



WEIGHTLIFTING AOTEAROA

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



STRENGTH AND POWER coach development course **Weightlifting principles for sport**

A Practical and interactive two-day course

May 30th & 31st 2026

EARLY BIRD PRICING AVAILABLE UNTIL THE END OF MARCH

Course delivery by:

Weightlifting New Zealand: Two-time Olympic Coach Simon Kent and Olympian Megan Signal

Course Content:

- **Coaching philosophy and principles.**
- **Fundamental lifting techniques.**
- **Programming principles for strength and power development.**
- **The competition lifts.**
- **Coaching considerations for male and female athletes.**

Learning Outcomes:

- **Develop a strong understanding of how to effectively coach foundational power training and weightlifting movements.**
- **Gain clarity in developing and articulating your own coaching philosophy.**
- **Acquire the skills to design training programmes that are appropriate and relevant to an athlete's age, experience, and performance level.**

Link to video content:

https://youtube.com/shorts/aoE1CGOh_mo?feature=share

OTAGO WEIGHTLIFTING CHAMPIONSHIPS

Held 7th March 2026

Great lifting all round! Plenty of PBs and some master records fell. Exciting results with a bunch of promising young (and masters) weightlifters. Three South Island Clubs and a North Island club were represented. Thank you to all of the technical officials and volunteers for making it possible.



Turanga Strong Weightlifting

7th March 2026

Kasey and her team at Turanga Strong are doing some great work down in Gisborne. They ran a simulation comp beforehand to introduce new people to the competition platform, had 11 separate entrants, and then they ran the sanctioned comp after show casing competitive lifting. Was very successful. Great work Turanga Strong....showing strong leadership





Start them young - awww



The 87th Auckland Weightlifting Championships was held on the 7th and 8th of March at Kolmar in Papatoetoe.

The event attracted 62 athletes ranging from 14 to 79 years of age (go Boris!)
A total of 59 made it to the platform of which 36 were women and 23 were men.

Congratulations to the following athletes to set NZ records at this event

- Sienna Fesolai (F63) from Strength HQ with a 108 C&J and 194 Total (Senior Records)!
- Elizabeth Granger (F63) from Mount Weightlifting with a 80 Snatch, 98 C&J and 178 total (Masters 35-39 Records)!
- Melissa Cowie (F63) from Arena West Weightlifting with a 81 C&J and 147 total (Masters 40-44 Records)!
- Olivia Selemaia (F77) from Papatoetoe Olympic Weightlifting with a 130 C&J (Junior & Senior Records)!
- Grace Fusitu'a (F77) from Arena West Weightlifting with a 118 C&J and 212 Total (Masters 30-34 Records)!
- Karen Lloyd (F86) from Base Olympic Weightlifting with a 77 C&J (Masters 50-54 Record)!
- Litia Nacagilevu (F86+) from Nelson Weightlifting with a 109 Snatch (Junior record), 133 C&J and 242 Total (Junior & Senior Records)!
- Cameron McTaggart (M94) from Northsport Olympic Weightlifting with a 151 Snatch, 180 C&J and 331 Total (Senior Records)!

Events like this can't happen without the help of our amazing volunteers! Thank you so much to everyone assisting with setup and packdown (namely POWC muscle), and giving up their valuable time to fill the much needed technical official roles for each and every session!



Great
Technique
Melissa !!



WaiBOP 2026

Ethos Rotorua held 21 March

The 2026 Waikato Bay of Plenty Championships was held at Ethos Strength in Rotorua - the very first sanctioned event for this club only affiliated in 2025, and the first time this Championships has been held in Rotorua.

With strong entry numbers- 33, it was great to see 8 clubs from the region represented. We are appreciative of all those who supported in the planning for and running of the event, with particular mention to MC Weightlifting, Mount Weightlifting and Kotahi Barbell for their contributions of gear and transport.

We were treated to an outstanding day of lifting, with some highlights including;

- 6/6, a milestone 300kg total and tantalisingly close to the NZ record standards for Hunter Nepia (Ethos Strength, Junior M110kg)
 - 6/6 for New Zealand representative Xavier Albert including a PR 172kg CJ and 319kg total (Mount Weightlifting, M94)
 - Provisional Masters records from
 - Bill Akuhata (Taupo Olympic Weightlifting) 45-49 M94 Clean & Jerk
 - Nicole Pakau (Ethos Strength) 30-34 W86 Clean & Jerk
 - Kristen Burnett (Taurus Barbell Club) 45-49 W69 Snatch
 - Kylie Cebalo (Mount Weightlifting) 40-44 W77 Snatch
 - PR totals for the 3 international representatives present; Xavier Albert, Ella Williams-Simanu (Kotahi Barbell) and Matanoko McDonald (Mount Weightlifting, representing Cook Islands), building towards the combined Oceania Championships in Samoa next month.
- It was an excellent way to kick off 2026!



Technical Officials Corner

Let's talk about some of the less common faults in weightlifting when reffing.

One of them is, what are the rules around touching the barbell with your foot? A few years ago, the rules changed on this.

At the moment, you get a "No lift" if you touch the barbell with the bottom of your foot before an attempt.

If you touch the barbell with the bottom of your foot after an attempt, you get a warning. If you do it again after your next attempt, it will be a "No lift".

The reason for the rule change is cultural, in that some countries consider the bottom of the foot dirty.

SEE TCRR 2.5.1.11: [IWF-TCRR-2025-as-of-05-November-2025.pdf](#)

So if you are a coach or an athlete, you may want to drive that habit out of your routine in training so you don't do it on the platform and pay for it.

The second one is the double or dirty clean.

What is a dirty clean?

The definition in the TCRR 2.5.3.1 is: "Resting or placing the barbell on the chest at an intermediate point before its final position producing a "double clean"; often referred to as a "dirty clean"."

As a ref, you must be on the lookout for this, and you must give a "No lift" by pressing your red button as soon as you see this fault. No use letting the athlete jerk if you already saw an incorrect movement as they will expand energy when they don't need to. Not all refs may see it though, so you will sometimes see an athlete continuing on to jerk.

Please see such an example at 0:52 seconds here: [IWF Technical and Competition Rules & Regulations video](#). She brings the barbell down and back up to the front rack before jerking.

Last reminder, if you press the wrong button, you have 3 seconds to change your decision by pressing your other button. If you miss the 3 seconds timing, you can use the small flags after the fact to signal your final decision. It can happen at any level including at international competitions.

Hoping this is helpful, and let us know if you have anything you would like covered in more details.

Important Message

2026 FISU World University Championships

Athletes studying at university who wish to compete at this event should:

- 1/ Read the 2026 Selection Policy for International Events - on the WNZ website**
- 2/ Complete the PER for this event - (include the Per link if you can otherwise) - in the PER information on the WNZ website. Deadline is by 10 May 2026.**
- 3/ Be aware that the Qualifying Period for this event ends on 30 June 2026.**
- 4/ Athletes must achieve A Grade within the qualifying period at the events stated in the Selection Policy.**
- 5/ Be compliant in ADAMS by 31 May 2026. This is BEFORE the end of the Qualifying Period.**

Therefore all athletes who have already qualified or who anticipate qualifying at North/South Island Champs MUST SUBMIT A PER, in order to be included in the Preliminary Entries for this event.

Nelson Weightlifting Club

21 March 2026

Congratulations to Nelson Weightlifting holding its first club comp for 2026 on 21 March 2026. 5 Athletes taking part celebrating the first of many club comps booked into system - a real family affair !



Central Regional Championships
March 28th 2026 - THIS IS A FIRST



"Fitness Portal Weightlifting, with the support of 41 Degrees weightlifting, hosted (for the first time ever) the Central Region Championships at the Fitness Portal Tawa. Four competitions. One weekend. Epic Lifting. The main competition was Centrals, with sub championships running in the background. Manawatu Champs, Wellington Champs and the East Coast champs. A massive thank you to the event sponsors Wellington City Council, Dalman Physiotherapy and Kyra from Team Yip Collective First Real Estate. We had records broken, brand new announcers take the mic and a vibe that will only be matched later this year at the Masters New Zealand Nationals. So buckle up your seat belts, because 2026 is just getting started."

Celebrating Central Championships



HCC Barbell Club Event
Friday Night 27th March 2026

Koren and her team at HCC are a credit to our sport. Showing great leadership for the Youth lifters in her area...Sharing the platform with a couple more experienced athletes - as always and well run comp. thank you The club is an inspiration to us all



NORTH SPORT CLUB COMP
March 28th 2026 - AUT Millennium

Cam McTaggart held the first of many club comps for 2026 at North Sport ! With athletes from the young to the old, taking to platform - for many of us it was the first for a couple of years...Many laughs as old friends met on the platform . thank you to our team of volunteers - as always you are the best ! Karen Lloyd, Stewart Kuatai, Kirsty Walker, Rose Ngakiau, JJ Maran, Johan Handwerk and Mike Farrell. We cant run these comps with you !



**REMINDER - YOUR SPORT TUTOR
MODULE MUST BE RENEWED ANNUALLY**

www.sporttutor.nz

Once logged in (or account created if you're new to the sport):

1. Select the Sport Integrity Catalogue from the Search Learning dropdown list
2. Select Anti-Doping from the left hand side Integrity Programmes menu
3. Select the relevant 2026 module - Level 1 (for those competing nationally) or Level 2 (for those competing/planning on competing internationally)
(Level 2 covers you for both national and international competitions so this is the one we recommend you complete)
4. Email the certificate of completion to education@weightlifting.nz. This will be recorded in our database and is valid until 31st December 2026