



TE HIKINGA TAUMAHA AOTEAROA

Weightlifting New Zealand

STRATEGIC MEETING

Happy New Year! I hope you all enjoyed a wonderful Christmas and had a chance to relax and recharge with whānau and friends.

As we move into 2025, the Weightlifting NZ (WNZ) Executive Group recently met to reflect on our achievements and set strategic priorities for the year ahead.

Below is an overview of the meeting and what it means for you.

Achievements to Date

Over the past two years, WNZ has made significant strides:

- **International Success:** Successfully hosted the 2023 World Masters Cup and 2024 Weightlifting Festival, demonstrating WNZ's ability to stage world class events.
- **Supporting Our Teams:** Sent numerous teams to international competitions, achieving notable success.
- **Improving Our Infrastructure:** Revamped the WNZ website and streamlined our back-office operations.
- **Domestic Development:** Delivered well-run domestic events, providing opportunities for all members of our community athletes, coaches, technical officials, and other key volunteers.

These achievements have been realised despite challenging economic conditions and limited funding opportunities.

Strategic Focus for 2025

Looking ahead, the Executive Group is committed to consolidating our successes and building on our strengths. Our key priorities include:

1. Excellence in Domestic Competitions:

Continue delivering high-quality domestic events that provide a positive and inclusive experience for all participants.

2. Enhancing Communication:

Ensure consistent and accessible communication through a monthly newsletter, active social media engagement, and comprehensive updates on the WNZ website.

3. High-Performance Development:

Build on our high-performance systems that have already yielded medals at Junior and Youth IWF World Championships while focusing on holistic athlete development.

4. Planning for the 2026 Commonwealth Games:

Develop a clear strategy to capitalise on the unique opportunities this event presents as weightlifting is one of the ten sports in the program.

5. Expanding the 'Lift for Gold' Program:

Strengthen our schools' initiative, which has been piloted in South Auckland, to inspire the next generation of weightlifters.

Acknowledging Our Volunteers

As an organisation, WNZ relies heavily on the dedication of our passionate volunteers. Currently, the only funded role is the Executive Officer, supported for 20 hours per week. Additionally, funding from High Performance Sport NZ is focused on David Liti's campaign for the 2028 Los Angeles Olympics.

The Path Ahead

The great New Zealander Ernest Rutherford once said, "We haven't got the money, so we'll have to think." This sentiment perfectly captures WNZ's approach for 2025. We will continue to embrace creativity and innovation to ensure weightlifting thrives both domestically and internationally.

Thank you for your ongoing support and commitment to our sport. Together, we can make 2025 another productive year for Weightlifting New Zealand.

Simon Kent

President Weightlifting NZ

IMPORTANT NOTICES

WNZ FRIENDS AND FAMILY VENTURE

Supporting the future development of Weightlifting New Zealand

Weightlifting New Zealand is excited to be introducing the **WNZ Friends and Family (WNZFF) Venture**, a special initiative to rally support for the growth of weightlifting in our nation.

What is WNZFF?

The WNZFF Venture brings together generous individuals, families, and businesses who share a passion for supporting the sport. By making a small donation, you can proudly claim the title of "Proud Supporter," and will be featured (if desired) on our website and in member communications.

How will It Work?

- **Contribution:** A \$500 annual commitment renewable on anniversary
- **Media:** Use of Weightlifting NZ Logo on your social media.
- **Recognition:** Your support will be acknowledged on WNZ website

Join us in shaping the future of weightlifting in New Zealand! For more details or to become a WNZFF supporter, please contact us or visit [WNZ website/contact details].

Together, we can elevate the sport to new heights!

If you have anyone we could contact please let us know on: info@weightlifting.nz

2025 Grading/Qualification Standards

Updated 2025 Selection Policy for International Events, 2025 Grading/Qualification Standards and NZ Record Standards for the new bodyweight categories are all available on the website. New bodyweight categories are effective from 1 January 2025.

Any queries please contact Kelly Ihaka-Pitama : hpd@weightlifting.nz

WNZ MASTERS 2025 TUE INFORMATION

(Therapeutic Usage Exemptions)

TUEs for Masters Athletes Competing Internationally

We have recently been advised of changes to the TUE process for Masters athletes who wish to compete at international events held under IMWA or UMWF. These changes have been posted on the WNZ Masters facebook group and we're in the process of communicating the same information to all Coaches.

If you are a Masters athlete who is taking prescribed medication which is prohibited In Competition and you intend to compete internationally please contact: cleansport@weightlifting.nz for more information

Neroli King Weightlifting NZ- Clean Sport Officer Ph: 021 537076

CLEAN SPORT

To ensure everyone is well-informed about their responsibilities and obligations related to drug-free sport, we kindly request all members complete the 2025 drug-free e-learning module - whether you're an athlete, coach or support personnel.

The course takes no more than 30 minutes and offers valuable information and links to ensure our sport remains clean and fair for all.

Once completed please email a copy of your completion certificate to Karen Lloyd - email : education@weightlifting.nz

Level 1 - for national level competitions

Level 2 - for those who intend on competing, or assisting, at international competitions



Level 1 | Taumata Tahī

E-learning course – in-depth learning pathway covering a full...



Level 2 | Taumata Rua

E-learning course – in-depth learning pathway covering a full...

2025 Youth, Junior and Senior Commonwealth Championships

2025 Selection Policy for International Events v3 has been updated to include 2025 Mini Pacific Games as a qualifying event for the Commonwealth Championships.

The PER (Preliminary Entry Request) for this event is now open

Coaches can enter athletes who have this event on their Individual Performance Plan via the link on the PER document located on the weightlifting tab

Any queries: contact Kelly Ihaka-Pitama hpd@weightlifting.nz

NOTICE: WNZ COMPETITION CLOSURE DEADLINE CLARIFICATION

Please note that if the calendar specifies an entry closure date of **27th January 2025**, this means that **no additional entries will be accepted from this date onwards**.

To clarify, all entries must be submitted by **midnight on 26th January 2025**. Any submissions received after this time will **NOT** be considered.

COMPETITION ENTRY INFORMATION - COACHES AND ATHLETES

So make sure that you are up to date with all the event information by always checking on the Calendar listing of the event.

Notices that will appear will include Event Information, Preliminary Entry List, Final Entry Lists

So keep an eye out for any Event you/or your athlete have entered for information

DYNASTY SPORTS MERCHANDISE SHOP OPEN

For all WNZ Merchandise - Dynasty Shop is open

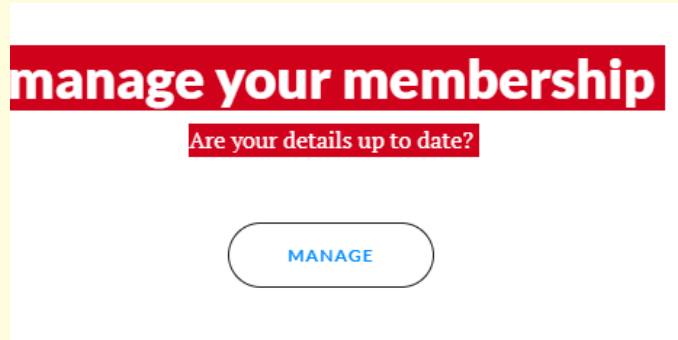
Check out WNZ gear available

<https://dynastyteamstore.co.nz/collections/weightlifting-new-zealand>

UPDATE YOUR PERSONAL DETAILS

Please update your personal details. Go to the home page - scroll down to the bottom of page.

Also when renewing your membership.. Remember to update if you are athlete, coach and or Technical Official...
AND COACHE/S NAME



TECHNICAL CONTROLLER CORNER

The Technical Controller (TC) role: the TO in this role must be proactive, and also make sure the rules are followed, while still having common sense for exceptions.

The TC must ensure the coach stays in the coach's box and not wander to see a spectator or randomly walk up to the stage just because they liked their lifter's record or medal. Or go up further to take up a better video angle. That is not allowed and the coach's box must be respected. The coach's box is referred to in the TCCR 3.1.1.7 as the "zone for the Team Officials". It does not have a specific size per se but generally goes from the end of the tunnel (or walking area between the warm-up area and the competition platform/stage) and ends before the ramp or steps leading up to the platform/stage. In an event in New Zealand, the zone might not be marked with tape, but the TC can still hold the Coach to stay off the platform/stage.

If a lifter gets hurt, the TC must actively keep an eye on the coach and make sure they do not go up to the stage in most cases. The competition doctor/first aid person will go up of course and will lift the injured person properly without aggravating an injury (think C-spine compromise for example).

An exception could be for a Muslim woman lifter, where her religion prevents her from being picked up by anyone but family (and her coach is her brother, for example). In this case if that lifter needs to be moved, the TC can allow the coach to go up to the stage, and lifting the woman lifter would be done under the competition doctor's supervision.

Another example of commonsense letting the coach go up to the stage was in Paris 2024 in the W87+category. Li Wenwen won the category and had a clean and jerk attempt left but got her coach on stage with her and took a victory lap with her coach in her arms instead of lifting the barbell. She was the last lifter in the session and no one else was lifting after her, so allowing the coach to go up did not delay anyone or the competition.

Rules are there for a reason, but there are exceptions. see photo below

T SHIRTS FOR SALE

Contact info@weightlifting.nz for sizes available and prices - sorry photos are not great but starting from the left - Old Logo so great for training, \$10ea , then 2024 Masters nationals great quality \$20ea , 2024 Senior Nationals Black/white or white/black \$15ea - check with me for sizes !



UPCOMING EVENTS

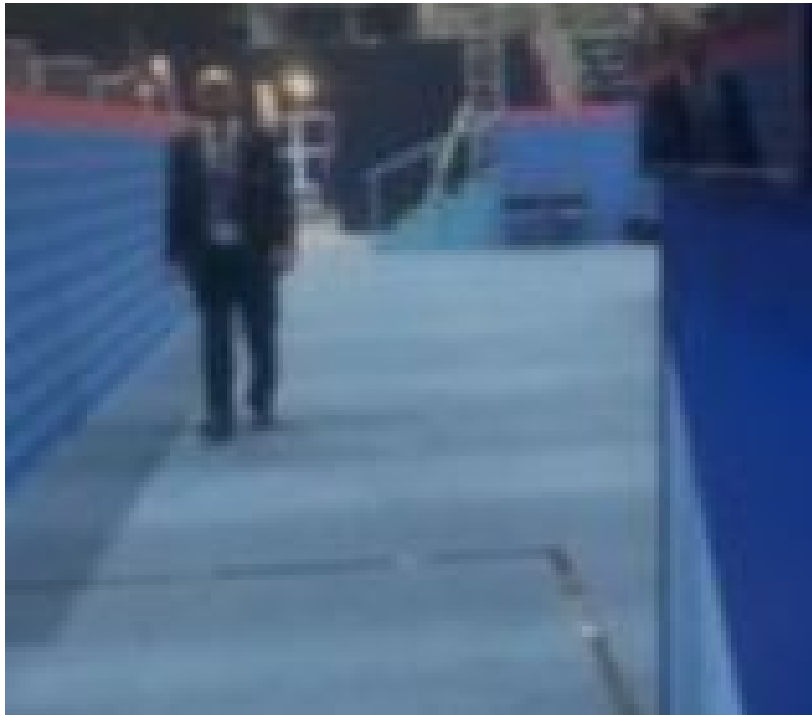
Wellington Championships

February 8th 2025 Fitness Portal Tawa, Wellington

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|----------------------------------|---|
| Arena West Weightlifting Comp | February 15th 2025 New Lynn, Auckland |
| Auckland Championships | March 1 2025 Kolmar Centre, Papatoetoe |
| Otago Championships | March 29th 2025 Otago Weightlifting, South Island |
| Manawatu Whanganui Weightlifting | April 8th 2025 Manawatu, North Island |

[See Calendar for further details](#)

TECHNICAL OFFICIAL TC AREA



[View email in browser](#)

[update your preferences](#) or [unsubscribe](#)

