed
  5. Confirmation of changes will be sent to you
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## NEWS FLASH!

**Drug Free Sport NZ** is now the Sport Integrity Commission Te Kahu Raunui.

There won't be any changes to our anti-doping education requirements – but the name and social media channels have changed.

New website : [sportintegrity.nz](https://sportintegrity.nz)

Anti-doping content can be found at [sportintegrity.nz/anti-doping](https://sportintegrity.nz/anti-doping)

Instagram - @sportintegritynz

Facebook - @sportintegritynz

YouTube - @sportintegritynz

LinkedIn - @sportintegritycommissionnz

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# TECHNICAL OFFICIAL CORNER ANSWER:

The persons assigned to do the weigh-in (Competition Secretary and referees at an international competition) are initially responsible to check the 20 kg rule.

You are the Chief Marshal and you are at your station 30 minutes before the start. You decide to check the 20kg rule for all and realise Athlete A does not meet that rule (they entered a 75 kg snatch and 100kg clean and jerk with a 200 kg entry total). You go to see the coach and athlete to ask them to make the correction (they needed to add 5 kg overall, and the coach adjusts the openers to 78kg and 102 kg).

Athlete A's snatch warm-up was challenging and the coach comes to lower the snatch opener to 75 kg. As marshal, you make sure they increase the clean and jerk opener weight to 105kg now, to continue to meet the 20kg rule.

The Technical Controller is also responsible and the Competition Director (at international) is also responsible.

The President of the Jury is also ultimately responsible.

But at the end of the day, if it is only discovered at the end of the competition that the lifter broke the 20kg rule, the lifter's results will not be valid, so athletes and coaches should be aware as well.

You can review TCRRs ([IWF-TCRR-2023.pdf](#)) sections 6.6.5, 7.5.11, 7.6.7, 7.8.13, 7.9.5., 7.11.7 and REGULATION TO 6.6.5 20 KG RULE Page 72 (which is very comprehensive).

When you see all this, you realise it is a team effort to ensure the 20kg rule is followed!

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## Clean Sport Online Education

**ALL athletes who enter a WNZ Championship event MUST complete Sport Integrity Commission 2024 Level 1 education as part of the eligibility requirements to compete in the event.**

**Instructions are sent to athletes from the Clean Sport Education Officer – Karen Lloyd.**



**Athletes who ignore the many reminder emails that are sent out may be withdrawn from the event without refund of entry fee. Please ensure that your education is complete for 2024!**

## **HOUSE OF TRAINING WEIGHTLIFTING CLUB COMP - WHANGAREI**

**29th June 2024**

Loren Van Gent held a very small club comp last weekend ! It was a great opportunity to get people involved - so well done Loren - thanks for supporting your lifters

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## **UP COMING COMPETITIONS**

1. MWWC Hongongi Club Comp - Fielding 6th July 2024
2. Kotahi Barbell Club Competition - Hamilton 7th July 2024
3. 41 Degrees Club competition - Wellington 4th August 2024
4. HCC Barbell Club competition - Christchurch 25th August 2024

To apply to host a club competition go to website  
[www.weightlifting.nz/home/corporate/WNZ corporate](http://www.weightlifting.nz/home/corporate/WNZ_corporate)

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## **NOW WITH SOOOO MUCH GOING ON - JUST TAKE A LOOK AT THE RECORDS BROKEN**

**NZ Records this month**

**Congratulations to the following athletes who set records at a Championship event during June:**

**South Island Champs:**

**U15:**

**Jeremy Manteiga – Snatch, C&J, Total**

**MASTERS:**

**Victoria Blair – Snatch, Total**

**OWF Elite International Invitational**

**JUNIOR:**

**Olivia Selemaia – Snatch, C&J, Total**

**North Island Champs:**

**U15:**

**David Chung – C&J**

**Anika Falasia – Snatch, Total**

**JUNIOR:**

**Numi Tepulolo – Snatch, C&J, Total**

**SENIOR:**

**Medea Jones - Total**

**Xavier Albert – Snatch**

**David Liti – Snatch**

**MASTERS:**

**Sachiko Kawakami – Snatch, C&J, Total**

**Jamie Ogilvy – C&J, Total**

**Karen Lloyd – Snatch, C&J, Total**

**Kelly Ihaka-Pitama – Snatch, C&J, Total**

**Emilio Marquez De Prado – Snatch**

**OWF & UMWF Masters World Cup**

**Jennifer Brown - Snatch**

**Karen Lloyd – Snatch**

**Kim Grison – Snatch, C&J, Total**

**Lisa Tetzlaff - Snatch**

**Tania Hodges – C&J, Total**

**Ehsan Bayati – Snatch, C&J, Total**

**Andy Jameson – Snatch**



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