



**WEIGHTLIFTING
AOTEAROA**

May 2026

To lead, strengthen, support, and promote weightlifting in New Zealand



**commonwealth
games**

GLASGOW 2026

2026 COMMONWEALTH TEAM IS ANNOUNCED



YOUTH IWF CHAMPIONSHIPS - COLOMBIA JULY 2026

YOUR TEAM:

COACH: Gabi Peach

ATHLETES: Anika Falasia and Ella Simanu- Williams



ANIKA FALASIA
YOUTH W77+KG*/JUNIOR W86+KG



ELLA SIMANU
YOUTH W77+KG*





IMPORTANT NOTICES

WNZ LA2028 QUALIFICATION POLICY

Add a little bit of body text

The WNZ LA28 Qualification Policy is now available on the WNZ website.

Athletes (and/or their Coaches) who are committed to targetting this event should become familiar with the Qualification Policy and direct all communications or queries to Simon Kent: president@weightlifting.nz

Supplement Use and Athlete Responsibility

Following recent public discussion relating to the supplement industry and athlete supplementation practices, members are reminded of the importance of personal responsibility when selecting and using any nutritional or performance supplements.

Regardless of brand, supplier, or product claims, the responsibility for what an athlete chooses to ingest remains with the individual athlete. Athletes are strongly encouraged to exercise caution, conduct their own due diligence, and ensure any products used comply with relevant sporting regulations and anti-doping requirements.

Supplement products are not independently verified for safety or compliance by sporting bodies, and athletes should be aware that use is undertaken at their own risk.

A related discussion can be viewed here for those wishing to explore the topic further:

<https://youtu.be/S8A6e7lNljU?si=sDHqPP4M3nTaiHyh>

2026 NORTH ISLAND CHAMPIONSHIPS

19 - 21 JUNE 2026 - POWCext

The 2026 North Island Championships returned to Papatoetoe from 19–21 June, bringing together 101 athletes from across the North Island, along with several guest lifters, for a weekend of outstanding competition. Hosted by Papatoetoe Olympic Weightlifting Club, the championships showcased the depth of talent currently coming through New Zealand weightlifting, from first-time regional competitors through to athletes selected for the Glasgow Commonwealth Games.

The atmosphere throughout the weekend reflected what makes our sport special, with clubs supporting one another and spectators treated to some exceptional lifting. A highlight away from the platform was a visit from Lincoln Heights Primary School, who brought along a group of enthusiastic students to learn more about Olympic weightlifting. The students enjoyed a behind-the-scenes venue tour led by Olympian Cam McTaggart and Commonwealth Games athlete Olivia Selemaia before watching a live competition session, providing a great opportunity to introduce the next generation to our sport.

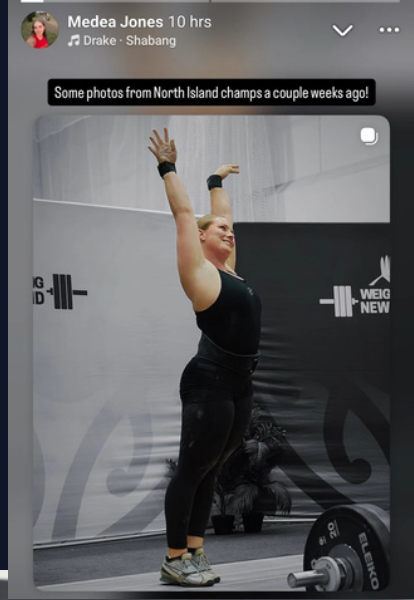
An event of this size relies on a huge team effort. A sincere thank you goes to our technical officials, loaders, marshals, volunteers, coaches, media team, livestream crew, and the supporters who dedicated their weekend to delivering a high-quality championship. Their contribution behind the scenes is what makes these events possible.

A special thank you also goes to the members of Papatoetoe Olympic Weightlifting Club for their efforts with pack-in and pack-down, as always, and to Kolmar Sport Centre for once again providing such a fantastic venue.

Congratulations to every athlete who stepped onto the platform and contributed to another successful North Island Championships.



Coming up....Facials from North Islands



UMWF MASTERS WORLD CUP JUNE 2026 ADELAIDE, AUSTRALIA

AWhat a competition!

Proud to share Ehsan Bayati results:

Ehsan coming home with 6 NEW UMWF World Records:

- Snatch: 78kg & 86kg
- Clean & Jerk: 100kg & 111kg
- Total: 186kg & 197kg

Our other athlete who competed was Lyndsay Cunningham

- 🏋️ Snatch Attempts: 29kg, 31kg, 33kg (best 33kg)
- 🏋️ Clean & Jerk Attempts: 38kg, 40kg, 42kg (best 42kg)
- 🏋️ Total: 75kg

Solid platform work and a strong finish on the day.

Grateful for the platform, the competition, and everyone involved in making the event in Adelaide a great one.

On to the next one 💪



SOUTH ISLAND CHAMPIONSHIPS - NELSON 27TH JUNE

What an outstanding weekend that showcased the strength of the Weightlifting NZ community at the South Island Weightlifting Competition in Nelson.

Athletes traveled from across the country, with special guest performances from the North Island. It was particularly inspiring to see the strong contingent of young lifters from HCC—watching them compete with confidence and enthusiasm was a highlight.

Thank you to the many volunteers, officials, and club members who contributed throughout the weekend. Your dedication is what sustains our sport and builds this community spirit.

There were numerous personal bests and many white lights awarded—every athlete should be proud of their achievements.

Congratulations to Freya Thomas for Best Female Lifter and to Adam Woodhouse for Best Male Lifter. Otago claimed the Male Team Trophy, and, for the first time in 12 years, Nelson Weightlifting won the Female Team Trophy.

Thank you to all lifters, volunteers, officials, and supporters for an exceptional weekend.



Technical Officials Corner

With National Secondary Schools soon to be held in September, we thought a review of uniform requirements was in order. There will be many new athletes and coaches so clubs should pass on the information on uniforms if possible.

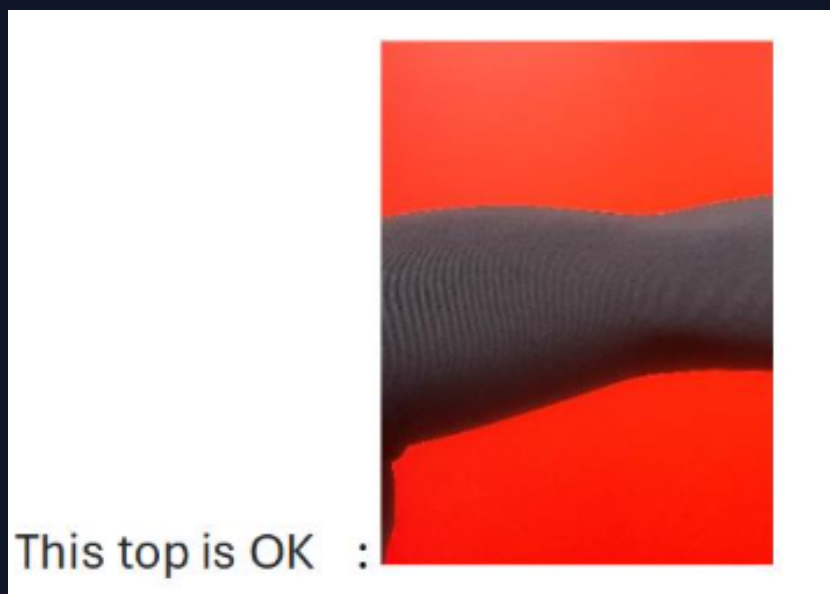
Keeping in mind that for secondary schools, if the athlete is not wearing a weightlifting suit, they may wear the school t-shirt and shorts, but the shirt **MUST** be tucked in.

Weightlifting belts: 12 cm or less in width (all around the belt, not just in front: some belts are wider in the back).

s belt is not allowed, 12 cm in front but wider in back:



If wearing a long top under the weightlifting suit or t-shirt, the long top must be tight and only one colour with no writing or patterns and no collar:



If the top is loose, this is not allowed:




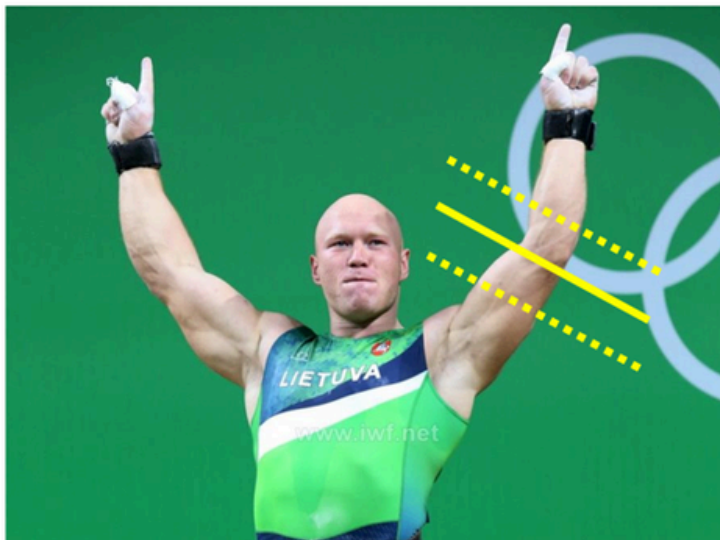
This top is not allowed

If wearing tights, they must be only **one colour** with no writing or patterns.



These tights are not allowed:

Tip for Technical Officials and coaches: if the athlete is wearing tights with writing, they can turn them inside out on the day.



5cm above the elbow
+
5cm below the elbow



Athletes are not allowed to wear a watch or socks during weigh-in and must wear a weightlifting suit (or shorts and t-shirt for secondary schools).

If you have any questions, please let us know. See TCRR Section 4 for all the details: IWF-TCRR-2025-as-of-05-November-2025.pdf

**A Weightlifting New Zealand
Gives thanks to the support of the companies below**

