



TE HIKINGA TAUMAHA AOTEAROA

Weightlifting New Zealand

Who wants to be a Technical Official ???

WNZ TECHNICAL OFFICIALS QUALIFICATION PATHWAY

Category 2 International Technical Official (Cat 2 ITO) WNZ prerequisites for upgrade to attain Category 2 ITO qualification • Must have been an active National TO within the WNZ competition programme for a minimum of five (5) consecutive

www.weightlifting.nz

South Island Championships

7th - 8th June 2025

Host CCW Pirates Venue +64 Weightlifting

I think it may have been cold in Christchurch on 7th and 8th June 2025 going by the photos sent in...



Despite a bitter cold southern weekend, the competition was a go. All our sessions were filled with talented lifters that performed amazingly on the platform, with several records being broken, and many personal bests set. Massive shout to all the volunteers, Refs, Marshalls and anyone else that gave their time to help us make this happen. This event nearly didn't come to pass this year so awesome to see such a great turn out and such an enthusiasm for the sport of Weightlifting in the South Island.

Special shout out to Callan Helms for his amazing technical knowledge, helping us tackle all the tech issues that came our way. To Barbara and James Grieve for your competition knowledge, without which the comp would not have run as smooth as it did.

Huge thank you to Plus64 Fitness for allowing us to use your awesome venue, made things really easy for us with so much of the set up already in place.

Lastly, big thank you to all the lifters who took the time to travel from near and far to come and compete. A lot of you took time off work, spent money on travel and we know that isn't cheap so we really appreciate you coming together to have fun on the platform with us.

Till next year

Thanks

TECHNICAL OFFICIAL CORNER

After the South and North Islands Championships where so many of you volunteered (with our thanks), just a few tid bits:

- Scenario: 1. It is your first time officiating at a national competition with the white/red buttons (as opposed to the white/red flags). The athlete completes their lift, you give a white light, and then the athlete dumps the barbell behind. You think it is too late to change your decision but you know it should be a no lift.
- Scenario 2. Another athlete locks their elbows over their head in the snatch, and is almost up to locking out their knees and you give a white light right away. The athlete gets the down buzzer as another one of the refs also gave a white light early, even though the athlete had not yet completed the lift.

As a **referee**, we must wait to make our decision until the lift is complete (arms and legs fully extended, athlete motionless in all parts of the body, feet on the same line and parallel to the plane of the trunk and barbell). The last thing we want is to have two referees make the same decision early, it only takes 2 of the refs to give the same decision to activate the buzzer, and the athlete ends up putting the barbell down early, and then not getting the lift because referees reverse their decisions (or if there is a Jury, the Jury overturns the decision).

- Also, remember, you have 3 seconds to change your decision when using the electronic system (owlcms software) system. If an athlete dumps the barbell behind after for example, and you are not quick enough to change your decision by pressing the red button, you may raise the red flag to signal you are changing your decision to a no lift. Note: Unless there was an incorrect movement during the lift where you need to give a red light as soon as you see the error.

On behalf of the organising team, I'd like to extend our deepest gratitude for all the support of the **2025 North Island Olympic Weightlifting Championships**, held at **The Fitness Portal** in Wellington.

This year marked a significant milestone—the **largest Olympic Weightlifting event in Wellington since 2015**. The energy, passion, and dedication from all corners of our community created something truly special.

From **personal bests to power-packed sessions**, we witnessed lifters from across the region bring their absolute best to the platform. Behind this spectacle stood a village of incredible people and organisations who made it all possible.

Special Acknowledgements:

- **Major Sponsors:** *Virus Oceania, Wellington City Council, and Dalman Physio* – thank you for backing this event and elevating the sport.
- **Session Sponsors:** *BurgerFuel Porirua, Moving You Therapy, Team Yip Real Estate, Origin Manual Therapy, Float Well, Rocking Robins, and Emerge Your Beauty* – your support kept the energy high and lifters fueled.
- **Matt Dyson** – thank you for generously providing equipment from **41 Degrees Weightlifting**.
- **Paule Poulin** – our phenomenal Technical Official Coordinator who ensured precision and fairness on the platform.
- **Bex Hudson and Cynthia Evans** – our Competition Secretaries whose behind-the-scenes coordination kept everything running like clockwork.
- **Gareth Evans** – the tech mastermind behind our digital systems, making all the background work look seamless.
- To our **Technical Officials** – your time, expertise, and dedication made this event run smoothly and professionally.

To every **lifter, coach, spectator, and member of The Fitness Portal community**, your enthusiasm, discipline, and support are what brought this championship to life. Your presence helped create an unforgettable experience—this wasn't just a competition, it was a celebration of strength, spirit, and community.

As we look ahead to future events, we carry the momentum, camaraderie, and learnings from this weekend with us. If you have any feedback or reflections, we would love to hear from you—let's continue lifting the standard together.

[Click & Preview Link to Feedback here](#)



Ngā mihi nui,

Devin Glover

Event Coordinator

2025 North Island Weightlifting Champs



UMWF WORLD CUP AND COMMONWEALTH GAMES

13-16th June 2025 - SINGAPORE

We congratulated 4 NZ Masters who participated UMWF World Cup and Commonwealth Games this year.

Ehsan Bayati setting Records left right and centre - Ehsan lifts M65, 88kg category

Snatch 88 kg

Clean and Jerk 115 kg

Total 203 KG

Siu Kei Szeto (David Szeto) M110+ David lives in Australia and lifted a total of 195kg

Andy Jameson M78 totalled with 158kg

Lyndsay Cunningham W63kg totalled with 65kg

More from the Technical Officials Corner

- Scenario 3: A spectator is sitting in the audience and tells you their training partner got cheated out of a 2 minute clock even though they took two consecutive lifts, and how unfair was that when the athlete after them got a full 2 minute clock right after.

As **timekeepers**, our life is easy when we use the electronic system in NZ (owlcms) as the timer does not need to be reset for 1 or 2 minute clocks when changes are made at the Chief Marshal's table. You still need to know the rules because if the older software is used (the Noonan software), you will need to reset the clock.

- In this case, lifter A gets a good lift on their first snatch at 120 kg, and the weight goes to the automatic increment of 121 kg.
 - Lifter B is also at 121 kg on their first attempt, so they are up first. Lifter B's coach lets the clock start on their lifter, then increases them up to 125 kg.
 - The call then comes back to Lifter A, who now has a 1 minute clock, because the clock had started for Lifter B, even though Lifter A will now have consecutive lifts.
 - Lifter B now gets a good lift on their first attempt at 125 Kg. The automatic increment puts them at 126 Kg.
 - Lifter C is also scheduled for their first attempt at 126 Kg but their coach puts them up to 130 Kg before their clock starts, so Lifter B actually gets a 2 minute clock for their second attempt.
 - Lifter C has consecutive lifts and his clock was not burnt by the other lifter's coach.
-

UPCOMING EVENTS

2025 Pacific Mini Games

2 July to 5 July 2025

North Sport Club Competition

26th July 2025

This is a fundraising event to help Cam McTaggart fundraise for 2026 Glasgow Commonwealth Games



[View email in browser](#)

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

