



TE HIKINGA TAUMAHA AOTEAROA WEIGHTLIFTING NEW ZEALAND

NOVEMBER 2024

2024 MASTERS NATIONALS – NOVEMBER 23 AND 24 –
CHRISTCHURCH NZ

LINDSAY WHAREKURA

Lifting was always something that I struggled with when I started CrossFit. Literally, I was the one everyone joked about as I struggled with every part of it.

Tired of feeling insecure, I was introduced to Hayley Whiting.. who opened the door for me. I channelled my bravery and allowed myself to feel incredibly vulnerable to tap into new learnings. While I still struggle with this around new people and in new environments, I also know that the beauty of growth lies within discomfort.

I never want to stop learning, growing and hopefully inspiring my children to tap into their strength. In this weightlifting community, I don't have to be the best to feel like I belong. I just need to be MY best, and I've learnt that is more than enough. It's challenging, especially within my own mind, but so worth it.

The Masters weightlifting community, has been so welcoming and encouraging, they've been a huge reason why I keep entering competitions. No judgement, just support. It's really special.

I've been really lucky to have a support network from the Mount, and a few special coaches nudging me and guiding me along the way .

Lindsay lifts from The Mount

Thank you Lindsay for capturing the essence of Masters Weightlifting !

We extend our heartfelt gratitude to Koren and Corey Hale, and the entire HCC Barbell Club team for hosting the incredible 2024 Weightlifting New Zealand Masters National Championships.

The warmth and hospitality of the HCC Barbell Club made every participant feel truly welcome. Opening your space and your hearts to our community is something we will always remember and deeply appreciate.

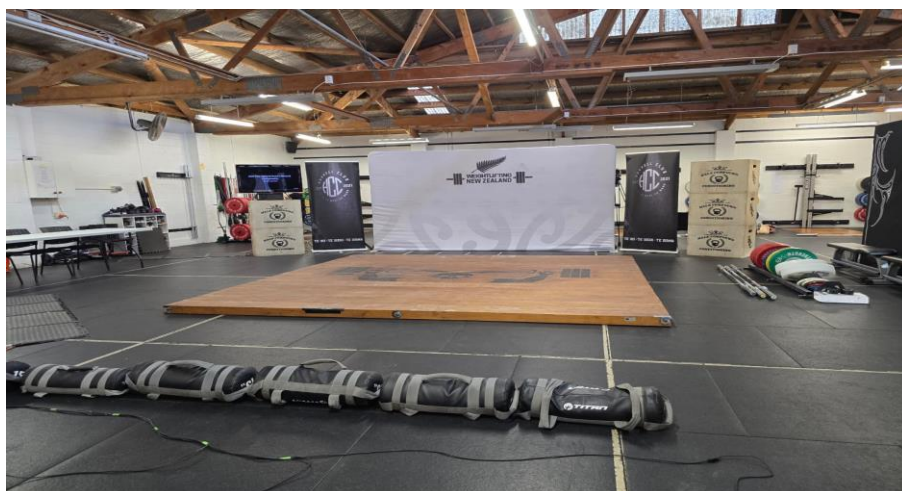
This weekend was more than just a competition—it was a celebration of the incredible spirit of our Masters weightlifting community. Athletes from across the country came together not only to compete but to inspire, support, and celebrate each other's achievements. From seasoned veterans to first-time competitors, every lifter brought an infectious energy that made the event truly special.

With a total of 74 lifters, split into 7 sessions we witnessed some incredible lifts, plenty of personal bests and way too many NZ Records to mention.

Of the 74 lifters - 44 were female and 30 male

Outstanding Performances: Hayley Whiting Elite Level and Elle Granger International Level.

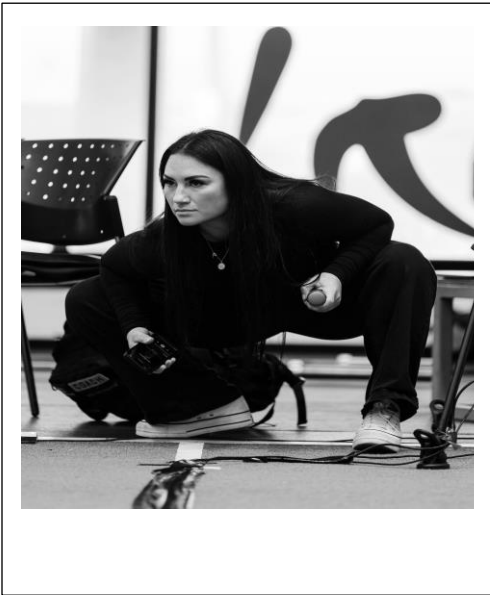
To every athlete who stepped onto the platform, every coach who guided their lifters, every helper or technical official who ensured the event ran smoothly, and every supporter who cheered from the sidelines—**thank you** for making this event extraordinary. You embody the true essence of Masters weightlifting strength, resilience, and unbreakable spirit.



THIS MONTHS PERSONAL PROFILE: MEGAN SIGNAL



When Megan stands on the side of the platform, she likes to know the athlete has all the tools they need to succeed – not just in weightlifting, but in life beyond the sport. This holistic approach is a cornerstone of Megans coaching philosophy, shaped by her own recent transition from competitive weightlifting to the roles she is in now. “for me, I think coaching looks very different compared to a lot of people because I did not have a desire to step straight into coaching after my own career as an athlete Megan admits “that was actually quite a hard thing to wrap my head around



Megan’s competitive career was marked by significant achievements, including being selected for the 2018 Commonwealth Games and the 2020 Olympic Games. Unfortunately injuries prevented her from competing in those events, However, she made a strong comeback at the 2022 Birmingham Games where she finished 6th

The transition from athlete to coach was not easy. “ It’s hard to be beside the platform and wholeheartedly coach someone when you still want to be on the platform,” she says, yet coaching has always been a passion for Megan, and over time, found a way to channel her energy into guiding others.

A significant influence on Megan’s coaching style is her own coach, Simon Kent.

He coached me in weightlifting but also mentored in building skill sets while I was competing” she explains. “he helped me think about what my post competition life could look like and how I could set myself up for a career whatever that might be

Simon’s mentorship, coupled with Megan’s global experiences, has shaped her approach. “I got to travel the world and draw inspiration from every country we visited and every team we worked with,” she reflects

A key part of Megan’s coaching philosophy is fostering independence and self-sufficiency in athletes. “It’s about supporting people in a way that allows them to develop autonomy and make their own decisions within the sport,”

Megan explains. “I’ve seen coaching styles where athletes rely on the coach for every cue, every lift, and every challenge they face. I believe we are there to support and guide them, but they shouldn’t be entirely reliant on us.”

For Megan, the rewards of coaching go beyond medals and personal bests. It’s about watching her athletes grow—not only in their performance but also in their confidence and ability to navigate challenges on and off the platform.



TECHINICAL OFFICAL CORNER

WITH THE IWF SENIOR WORLD CHAMPIONSHIPS COMING UP, SOME OF YOU MAY BE WATCHING AND WONDER ABOUT THE PROCESS FOR WHEN THE JURY REVIEWS LIFTS. A JURY AT A WORLD CHAMPIONSHIPS LEVEL CONSISTS OF 5 MEMBERS.



Q1

Q1. What are the two circumstances when Jury will review a lift?

Q2

The Jury will stop the competition to review a lift if the majority of the Jury's decisions as a majority (5-0, 4-1 or 3-2) is different that the referees decision. Can the Jury's decision be appealed?

SEE ANSWERS BELOW

MASTERS NATIONALS PRIZEWINNERS BASED ON SINCLAIR

GOLD **Andy Jameson** with a Sinclair score of 348.427

🥈 Second: **Lester Keene** (326.27)

🥉 Third: **Doug Sekone-Fraser** (325.338)

GOLD Best Female Lifter: **Kim Grison** with a Sinclair score of 264.367

🥈 Second: **Hayley Whiting** (255.124)

🥉 Third: **Ellie Granger** (241.440)



Male Masters
Winner: Andy
Jameson



Females Masters
Winner:
Kim Grison

TYPICAL MASTERS SESSION PHOTO



TECHNICAL OFFICIAL CORNER ANSWERS

A1. When a Challenge card is presented by the Coach to the Technical Controller, who brings it to the Jury. The Jury will then review the lift, and with a majority (5-0, or 4-1 or 3-2) will either confirm the referees decision, or overturn the referee's decision. The second circumstance is when the Jury's decision is different than the referees by a majority.

A2. For example, the referees decision is a Good Lift, 2 white lights to one red light. The Jury members give 3 red lights and 2 white lights. The President of the Jury stops the competition, the Jury review the replays and then give their final decision, which is 4 red lights to one white light. The referee's decision is overturned to a No Lift, and the President of the Jury informs the TC so the speaker can give the reason for the NO Lift. The decision of the Jury is final and cannot be appealed.

See [IWF TC PPT \(Jury's reversal\)](#) and TCRR 7.5 for all the details.

NEW BODY WEIGHT CATEGORIES ANNOUNCED

PROPOSED NEW IWF BODYWEIGHT CATEGORIES 8 WOMEN AND 8 MEN

WOMEN		MEN	
Category	Difference in kgs	Category	Difference in kgs
48kg		60kg	
53kg	5	65kg	5
58kg	5	71kg	6
63kg	5	79kg	8
69kg	6	88kg	9
77kg	8	98kg	10
86kg	9	110kg	12
86+kg		110+kg	

UPCOMING EVENTS DECEMBER 2024

6 TH DECEMBER 2024	IWF SENIOR WORLD CHAMPIONSHIPS	MANAMA BAHRAIN
7 TH DECEMBER 2024	POWC	KOLMAR, TAMAKI MAKAUROU
14 TH DECEMBER 2024	FITNESS PORTAL CLUB COMPETITION	TAWA, TE WHANGANUI-A-TARA
15 TH DECEMBER 2024	CCW PIRATES CLUB COMP	WIGRAM, OTAUTAHI

UPCOMING EVENTS 2025

8 TH FEBRUARY 2025	WELLINGTON CAHMPS – FITNESS PORTAL	TAWA, TE WHANGANUI-A-TARA
1 ST AND 2 ND MARCH 2025	AUCKLAND CHAMPIONSHIPS	KOLMAR, TAMAKI MAKAUROU
APRIL/MAY 2025	IWF YOUTH AND JUNIOR WORD CHAMPS	PERU
6 TH APRIL 2025	LOWER NORTH ISLANDS CHAMPIONSHPS	FEILDING, MANAWATU
TBC	NORTH ISLAND CHAMPIONSHIPS	TAWA, TE WHANGANUI-A-TARA

