



TE HIKINGA TAUMAHA AOTEAROA WEIGHTLIFTING NEW ZEALAND



MERRY CHRISTMAS

EVERYONE



WISHING YOU ALL A
HEAVIER HEAVY NEW
YEAR

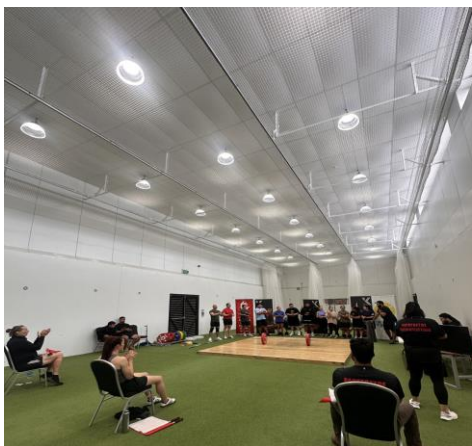
December 2024

POWC CLUB COMP 7TH DECEMBER 2024

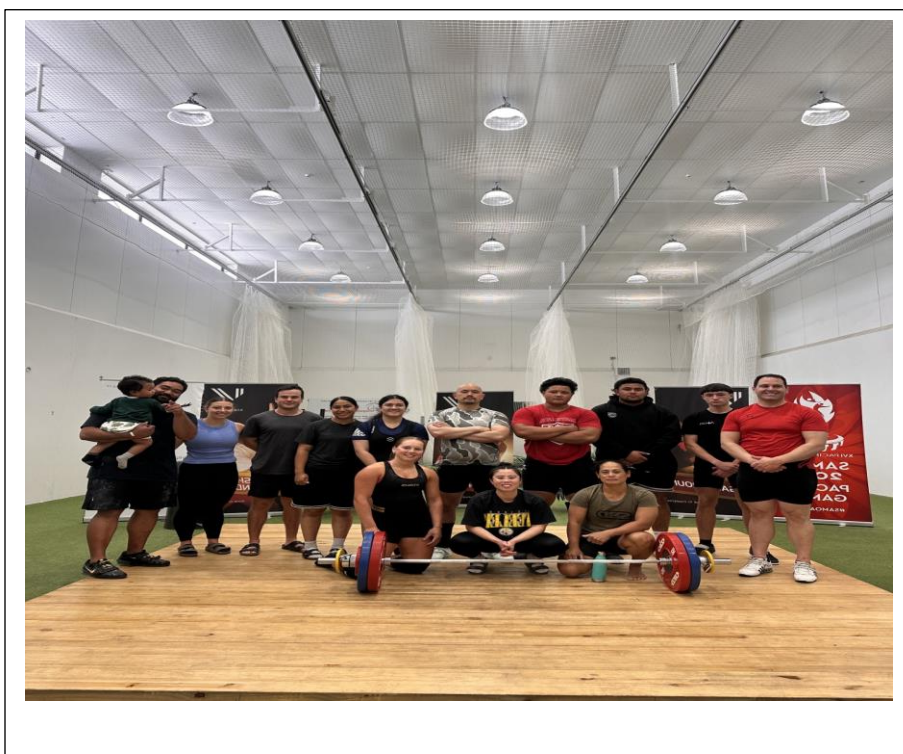
Last club competition held by POWC for 2024 was held 7th December 2024. Total of 12 athletes - 6 Females, and 6 Males.

Great to see athletes returning to the platform – Alyssa Roy with some impressive lifts – Sn 90kg C&J 101, and one taking to the platform for the first time Michael Farrell. Michael went 6/6 with Sn 64 and C&J /85 with 149 total so a great start to his lifting competitions! Issy Schuster smashing it out of the park with a total of 325kg

! Huge thanks to Megan and her team of elves helping out on the day



POWC 7,2,24 COMP SET UP



Mattie Rogers (American weightlifting champion):
"Lifting isn't about being perfect every time. It's about showing up, learning, and getting better every day."



14 DECEMBER – FITNESS PORTAL CLUB COMPETITION – TAWA, WELLINGTON

Recap & Promotion: Fitness Portal's Inaugural Weightlifting Club Competition

On December 13th, 2024, Fitness Portal in Tawa, Wellington, hosted its first-ever Weightlifting Club Competition, marking an exciting new chapter for the local lifting community. The event served as a crucial stepping stone for the upcoming Wellington Champs and North Island Champs in 2025. With 17 talented lifters showcasing their skills, the competition was an impressive display of dedication, strength, and technique.

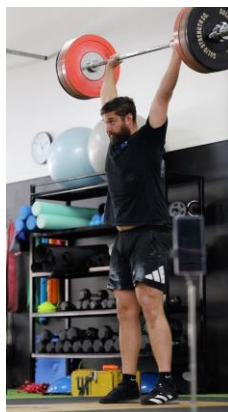
The competition gave athletes the opportunity to test out the newly established lifting space at Fitness Portal, with several lifters pushing themselves to new personal bests. The atmosphere was electric as participants attempted some big lifts, with spectators cheering on the lifters as they made remarkable feats in both the snatch and clean and jerk disciplines. This event was not just about competing—it was about fostering a community of support and encouragement in the weightlifting world, and Fitness Portal succeeded in creating just that.

Looking ahead to next year, there's even more to be excited about. The Wellington Champs will take place on February 8th, 2025, offering athletes another chance to showcase their skills in front of a home crowd. Whether you're a seasoned lifter or new to the sport, the event promises to bring together the region's top talent.

But the big highlight for the weightlifting community in New Zealand will be the North Island Champs, scheduled for May 31st to June 1st, 2025—taking place during the Kings Birthday weekend. This event is set to bring lifters from all over the North Island to compete, making it one of the biggest weightlifting competitions of the year.

Mark your calendars now, as both the Wellington Champs and the North Island Champs are shaping up to be not-to-be-missed events. Whether you're a competitor, coach, or fan of the sport, these competitions promise to be thrilling celebrations of strength, technique, and community. Keep an eye on Fitness Portal's updates as we prepare for a big year of weightlifting in Wellington and beyond!

Stay tuned for more details and sign-up information coming soon. We hope to see you there!





15TH DECEMBER – CCW PIRATES CLUB COMP

"One last comp to finish the year out, bringing our Christchurch clubs together to finish the year strong. Despite a few technical difficulties we pressed on and got some great lifting done with multiple lifters hitting platform PB's. Shout out to Komi from +64 Fitness for letting us use your awesome space, shout out to HCC and Victory Barbell for getting involved, and thank you to everyone that helped organise and run the comp. Can't wait to do more in the new year, bring on 2025!"



	Sn		CJ	
F Miriona Kelly	37 ✓	39 ✓	42 X	48 ✓
F Jennifer Braun	32 ✓	34 X	36 X	48 ✓
F Kaye Walker	39 ✓	41 X	41 ✓	43 ✓
F Taliah	25 X	23 ✓	28 X	35 ✓
m Mak	48 X	48 ✓	50 X	60 X
m Roy	85 X	90 X	90 ✓	110 ✓
m Joseph	75 ✓	80 ✓	85 X	95 ✓
m Aden	115 X	115 ✓	120 X	140 ✓

Remember it is stated above – there were a few technical difficulties – well it was run manually ! Well done Adam Squires !

UPCOMING EVENTS – 2025

8TH February 2025

Wellington Championships

Fitness Portal, Tawa, Wellington

1ST March 2025

Auckland Championships

Kolmar Centre, Papatoetoe, Akld

6TH April 2025

Lower North Island Club Comp

Fielding, Manawatu

11TH April 2025

Youth & Junior Oceania Championships

Melbourne, Australia

30TH April 2025

IWF Youth & Junior World Championships Lima, Peru



IWF SENIOR WORLD CHAMPIONSHIP BAHRAIN DECEMBER 2024

In competition order: First up was.....Olivia

2024 IWF World Weightlifting Championships - **Olivia Selemaia**

A great start for the campaign at the 2024 IWF World Weightlifting Championships with Olivia in the Women's 71kg category. Liv finished with a best of 99kg in the snatch, narrowly missing 102kg on her third. In the clean and jerks Liv went 3 for 3 finishing with a best of 123kg on her third attempt. 222kg Total !!!!!

Look at the size of that smile ! I think she is happy – what about you guys ??????

Then we had Medea 2nd up

MEDEA JONES

In her final competition for 2023 Medea finished 18th in the world ! Fantastic achievement, with a NZ Senior Snatch record at 105kg ! Finishing with 116kg ,had two attempts at 120kg but was not to be on the day

Again look at the smile

– she is sure happy

with that

Then the big man was 3rd up.....

DAVID LITI

David's campaign was the last WNZ lifter at the 2024 IWF World Championships in the men's +109kg category. David completed the snatches securing 180kg on his second attempt, then went on to secure 226kg and 231kg in the clean and jerk, for a total of 411kg and 6th place overall – **stern concentration** !



TECHNICAL OFFICIAL CORNER QUESTION

Scenario: you are timekeeper, and the system is not the software owlcms, which is used in Serfeng (Karl Duncanc's) system and resets the clock automatically. You see the Marshall has been busy as, changes are coming in fact and furious.

Question:

1. Lifter A lifts 100kg. The barbell goes to 101kg for his automatic increase. He goes up to 105kg. The barbell goes up to 102kg though for Lifter B, and you start the clock. Lifter B goes to 104 kg. Lifter C is at 102kg which is already loaded. The clock still has 54 secon. You restart the clock from 54sec – is this correct?
2. Lifter C comes onto the platform, and lifts the barbell off the platform so you stop the clock, but he stops mid chin. What should you do?
3. Lifter C hurt his back when he reached mid chin and just walks off the platform,



MASSIVE CONGRATULATIONS TO HYPE FITNESS !!!!!!!!!!!!!

Hype Fitness were nominated as finalist at this years Exercise NZ industry awards, for the "Te Piki Oranga" award. We are proud to announce that we were the recipients of that award

Here are the comments made:

Te Piki Oranga – Hype Fitness

Tēnā koutou, tēnā koutou, tēnā tātou katoa.

E ngā mana, e ngā reo, e ngā iwi o te motu, tēnā koutou katoa.

The Te Piki Oranga Award is an acknowledgement of those who uplift the well-being of our people and embody the principles of hauora in action.

Among these outstanding contributors is Hype Fitness—a gym that has truly redefined what it means to prioritise and uplift oranga in our communities.

The name of this award, Te Piki Oranga, represents the climb toward well-being, a holistic journey that touches every aspect of our lives—physical, mental, spiritual, and social.

Hype Fitness embodies this kaupapa through its innovative and inclusive approach to health and fitness.

Hype Fitness has won this award because it goes beyond the conventional idea of a gym. It has created a space where physical fitness meets cultural empowerment. The gym uses initiatives that reflect manaakitanga—care and support for all. It ensures that everyone, regardless of financial capability, can participate in its programs. This model uplifts individuals and fosters kotahitanga, a sense of unity and shared purpose within the community.

But it doesn't stop there. Hype Fitness integrates te reo Māori into its classes, providing not just a workout but a reconnection to culture and identity. By grounding its services in mātauranga Māori, it empowers its members to embrace both their health and the heritage of Aotearoa/ New Zealand.

Te Piki Oranga, in its purest form, fosters resilience, pride, and well-being that extends far beyond the gym walls.

Hype Fitness also recognises that well-being is not just individual but collective. Their efforts uplift their members and the wider whānau, reinforcing the idea that when we strengthen one, we strengthen many.

This is why they are so deserving of the Te Piki Oranga Award—they are creating ripples of change that enhance the hauora of our communities in ways that are sustainable, inclusive, and deeply rooted in Tikanga Māori.



Congratulations to the Hype Fitness team on this well-deserved recognition. Your commitment to the well-being of your people and your innovative approach to inclusivity and cultural empowerment serves as a beacon of what is possible when we weave together fitness, mātauranga Māori, and aroha.

Great things happening in the Wellington District !

Congratulations again Hype Fitness

Contact: Ari Tanirau

022 108 1648



IMPORTANT NOTICES

JANUARY 2025 : ANNUAL CLUB MEMBERSHIPS ARE DUE

HOW DO I DO THAT YOU ASK??? GO TO WEBSITE : HOME/CLUBS/RENEW YOUR CLUB

STEP 1 – USE THE SAME EMAIL ADDRESS USED WHEN CLUB REGISTERED – IF YOU CANT REMEMBER – INFO@WEIGHTLIFTING.NZ

Our Clubs

renew

enter your registration details

Email	<input type="text"/>
Date of Birth	<input type="text" value="dd/mm/yyyy"/>
myCode	<input type="text"/>

CONTINUE

[Forgot your myCode?](#)

STEP 2

Organisation	Region	
HCC Barbell	SI	CONTINUE

STEP 3

Continue - onto payment

SPOTLIGHT ON TURANGA STRONG WEIGHTLIFTING

TSW became established in November 2023, and opened its doors in January 2024 ! We have a fantastic roopu of Masters athletes and an interested froup of rangatahi weightlifters on the horizon.

This year we represented at Battle of the Bridge, Lower North islands, UMWF Gold Coast, Senior & Junior Nationals AND Masters Nationals. It was really cool to see we brought the biggest group down to Otautahi

2025 We have lined up a Technical Official Workshop and hopefully we will be able to host sanctioned competitions on the East Coast for Aotearoa to enjoy !

021 0229 2879

Kasey Brown

Turanga Strong Weightlifting club



2ND Notice – When it’s time to renew your membership, an email will be sent to you three weeks prior to your annual renewal date as a reminder. This ensures you have ample time to complete the process and stay connected AND current with us.

Join

enter your registration details

Email	anne@annehaw.co.nz
Date of Birth	16/09/1957
myCode	1957091601

[Forgot your myCode?](#)

New members simply click New Member. If you are a renewing member, please enter your details, and click Retrieve Details

Enter RETRIEVE

Join

personal details

myCode:	1957091601
First Name:	Anne
Last Name:	Haw
Gender:	Female
Date of Birth:	16/09/1957
Member of another NF:	NO
Residency Status:	Citizen
Nationality:	New Zealand
Currently Studying:	Not Currently

CHECK DETAILS-NEXT

NEXT PAGE – CHECK CONTACT DETAILS – next

Join

membership details

Membership:	<input type="checkbox"/> Athlete <input type="checkbox"/> Coach <input type="checkbox"/> Technical Official Select all roles that apply.
Club:	NorthSport Olympic Weightlifting

PLEASE TICK BOXES THAT APPLY TO YOURSELF !

Continue Next and check your details on next pages and pay – you will receive an confirmation email

TECHNICAL OFFICAL CORNER: ANSWER

Answer 1.

This is incorrect. Even though the weight on the barbell is the same at 102kg, it is a new lifter (Lifter C) , so you must reset the clock to a full one minute

Answer 2,

The barbell has not reached the knees so you restart the clock If lifter C lifts the barbell again off the platform and reaches the knees, you must stop the clock. He doesn't in the case.

Answer 3.

The clock is still running as per previous answer and even though the lifter walks off the platform the refs must wait until time runs out to give the red light for a no lift



2025 Anti Doping e-learning Modules

The **Sport Integrity Commission's updated anti-doping e-learning modules** are now live and ready for completion for the 2025 season.

These modules are essential to ensure everyone is informed about their obligations and understands what is and isn't permitted within our sport.

Requirement for 2025 Competition Eligibility:

Weightlifting NZ requires all registered **athletes, coaches, and support personnel** to complete the applicable module before participating in any competitions in 2025.

Recommended Modules:

- **Level 2:** Recommended for those competing in both national and international events.
- **Level 1:** Sufficient for members intending to compete only at the national level.

How to Complete the Modules:

1. Log in to your **SportTutor** account, or create a new one at www.sporttutor.nz

[SportTutor Learning - Front page](#)

SportTutor Learning ...

www.sporttutor.nz

2. Complete the appropriate module.
3. Email a copy of your completion certificate to education@weightlifting.nz.

JANUARY 2025 NEWSLETTER

There will still be a Newsletter for January 2025 – even tho no competitions during January 2025 we have Personal Stories to reveal

1. A well known Coach
2. A well known Masters Lifter
3. Story from Technical Official
4. Article from up and coming athlete
5. Life Member's Journey



FROM YOUR WNZ EG

WNZ EG wishes to thank every Athlete, every Coach and every Technical Official for your contribution to 2024 and wish you all a very Merry Christmas.

Take the tike and Enjoy catching up with your families.

Shall do it all again in the New Year????

Here is to a heavy 2025

