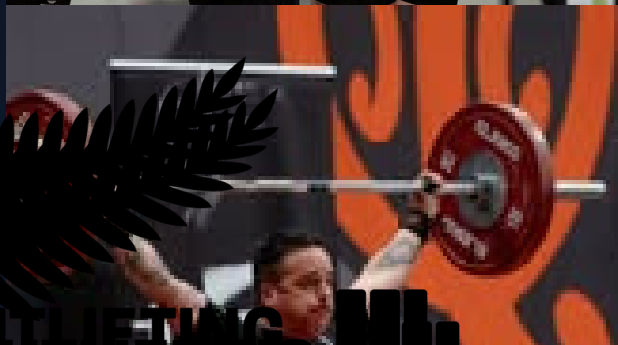
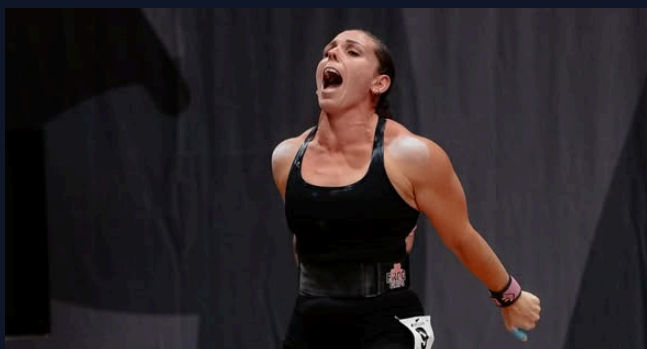


WEIGHTLIFTING NEW ZEALAND



2025 SENIOR & JUNIOR NATIONALS

Manukau, South Auckland — The 2025 Weightlifting New Zealand Senior & Junior National Championships delivered an exceptional finish to the year, highlighted by record-breaking performances

A total of 104 athletes (67 women and 37 men) took to the platform at the Due Drop Events Centre, showcasing the depth and momentum of Olympic Weightlifting across Aotearoa. Weightlifting New Zealand was also proud to host guest lifters from New Caledonia and Vanuatu.

THE CHAMPIONSHIPS MARKED A FITTING CONCLUSION TO A MILESTONE YEAR FOR WEIGHTLIFTING NEW ZEALAND

About Weightlifting New Zealand
Weightlifting New Zealand is the national sporting organisation for Olympic Weightlifting, dedicated to developing talent, promoting the sport, and achieving excellence at all levels. Through grassroots development and high-performance programs, WNZ supports athletes from their first lift to international podiums.

Weightlifting New Zealand extends sincere thanks to the partners who made this event possible: Grassroots Trust, Apollo Projects, Sport NZ, and the Waka Pacific Trust. Their support ensures that weightlifting in Aotearoa continues to provide opportunities for athletes to develop, excel, and represent New Zealand with pride on the world stage.



ANNOUNCEMENT: WNZ ADOPTS THE INTEGRITY CODE

Weightlifting New Zealand is pleased to announce that at the 2025 AGM, we have formally voted to adopt the Integrity Code.

This important step strengthens our commitment to ensuring a safe, fair, and inclusive environment for all members and member clubs of our community — athletes, coaches, officials, and supporters.

The Integrity Code outlines expectations around respectful behaviour, fairness in sport, anti-doping, safeguarding, and the responsibilities each of us has in protecting the integrity of weightlifting in New Zealand.

By adopting this Code, WNZ continues to prioritise athlete wellbeing, uphold high standards of conduct, and align with national best practice in sports governance.

We encourage all member clubs and membership to familiarise themselves with the Integrity Code and uphold its principles both on and off the platform. It is important to know that all members and clubs will be bound by upcoming policies.

As WNZ develops the necessary policies, they will be sent to all members, member clubs, coaches, Technical Officials, and placed on our website...

So far we have two policies development and on the website.

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

BELOW ARE PHOTOS OF ONLY A FEW OF OUR AWESOME VOLUNTEERS... THERE ARE MANY MANY MANY MORE AND YOU ALL KNOW WHO YOU ARE.

PEOPLE WHO GAVE UP THEIR PERSONAL TIME - TECHNICAL OFFICIALS





**AND PEOPLE BEHIND THE
SCENES THAT MAKE IT ALL
WORK**



**BUT DON'T FORGET OUR
COACHES**





LOADERS !!!!!!!!!!!!!!!



MESSAGE FROM CLEAN SPORT

WE WOULD LIKE TO THANK ALL WNZ MEMBERS FOR COMPLETING THEIR CLEAN SPORT EDUCATION MAKING WNZ A STANDOUT SPORT WITH SPORT INTEGRITY WITH 100% EDUCATION COMPLIANCE AT CHAMPIONSHIP LEVEL.

WE WILL LET EVERYONE KNOW WHEN THE 2026 EDUCATION MODULES ARE AVAILABLE ONLINE.

ADAMS

ATHLETES CURRENTLY SUBMITTING INTO ADAMS ARE REMINDED THAT THEIR QUARTER 1 2026 WHEREABOUTS MUST BE SUBMITTED BEFORE THE END OF THIS MONTH. PLEASE CHECK YOUR EMAIL INBOXES.

HEARTFIELD THANK YOU TO OUR VOLUNTEERS AND TECHNICAL OFFICIALS

AS WE LOOK AHEAD TO 2025, WEIGHTLIFTING NEW ZEALAND WOULD LIKE TO EXTEND OUR DEEPEST GRATITUDE TO ALL THE VOLUNTEERS AND TECHNICAL OFFICIALS WHO GIVE THEIR TIME, PASSION, AND EXPERTISE TO OUR SPORT.

YOUR COMMITMENT — WHETHER ON THE COMPETITION FLOOR, BEHIND THE SCENES, OR SUPPORTING OUR LIFTERS AND CLUBS — IS THE BACKBONE OF WEIGHTLIFTING IN AOTEAROA.

BECAUSE OF YOU, OUR EVENTS RUN SMOOTHLY, OUR ATHLETES FEEL SUPPORTED, AND OUR COMMUNITY CONTINUES TO GROW IN STRENGTH AND SPIRIT.

THANK YOU FOR THE COUNTLESS HOURS, THE EARLY MORNINGS, THE CALM UNDER PRESSURE, AND THE INTEGRITY YOU BRING TO EVERY ROLE.

WE SIMPLY COULD NOT DO THIS WITHOUT YOU.

HERE'S TO ANOTHER YEAR OF LIFTING OUR SPORT TOGETHER.

FINAL CLUB COMPETITION FOR 2025 HCC WEIGHTLIFTING - CHCH

The final club competition for 2025 was held in Christchurch by Koren Hale at Hale Compound Conditional - it was a Friday Night Comp which I thought a novel idea..... 6 athletes all under the age of 17 years old

It is so exciting to see young athletes competing at these club meets... the youngest was only 12 years old !!!! Huge respect and admiration for the work the “Hales” do down in CHCH



TECHNICAL OFFICIALCORNER

To all of you who generously gave your time in 2025 for TO/volunteer duty, we thank you very much. A special shout out goes out to those who hosted TO Workshops: Matt Dyson, Barb Grieve, James Grieve, Odette Smith and Richie Wong.

If you are interested in becoming a TO or progressing as a TO, here is the link to the [Technical Official's pathway](#).

A couple of things that came up at Nationals:

- Jerks, more specifically power jerk or squat jerk, but all jerks: Feet need to be aligned, but they do not have to be narrow. Wide aligned feet are a complete lift (so long as knees and elbows are locked, etc)
-
- If an athlete receives the down signal (meaning two refs gave the same decision) early, and the lift is incomplete at the time of the down signal, it is the athlete's responsibility to complete the lift. Most athletes will complete the lift before dropping the barbell, but if they do not, the lift could be overturned if not complete.
- Here are some videos on incorrect lifts you may want to review: [8th Technical and Competition Rules & Regulations video - YouTube](#), [IWF Technical and Competition Rules & Regulations video](#), and [7th Technical and Competition Rules & Regulations video](#)

Merry
Christmas!

Weightlifting New Zealand extends its sincere thanks to all members, athletes, coaches, volunteers, officials, and supporters for their commitment and contribution throughout the year.

We wish you and your families a safe and enjoyable Christmas and a successful New Year.

IN MEMORY OF LEE ATTRILL



IN MEMORY OF
LEE ATTRILL

