



TE HIKINGA TAUMAHA AOTEAROA

Weightlifting New Zealand

November 2025

NOTICE OF WEIGHTLIFTING NZ - AGM 28TH NOVEMBER 2025

Time: Upon completion of final session on Friday

Venue: Due Drop Event Centre

The AGM will include presentation of the Annual Report and Financial Statements, discussion of key matters for the year ahead, and voting on any proposed motions

Motions and Remit: Any proposed motions or remits must be submitted in writing to WNZ

Executive Officer no later than Friday 31 October 2025

Agends, reports, and supporting documents will be circulated to all members and affiliated clubs
Friday 14th November 2025.

We encourage all members and club delegates to attend and participate in shaping the future of
our sport

WEBSITE NOTICES

[2026 WNZ Selection Policy](#)

[2026 Preliminary Entry Request PERS - Athletes](#)

TECHNICAL OFFICIAL CORNER

As Chief Marshall, as a reminder, your best practice on marking the athletes cards is as per below. Note that the yellow dots are to highlight if a coach did not declare by 30 seconds, and so cannot make any changes.

Start no. 3	Name: CHINEN Yuki			
	Nation: JPN		Birth date: 29 / 07 / 1998	
Lot no. 159	Category: 56	Body weight: 55.87	Signature: RC	Entry total: 280
Snatch				
1st Attempt		2nd Attempt		3rd Attempt
Declared Weight at the Weigh-in: 115 RC		Automatic Weight: 121 Declared Weight: 130 RC Sign:		Automatic Weight: 130 Declared Weight: Sign:
1st Change 120 RC Sign:		1st Change 		1st Change Sign:
2nd Change 		2nd Change 		2nd Change Sign:
Sign:		Sign:		Sign:

As Chief Marshall, you sometimes have to prioritise changes when multiple coaches come to the change table at once. For example:

Four different coaches come to the table at the same time with the changes below... and the announcer says: Loaders, 150kg please and the loaders start

1 Mike Benson 150 → 151

2 Carl White 150 → 155

3 Ben Brown 152 → 155

4 Mark Barnes 150 → 149

Take into consideration:

■ Timing clock Deal with the lowest weight and/or earliest athlete to be called first.

And, don't forget to check;

■ Validity (weight, time, calling order) No need to care who came to the table first

In this case, if the clock has not yet started, you take the change from the coach for #

4 Mark Barnes who is going down to 149kg (the 20kg rule was fine, you checked the entry total against with the opening snatch).

Then you take the change from the coach for # 1 Mike Benson to 151 kg.

Then, # 2 Carl White is next in the calling order (jump from 150 to 155) so you take the change from that coach, and then for # 3 Ben Brown.

Keep alert as Marshall, to ensure the proper changes get made in the order needed.

WNZ MASTERS NATIONALS 2025

I promise you there was some serious lifting going on (somewhere)



We dance We hug old friends



We pray !



We celebrate friends



What a weekend Masters Nationals was!

There was some lifting - but it comes second to the Masters Whanau annual coming together!

You cannot find a more supportive environment than the NZ Masters community. 78 athletes from all around the country were lifting, from competing ages 30 to 78 years old, over 7 sessions.

An unprecedented number of volunteers/Technical Officials had some experienced TOs very surprised not to be working every session they were not lifting in, which has happened several times in the past. The Masters Committee would like to thank you all so much for what you bring to the weightlifting community in New Zealand and beyond. Keep it coming please. Huge kudos for Grant Grieve for the fabulous imagery from the weekend too.

Our fearless leader, Anne Haw, did a masterful job of coordinating the event (see picture) and a huge thanks to Papatoetoe Weightlifting Club who came through as unplanned hosts. Anne also gave us a Shania Twain lip-synch and dance, and Devin Glover and his wife Bex danced rock and roll for his warm-up. You could call this edition the all-singing all-dancing Masters Nationals.

Best Masters lifters were Belinda Sidnam for the women with a Sinclair score adjusted to body weight and age of 243.239, and Eshan Bayati of 392.217.

Let's do it all again for Masters Nationals next year whanau!

In the meantime, we have a total of close to 30 Masters athletes lifting at Senior Nationals, which is not small feat! Also, the majority of officials/volunteers are Masters once again. See you there.



We celebrate great lifts



We Rock and Roll



We share our sport with family

IMPORTANT NOTICES

Preliminary Entry Request (PER) - Coaches and athletes are able to submit PERs for 2026 Junior Worlds and for the 2026 Youth, Junior, Senior Championships/Junior Commonwealth Championships/World Cup combined event.

Information about PERs and the links for each event can be found on the WNZ website.

2026 Preliminary Entry Request PERS - Athletes

Coaches and Athletes should refer to the **2026 Selection Policy for International Events** on the WNZ website for more information including eligibility, qualification and deadlines.

ADAMS Reminder

Athletes currently submitting to ADAMS who intend to enter Nationals - please remember to add Nationals as a Competition and update your Overnight Accommodation if needed. Ensure that your testing window remains - 1 per day - and is accurate!

IMPORTANT NOTICES

2026 Prohibited Substance List

The Prohibited List details all the substances and methods that are banned in sport and is updated annually. The 2026 Prohibited List introduces a number of changes - and it's vital that athletes and support personnel stay informed about what's on that list. It's how everyone involved in our sport remains safe from unintentionally breaking anti-doping rules.

You can learn about the biggest changes to the 2026 Prohibited List on the Sport Integrity Commission Te Kahu Raunui's website

<https://sportintegrity.nz/news/three-big-prohibited-list-changes-for-2026>

The Published List: <https://www.wada-ama.org/en/resources/2026-prohibited-list>

NORTH SPORT OLYMPIC WEIGHTLIFTING LAST CHANCE CLUB COMP

8th November 2025

Last chance club competition to qualify Senior/Junior Nationals before entries close midnight 14th November 2025 - and qualify they did

Young Samantha Howlett from NOO, 16 years qualified D Grade, athletes from AWW

Junior Toailoa and Gideon Vaopunimatagi also qualified , meanwhile Grace Fusituá achieved international level

