

WEIGHTLIFTING AOTEAROA

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

May 2026

Congratulations to HCC Barbell Club

Youth Olympic Weightlifting Programme Rangatahi Tārewa Tū for receiving the Active Health Community Diversity and Inclusion Award 🏆 🏋️‍♀️

Awesome exposure for our sport 🤝



May 2026 Events

9th May 41 Degrees

The second club competition for the year was recently held at 41 Degrees Weightlifting Club, continuing the club's strong commitment to providing regular competition opportunities for its athletes.

The event was well supported, with a total of nine athletes taking part, including seven female and two male lifters. It was fantastic to see such positive participation and enthusiasm throughout the competition.

Club competitions are an important part of athlete development, providing valuable platform experience and helping to build confidence in a supportive environment. Congratulations to everyone involved in another successful event at 41 Degrees.

9th May Nelson Weightlifting

Nelson Weightlifting recently held its second club competition in the sunny city of Nelson, continuing to build strong momentum for the sport within the region.

The competition featured a total of five athletes, including three female and two male lifters, all demonstrating enthusiasm, commitment, and a growing passion for weightlifting.

It is fantastic to see the Nelson province being so proactive in creating competition opportunities for its athletes and continuing to develop the sport at a grassroots level. Regular local events such as these play an important role in building athlete confidence, experience, and community engagement.

Congratulations to everyone involved in organising and participating in another successful club competition. Weightlifting New Zealand looks forward to seeing the continued growth and development of weightlifting in the Nelson region.

10th May Chch City Weightlifting

ChCH Pirates in Christchurch also recently hosted a successful club competition, with a strong turnout of ten athletes competing across the event.

The competition featured seven male and three female athletes, highlighting the continued growth and engagement within the club. Events such as these provide athletes with valuable competition experience while helping to strengthen the local weightlifting community.

Congratulations to CHCH Pirates and all athletes involved for another positive and well-supported competition.

16th May Auckland Secondary Schools

The recent Auckland Secondary School Weightlifting Championships saw an excellent turnout, with 50 athletes competing across the event. The competition featured 12 female and 38 male athletes, highlighting the continued growth and enthusiasm for weightlifting within Auckland secondary schools.

The championships provided a fantastic opportunity for young lifters to showcase their strength, skill, and dedication on the platform. It was encouraging to see strong support from schools, coaches, officials, and families throughout the competition.

Congratulations to all athletes who competed and to everyone involved in making the event a success. A special shout out to Arena West Weightlifting who took on the arduous task of hosting the event. This was Arena West's first time hosting a Championship Event - which was done admirably !

Weightlifting New Zealand looks forward to seeing these young athletes continue to develop within the sport.

Don't forget National Secondary Schools - September 5 and 6 September 2026



23rd May Kotahi Barbell Club

May 23rd Kotahi Barbell Club hosted our first Club Competition for 2026, in a large single session of 7 females and 7 males. It was awesome to see 6 clubs represented including some new faces and returning ones! Highlights included a huge 14kg competition PB total for Ata Tapuke (Junior W86+, MC Barbell) with 210kg, an impressive return to the platform for Anthony Taylor with 220kg (M71, Strength HQ) and big numbers from Junior M110 Gio Penjueli (Taurus Barbell) with 6/6 and a 285kg total. Thank you to everyone supporting our event, it was a great atmosphere and a valuable opportunity to also support ongoing technical official and coach development in our region. See you at the next one!

30th May North Sport Olympic Weightlifting

NorthSport Olympic Weightlifting Club recently held another successful club competition, with athletes continuing to build confidence and experience on the competition platform.

The event provided an excellent opportunity for 9 lifters of all levels to test their progress, practise competition routines, and prepare for upcoming regional and national events. It was especially exciting to see three young athletes competing in their very first weightlifting competition, marking an important milestone in their sporting journey.

It was also great to see strong support from coaches, officials, volunteers, and families throughout the day. Club competitions continue to play an important role in athlete development and help create an inclusive and supportive environment for all members.

Thank you volunteers for taking time out a what was a long holiday weekend.



Strength and power coach development course – weightlifting principles for sport

A two-day course by Weightlifting New Zealand

30–31 May 2026

Kolmar Sports Centre, Papatoetoe, Auckland

What a weekend.

The Strength and Power Coach Development Course wrapped up in Papatoetoe, Auckland last weekend and it was a huge success – two full days of connection, learning and hands-on skill development centred on the art of coaching strength and power.

Coaches from right across the country made the trip, bringing a great mix of experience levels and contexts to the room. The shared goal was simple: to sharpen the tools needed to coach strength and power components as effectively as possible. Whether that meant better supporting high performance athletes, working with youth, or actively growing participation among a specific group through strength training – the course delivered something meaningful for everyone who attended.

Over the two days the group worked through everything from foundational coaching philosophy and the coach-athlete relationship through to technical lifting progressions, programming, and competitive context. Saturday dug into the foundational lifts, power clean and jerk progressions, while Sunday brought snatch work, competition preparation, and a practical assessment that gave coaches the chance to put their learning to the test.

A massive thanks to everyone who came along and contributed to making the weekend what it was. The energy in the room was a reflection of just how much coaches care about doing this well.

Coming up next: We're already looking ahead to the next course, planned for November 2026. Date to be confirmed – watch this space.



2026

NORTH ISLAND CHAMPIONSHIPS

ENTRIES CLOSED MIDNIGHT 6TH

JUNE – NOW VFE PERIOD CLOSSES

MIDNIGHT FRIDAY JUNE 12TH 2026



20-21 June 2026



Kolmar, Papatoetoe, Akl

Hosted by:
Papatoetoe Olympic
Weightlifting Club

All Athletes MUST be Sport Tutor Compliant with at least L1

SOUTH ISLAND WEIGHTLIFTING CHAMPS 2026 27-28 JUNE 2026 WHAKATŪ NELSON

ENTRIES CLOSE MIDNIGHT
JUNE 12TH



THE HUB, HOME OF NELSON WEIGHTLIFTING CLUB

89 VANGUARD ST WHAKATŪ / NELSON

REGISTER: [HTTPS://WEIGHTLIFTING.NZ/CALENDAR/EVENT/2347/HOST/SI](https://weightlifting.nz/calendar/event/2347/host/si)

CONTACT: NELSONWEIGHTLIFTING@GMAIL.COM FOR INFO

Technical Officials Corner: The 20kg rule...beyond the weigh-in.

If you have conducted a weigh-in, you will know about the necessity of checking the athlete's entry total against the sum of their opening snatch and clean and jerk numbers. For example, an athlete with a 200kg total, has to have a total of $200-20\text{kg}=180\text{ kg}$ as the sum of their opening snatch and clean and jerk. So it could be 80kg snatch and 100 clean and jerk, or 75kg snatch and 105 clean and jerk and so on.

FIT		
Sam Smith		
2018 National Masters Olympic Weightlifting Championships		
BIB:	CATEGORY:	BIRTHDAY:
	M89	22/10/1970
BODYWEIGHT:	ENTRY TOTAL:	SIGNATURE:
	200	
SNATCH		
1. Attempt	2. Attempt	3. Attempt
Declared Weight at the Weigh-in:	Automatic Increment:	Automatic Increment:
80		
	Marshal Signature:	Marshal Signature:
Signature:	Declared Weight:	Declared Weight:
SS	Signature:	Signature:
1 st Change:	1 st Change:	1 st Change:
Signature:	Signature:	Signature:
2 nd Change:	2 nd Change:	2 nd Change:
Signature:	Signature:	Signature:

FIT		
Sam Smith		
2018 National Masters Olympic Weightlifting Championships		
BIB:	CATEGORY:	BIRTHDAY:
	M89	22/10/1970
BODYWEIGHT:	ENTRY TOTAL:	SIGNATURE:
	200	
CLEAN and JERK		
1. Attempt	2. Attempt	3. Attempt
Declared Weight at the Weigh-in:	Automatic Increment:	Automatic Increment:
100		
	Marshal Signature:	Marshal Signature:
Signature:	Declared Weight:	Declared Weight:
SS	Signature:	Signature:
1 st Change:	1 st Change:	1 st Change:
Signature:	Signature:	Signature:
2 nd Change:	2 nd Change:	2 nd Change:
Signature:	Signature:	Signature:

So do we just check the 20 kg rule at weigh in and be done with it? Absolutely not.

If you are entering the numbers in the owlcms system, and the 20 kg rule is wrong, the system will alert you. It will not alert you if you are using the other (Noonan) system. If you become aware of an error in the 20 kg rule while entering the numbers (tabulator of competition secretary for regional and above competitions), or as a good Chief Marshall who verifies the 20 kg rule before the session, you need to take action right away.

In the previous example with the 200 kg entry total, if the athlete had given a 75kg opening snatch and a 100kg opening clean and jerk, they are short 5 kg to get the required 180kg. So the Chief Marshall needs to go to the athlete, get them to add 5 kg either on the snatch, clean and jerk or as a combination (could be 2 kg on the snatch and 3 kg on the clean and jerk), but they will be using their first changes to do that.

FIT		
Sam Smith		
2018 National Masters Olympic Weightlifting Championships		
BIB:	CATEGORY: M89	BIRTHDAY: 22/10/1970
BODYWEIGHT:	ENTRY TOTAL: 200	SIGNATURE:
SNATCH		
1. Attempt	2. Attempt	3. Attempt
Declared Weight at the Weigh-in:	Automatic Increment:	Automatic Increment:
75	Marshal Signature:	Marshal Signature:
Signature:	Declared Weight:	Declared Weight:
SS	Signature:	Signature:
1 st Change: 77	1 st Change:	1 st Change:
Signature: SS	Signature:	Signature:
2 nd Change:	2 nd Change:	2 nd Change:
Signature:	Signature:	Signature:

FIT		
Sam Smith		
2018 National Masters Olympic Weightlifting Championships		
BIB:	CATEGORY: M89	BIRTHDAY: 22/10/1970
BODYWEIGHT:	ENTRY TOTAL: 200	SIGNATURE:
CLEAN and JERK		
1. Attempt	2. Attempt	3. Attempt
Declared Weight at the Weigh-in:	Automatic Increment:	Automatic Increment:
100	Marshal Signature:	Marshal Signature:
Signature:	Declared Weight:	Declared Weight:
SS	Signature:	Signature:
1 st Change: 103	1 st Change:	1 st Change:
Signature: SS	Signature:	Signature:
2 nd Change:	2 nd Change:	2 nd Change:
Signature:	Signature:	Signature:

This is not ideal obviously, to have the athlete use one of their changes for an error that should have been picked up at weigh-in by the technical officials, but the athlete is ultimately responsible.

As Chief Marshall, once you have checked that all the 20kg rule are OK for all the athletes in the session before the session starts, you need to have a system*, and pay attention if an athlete wants to decrease their opening attempt. If they decrease the snatch, they may have to increase their clean and jerk number right away.

In the previous example, if the athlete gave opening attempts of 80kg snatch and 100kg clean and jerk at weigh-in, and wants to decrease their snatch to 75kg as their warm-up went sideways, they can, so long as they right away use their first change on clean and jerk to increase to 105kg.

FIT		
Sam Smith		
2018 National Masters Olympic Weightlifting Championships		
BIB:	CATEGORY: M89	BIRTHDAY: 22/10/1970
BODYWEIGHT:	ENTRY TOTAL: 200	SIGNATURE:
SNATCH		
1. Attempt	2. Attempt	3. Attempt
Declared Weight at the Weigh-in:	Automatic Increment:	Automatic Increment:
80	Marshal Signature:	Marshal Signature:
Signature:	Declared Weight:	Declared Weight:
SS	Signature:	Signature:
1 st Change: 75	1 st Change:	1 st Change:
Signature: SS	Signature:	Signature:
2 nd Change:	2 nd Change:	2 nd Change:
Signature:	Signature:	Signature:

FIT		
Sam Smith		
2018 National Masters Olympic Weightlifting Championships		
BIB:	CATEGORY: M89	BIRTHDAY: 22/10/1970
BODYWEIGHT:	ENTRY TOTAL: 200	SIGNATURE:
CLEAN and JERK		
1. Attempt	2. Attempt	3. Attempt
Declared Weight at the Weigh-in:	Automatic Increment:	Automatic Increment:
100	Marshal Signature:	Marshal Signature:
Signature:	Declared Weight:	Declared Weight:
SS	Signature:	Signature:
1 st Change: 105	1 st Change:	1 st Change:
Signature: SS	Signature:	Signature:
2 nd Change:	2 nd Change:	2 nd Change:
Signature:	Signature:	Signature:

This is why as Chief Marshall, you need to have a system so you can know right away how many kgs an athlete can decrease and still be within the 20 kg rule, especially for those who are right at 20kg or close.

If the previous example athlete had an entry total of 200, and had written an opening snatch of 90 and an opening clean and jerk of 110kg, they are right on the entry total (200), so if they want to decrease their opening snatch by a few kgs there is no need to worry about making them change their opening clean and jerk.

If an athlete wants to decrease their clean and jerks, you need to know between the snatch and cleans and jerks how much room they have so you don't have to do the math while 3-4 coaches are making changes.

*If this is clear as mud, and you would like to have an online session where we discuss the possible scenarios with athletes' cards, respond in comments and we can try to organise a session or two. This is very important stuff to know.

Please see TCRR 6.6.5 for the details

NOTICES

To clarify the intention of the recent competition pathway update from High Performance

WNZ aims to make regional competitions more inclusive and accessible to ALL members. Our popular club competitions should continue to be used as warm-up events, progress checks, and opportunities to gain platform experience.

Regional competitions provide broader participation, athlete confidence and give opportunities for all athletes to compete and this higher level, while also serving as qualification events for Junior and Senior National Championships.

Thank you for the feedback and ongoing support. Just remember if you are new to championships events YOU MUST COMPLETE SPORTTUTOR Level 1

<http://www.sporttutor.nz/>

ON NEW BODYWEIGHT CLASSES AND QUALIFICATION STANDARDS

All members have been sent a newsletter explaining information of new body weight classes and qualification standards

If you have NOT received this - [click here](#)

Sport NZ Integrity Message

Tony Coughlan from Sport Integrity NZ recently held a second online information evening with our members.

The session provided valuable information and discussion around integrity matters within sport and weightlifting.

Further information evenings will be scheduled

, so if you have any questions you would like answered at future sessions, please send them through to info@weightlifting.nz.

In the meantime, we encourage all members to familiarise themselves with the policies and resources available on the Weightlifting New Zealand website.

<https://www.weightlifting.nz/Corporate/Sports-Integrity-Policies>

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

