



TE HIKINGA TAUMAHA AOTEAROA

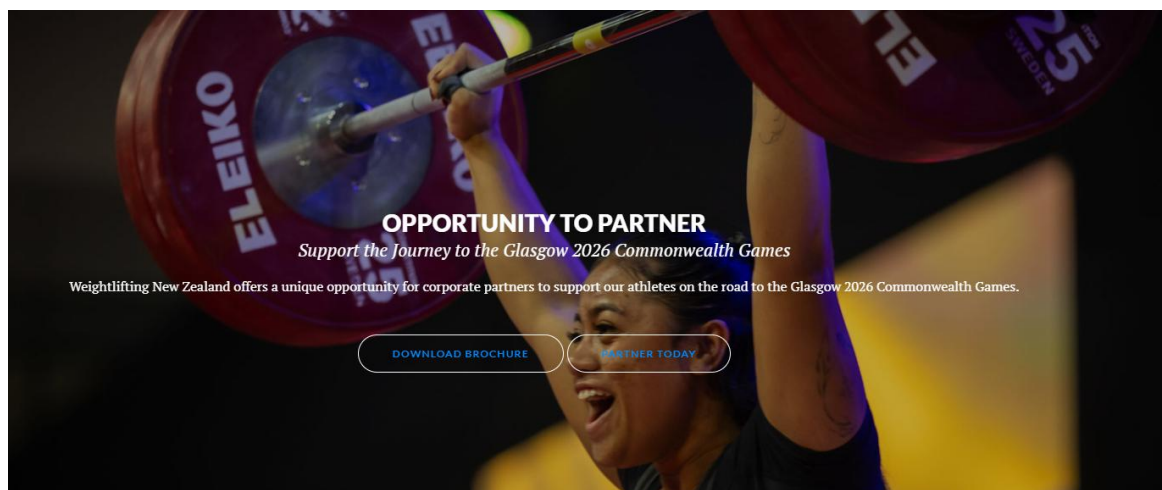
Weightlifting New Zealand

JULY 2025

OPPORTUNITY TO PARTNER

Download brochure:

https://weightlifting.nz/Portals/0/news/2025/WNZ%20Partnership%20Proposal.pdf?ver=4f23_1w3-nK2DbFgxl0uvw%3d%3d



HOW DO I?

Are your details up to date? <https://www.weightlifting.nz/manage>

Enter a competition? <https://www.weightlifting.nz/Calendar>

Find WNZ Prohibited Behaviour Policy <https://www.weightlifting.nz/Corporate/Sports-Integrity-Policies>

RESULTS FROM 2025 PACIFIC MINI GAMES PALAU 2ND JULY - 6TH JULY 2025

Women

W 58	Hannah CLOSE 1998 NZL	75	91	166	- 4th
W 63	Louise RICHARDS 1998 NZL	69	92	161	- 6th
W 69	Sienna FESOLAI 2005 NZL	87	110	197	- 2nd Silver
W 77	Monica SAILI 1997 NZL	78	100	178	- 5th
	Holly DRAIN 1998 NZL		0	104	0
W 86+	Judy SOLOAI 1994 NZL	93	132	225	- 3rd Bronze
	Tui-Alofa PATOLO 1990 NZL	104	120	224	- 4th

Men

M 71	Vernon TAYLOR 1998 NZL	120	135	255	- 4th
M110+	David LITI 1996 NZL	160	175	335	Gold
NZ Team 4th overall					

Congratulations to Coach and Athletes. I take it you were all a little warmer in Palau

TECHNICAL OFFICAL CORNER

For all you aspiring/national level TOs, with three more national events coming up this year (Secondary Schools, Masters Nationals and Junior/Senior Nationals), you could see yourself called to fill an unfamiliar TO role, whether it is Timekeeper, Chief Marshall or Technical Controller. You could have the opportunity to shadow another experienced TO in one of those roles if there is availability. You can do a number of things to be prepared:

- You can read the section of the TCRRs that are relevant to the different TO roles, specifically sections 7.7 to 7.12, and read the updates to the rules that our TO Manager sends when needed (remember when the new weigh-in rule came in?)
- You can watch some videos on YouTube that explain the different TO Roles. The European Weightlifting Federation has some excellent ones on Chief Marshall , and on Technical Controller (they have more as well if interested)
- You can ask questions from other experienced TOs at local comps or higher
- You can ensure you have the proper TO uniform: Navy pants/skirt and jacket, white shirt, black shoes (no gym shoes are accepted). Even if you travel to an international event and they supply a shirt, you should have the navy pants and black shoes with you.

- A note for international TOs, if travelling to an international event, make sure to have your ITO WL card/booklet with you for the Jury President to sign off.
 - The role of the TC Video
 - <https://www.youtube.com/watch?v=vM007fGZ6Ls&list=PLXeI375cQcj mZHeV5aVShC2sUimXnZU0i&index=9>
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NORTH SPORT CLUB FUNDRAISING EVENT

26th July 2025 the club decided to hold a club event with all entry fees being donated to Cam McTaggart our Club Coach to assist in his journey to Commonwealth Games 2026 in Glasgow

First stop is Ahmedabad, India - 24th - 30th August 2025.- A well supported event with Massages on the side !



COMMONWEALTH SENIOR, JUNIOR & YOUTH CHAMPIONSHIPS

Ahmedabad, India – 24 August 2025 to 31 august 2025

Team (alphabetical order)

Female

Anika Falasia
Drew Barrett
Elizabeth Granger
Emma McIntyre
Georgia Theron
Hayley Whiting
Litia Nacagilevu
Madeleine Agnew
Medea Jones
Mollie King
Olivia Selemaia
Sienna Fesolai

Male

Cameron McTaggart
David Liti
Isyss Schuster
Kieran McGovern
Marco Mollo
Xavier Albert
Xavier Tiffany

Team Coaches: Simon Kent, Hugh Lawrence and Mike Calver

Personal Coach (David Liti) : Tina Ball

We wish to team well in their endeavours - Competition Starts 24th August 2024

2025 MASTERS NATIONALS - NOTE CHANGE OF VENUE AND DATE

TO ENTER <https://www.weightlifting.nz/Calendar/event/1255/host/NZ>

