



TE HIKINGA TAUMAHA AOTEAROA

Weightlifting New Zealand

September 2025

- 1. Welcome to September 2025 Catch up
 - 🏋️ Don't Miss Out – WNZ Gala Night Tickets
 - One Night. One Community. Gala Night Awaits ✨
 - 🥂 Join Us for WNZ's Biggest Celebration of the Year!

A WEIGHTLIFTING NEW ZEALAND
COMMONWEALTH GAMES
TEAM FUNDRAISER.

WNZ GALA DINNER

A Celebration of Olympic
Weightlifting in New Zealand

Join us on **8 November from 6:30 pm**
Location: Top of the Park Room, Alexandra Park, Auckland
Table of 10 – \$1,200 (includes a premium three-course buffet dinner)

Speakers – featuring some of New Zealand's most successful sportspeople.
Meet the next generation making history in weightlifting.
Enjoy music, a cash bar, and the perfect opportunity for an Inspiring team outing.

Dress code: Cocktail or Business formal
Theme: Black white and silver.

2. Upcoming Events

Hi everyone, welcome to WNZ September 2025. A very busy month with club competitions, National Secondary Schools and IWF Senior Championships in Norway.

Date	Event	Location	Registration Dates
2 October – 11 October	IWF Senior World Champs	Forde, Norway	—
1 and 2 November	Masters Nationals	POWC Auckland	Entries close 20 Oct VOE close midnight 26 Oct
28 th – 30 th November	2025 Senior Nationals	Due Drop Centre	Entries close 14 Nov VOE close midnight 19 Nov
8th November	WNZ GALA NIGHT	Alexandra Park	NOW – BUY YOUR TICKETS NOW !

3. Competition Spotlight – Dark Horse Barbell Club Competition AUG 2025

On August 31, Darkhorse Barbell hosted its first sanctioned weightlifting competition in five years, held at Urban Fitness in the Wellington CBD. For organisers Liv and Roo, it was a milestone event. Not only was this their first time running a sanctioned competition, it was also their debut competing on the platform at one.

The vision for the day was clear: create a competition that felt both professional and fun. Thanks to the incredible support of the Wellington weightlifting community, that vision came to life. Skilled volunteers officiating, tabulating, and bar loading made the event run seamlessly. A special thanks goes to Matt Dyson from 41 Degrees for his guidance throughout the process, and for doing an outstanding job on the microphone and at the table on the day.

One of the most exciting aspects was seeing more than half the entrants step onto the platform for the very first time. Alongside the debut performances, there were also some big lifts that brought plenty of energy to the room. Perhaps most memorable was the camaraderie amongst the athletes from different gyms and clubs supporting each other across the combined session created a true community atmosphere.

We are proud of what this competition achieved and grateful to everyone who made it possible. See you at the next one!



4. TO's Corner

Scenario: You have just been upgraded to national level Technical Official and are the Centre Referee at a local competition. The volunteer loaders are new, and you have two club level Technical Officials on either side of you. Jane's barbell is loaded by the loaders for her first snatch at 56kg. Jane approached the barbell, pulls to the hip, and drops it. She looks confused. You realise that the loaders did not consider the collars which are 2.5kg each, so the barbell was loaded to 61kg.

Q1. At a local competition, who is ultimately responsible to make sure the barbell is loaded properly?

- A. The bar loaders
- B. The competition organiser, who should have a loading chart for the loaders to use (in this case, there was none)
- C. The Centre referee
- D. All of the referees

Q2. What to do in this case, since the lifter's attempt was 5 more kgs than it was meant to be, and she missed it?

- A. Say sorry it is a local comp relying on volunteers and make sure her second attempt is loaded properly.
- B. Give her another first attempt immediately, loaded properly at 56kg, which means she will actually have 4 attempts in the snatch
- C. Give her another attempt, loaded properly at 56kg, which means she will actually have 4 attempts in the snatch, but give her 2 minutes between

Q3. So if Jane succeeded in lifting her first snatch attempt, with was improperly loaded at 55 kg (instead of 56kg), what do you do?

- A. You do not tell her, what she doesn't know won't hurt her and let her continue with her planned attempts
- B. Tell her what happened, and give her the choice to accept or refuse the attempt. If she refuses, she is given another attempt, which will mean 4 attempts at the snatch.
- C. Tell her what happened, and that she has to accept the attempt since it was successful, since it is a local competition and it doesn't matter

Answers (later in the newsletter)

See Regulation to 7.5 Jury (which at a local competition would mean Centre ref): [IWF-TCRR-2025-as-of-01-June-2025.pdf](#)
[IWF-TCRR-2025-as-of-01-June-2025.pdf](#)

[TECHNICAL AND COMPETITION RULES & REGULATIONS 2025](#)

2.3.2 The second part, the Jerk: The athlete must become motionless with the knees fully extended before starting the Jerk. The athlete bends and dynamically extends the legs and arms simultaneously to move the barbell upward in one motion to the full extent of the arms, while either splitting or bending the legs. The athlete returns his / her feet to the same line parallel to the plane of the ...

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5. IMWF World Masters Championships – 2025

September saw 11 of our masters take to the world stage at the 2025 IMWA Masters World Championships held in Las Vegas, USA, alongside 881 lifters representing 62 nations.

The setup was second to none, the vibe electric and comradery on point. In true masters fashion every lifter from every country were so welcoming and supportive of each other. From sharing platforms in the warm up area, where head nods and hand signs were often the only form of communication, through to the vibe on comp day you were left feeling like you'd just won the lottery. It was game face on throughout the event but after the last lift of each session it was hugs, high fives, selfies and words of admiration. Truly showing the spirit that is masters competitions.

Special mention to Kirsty Walker who took out 1st overall in her division for the 3rd year in a row, as well as Karen Lloyd and Lyndsay Cunningham who also secured a podium place in their respective division. The ladies team also secured 4th place in the teams event.

Final Overall Placings:

- Kirsty Walker - 1st
- Karen Lloyd - 2nd
- Lyndsay Cunningham - 2nd
- Kasey Brown - 5th
- Manu Niwa - 5th
- Jarrad Bone - 7th
- Lisa Tetzlaff - 8th
- Patrice Teao - 9th
- Kurt Elstone - 9th
- Anne Stewart - 14th
- Andy Jameson - fought hard but unfortunately didn't total

KIRSTY WALKER RECEIVING HER 3RD CHAMPIONSHIP GOLD MEDAL



4. TO's Corner ANSWERS !!!!!

- A1. C
- A2. C
- A3. B

6. National Secondary School Championship

With a lot of our Technical Officials overseas competing NZSSC was treated to an abundant supply of IWF Cat 1 and 2 Internationally Qualified Technical Officials

Weightlifting New Zealand successfully hosted the **2025 National Secondary School Championship** on 6th & 7th September at POWC in Auckland. The event brought together 92 student-athletes from schools across the country, as far away as Christchurch AND including a team from Fiji, providing a platform for young lifters to showcase their talent and gain valuable competition experience.

The competition was well-supported by teachers, coaches, and families, creating a positive and encouraging atmosphere for all participants. Many athletes achieved personal bests, reflecting both the growing strength of school weightlifting programmes and the dedication of the students.

This year's Championship also highlighted promising emerging lifters who are expected to transition into senior competitions in the future, strengthening the pathway from school sport to high-performance weightlifting in New Zealand.

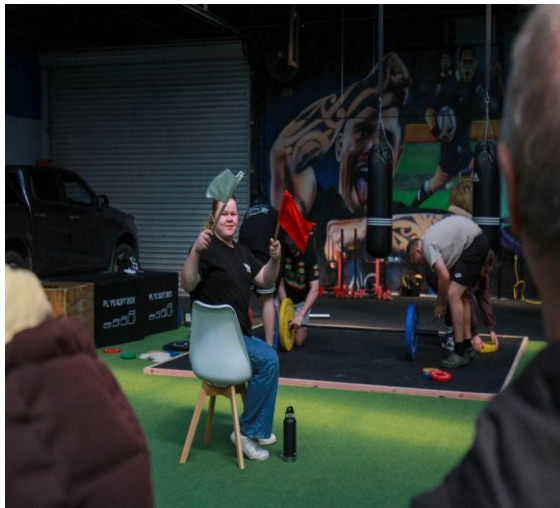
Weightlifting NZ extends its thanks to the officials, volunteers, and schools who contributed to the success of the Championship.

Personal highlight: witnessing our junior lifters literally coaching so many school students, and the students obvious public display of appreciation !





7. Manawatu Whanganui Weightlifting Club Comp – 14 September 2025



The weightlifting cycle: @mollie.liftss is centre ref for @mwwc_weightlifting competition. Last weekend she coached Whanganui Girls College athletes at WNZ National Secondary Schools, and in May she won a 🏆 at IWF World Youth Championships.

I think this comment from Paule Poulin sums it – “Was a blast lifting with this group last weekend”

MWWC always well supported by club officials, and athletes alike. What a great community to belong to

8. Taurus Barbell Weightlifting Club Comp – 27 September 2025

Mike Calver held another club event on 27th September – small but intimate comp with lots of encouragement.

9. Base Olympic Weightlifting Club Competition - 28 September 2025



"What a happy bunch of lifters! Another fun competition at Base Olympic Weightlifting, where the atmosphere is always fantastic and the setup impeccable... with plenty of caramel fudge and lollies on hand for lifters and officials alike!"

OLIVIA SELEMAIA - Recipient of 2025 Yvette Williams Scholarship



Congratulations to F71 lifter Olivia Selemaia - a recipient of a 2025 Yvette Williams scholarship.

At 19 years old, the next few years are packed with Commonwealth Games, and then Olympic Games, qualifiers: India, Norway, Samoa and China are all on the upcoming travel itinerary for Selemaia.

"I was excited and grateful when I received the good news. This scholarship makes things a lot easier as competitions are expensive to get to and prepare for. Now I can put all my focus on training and improving as an athlete," said Selemaia.

Olivia placed 2nd at the Senior Commonwealth Championships in India just last month and leaves for Norway this week to compete at the IWF World Championships.

We love to see Olivia's vibrant smile on the world stage, and long may that continue.

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