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Base Weightlifting Hosts Second Competition to Prepare Pinehurst High School Athletes for Auckland Champs - 4TH May 2025

As an up-and-coming weightlifting club, **Base** has proudly begun coaching students from Pinehurst High School on Auckland’s North Shore. In support of their athletes’ development, the club recently hosted its **second official competition**, designed to prepare these young lifters for the upcoming **Auckland Secondary School Championships**.

Ten brand-new lifters took to the platform for the first time, showcasing their strength, discipline, and potential. Co-owner **Gina Loberant** led the event organisation, running the day to full **championship standards**—including a computer scoring system, platform screens, athlete cards and numbers, and five **National Technical Officials** (including three referees and a marshal).

It was an incredible day of firsts, growth, and community spirit—amazing to see strong young athletes stepping confidently into the sport of Olympic weightlifting!

OTAGO WEIGHTLIFTING CLUB COMP

3 MAY 2025

Great wee club competition at the beginning of May. Solid lifting from veterans and newcomers alike. Stand out performance was from Seth Thomas, with a 115kg snatch and 140kg clean and jerk. Thank you to the volunteers for making it happen. Next stop, South Island Champs



CHCH CITY PIRATES CLUB COMP

3 MAY 2025

"Great comp to have right before South Islands. Massive shout out to HCC for letting us use their venue as the comp got too big to hold in CCW. All the athletes lifted fantastically and the comp ran smoothly. Looking forward to seeing many of these faces out on the platform again at South Island Champs!"



TECHNICAL OFFICIAL CORNER

Scenario:

You are Chief Marshal for the first time at Nationals. You know to keep an eye on the clock for the 30 seconds timing and are keen to get under way in this session that looks like there may be tight in some sections from the openers. The session starts, and all of a sudden there is a log jam at 56 kg, after 3 lifters opened successfully at 55 kg. The coach for Meg shows up for a change, but with the clock running for Cass, the coaches for Cass and Nancy show up 3 seconds later and you have not yet made the change for Meg.

Start #	Name	YOB	Club	1	2	3	Best
1	Jess Smith	2004	LVW	35	38	40	40
2	Bonnie Brown	2002	HPW	80			
3	Cass White	2001	FIW	55	56		
4		1999	NAW	55	56		
5	Maria Notarte	1997	TUW	55	56		
6	Meg Vonn	1998	YAW	57			
7	Lorde Wall	2001	LUW	81			
8	Chantal Viens	1982	MEW	45	50	53	53
9	Fiona Mills	1980	SAW	50	52	54	54

Q1. Which change do you make first?

- A. The change for Meg to 60 as her coach showed up first.
- B. The change for Nancy to 57 as he is a friend and asks you nicely.
- C. The change for Cass to 57 as she is next in the lifting order.

Q2. The coach for Maria shows up before you have made all the changes and wants a change to 59 kg. Using the 3 lifters mentioned in previous question with Maria, what is the order of changes you will make in the system?

Answers Below

KAPITI OLYMPIC WEIGHTLIFTING

Kapiti help a small comp of 12 athletes on 10th May 2025 - their first comp of 2025....7 Female and 5 Male lifters

YOUTH & JUNIOR WORLD CHAMPIONSHIPS MAY 2025

Historic Success for New Zealand at 2025 IWF Junior & Youth World Championships Weightlifting

New Zealand (WNZ) is celebrating a record-breaking campaign at the 2025 IWF Junior & Youth World Championships in Lima, Peru, with the team securing five medals, the nation's highest ever tally at an IWF event. This triumph surpasses the previous best of two medals won at the 2019 IWF Junior World Championships.

Leading the way was Olivia Selemaia (Junior Women's 71kg), who delivered a history making performance by claiming silver in the Total, the highest finish ever by a New Zealand weightlifter at an International Weightlifting Federation (IWF) competition. Selemaia's lifts of 106kg (Snatch, bronze) and 129kg (Clean & Jerk, bronze) culminated in a 235kg Total, breaking New Zealand and Oceania Senior/Junior records. Her duel with Canada's Charlotte Simoneau, who won gold, is set to continue through to the 2026 Commonwealth Games in Glasgow.

Emerging talent Mollie King delivered a standout performance in the Youth +81kg category, securing silver in the Clean & Jerk (126kg) and bronze in the Total (223kg). Mollie also broke multiple NZ records.

The women's team placed 6th overall out of 54 nations, a monumental achievement highlighting the growth of women's weightlifting in New Zealand. This result reflects the depth of talent within the team, with strong showings across multiple weight classes.

WNZ President Simon Kent hailed the team's historic effort: "The success in Lima is the result of a tremendous amount of work by the team and a dedicated group of volunteers from Weightlifting NZ. We have worked hard to develop a system which identifies young potential and, importantly, supports their growth in an holistic way. WNZ is committed to growing resilient athletes of character who epitomise what it means to be Kiwi."

AUCKLAND SECONDARY SCHOOL CHAMPIONSHIPS

24 MAY 2025

A successful day of lifting from our Auckland Secondary School athletes - 56 Lifters turning up on the platform to show their strength at Dilworth Senior Campus in Auckland. Thanks to Kyle Turvey from Dilworth for organising the event and all the Technical Officials for helping to make sure the competition went well for the secondary students

NELSON WEIGHTLIFTING CLUB COMPETITION

24 MAY 2025

A last minute competition allowing athletes to qualify and enter South Island Championships 4 lifters took to the platform 2 Female and 2 Male

TECHNICAL OFFICIAL CORNERS ANSWERS

Answers

A1. The correct answer is C (Cass, as her and Nancy have the same weight, but Cass has a lower start # so she comes before in the lifting order, and her clock was running, not the clocks for the others). Always make the change for the next lifter in the lifting order, even if that coach arrives a bit after another.

A2. Cass (start # 3) as she was next in lifting order and her clock had started, then Nancy (start # 4) as she was right after Cass in the lifting order, Maria (start # 5) as her change comes before Meg's (assuming you did not have time to make the change for Meg before coach for Maria shows up), and then Meg's change (which was to a higher weight). When you have multiple coaches at the table at the same time, you must prioritise by lifting order, but also remember the changes that were signed off by a coach that you did not have a chance to make yet, and enter them into the system. In this case, the change for Meg would be entered last but the coach was long gone by then so it is on the Chief Marshal to make sure the change is made. You could take the athlete's card temporarily to the side to remember, or whatever system works for you not to forget.

If you want more of a refresher on Chief Marshal's duties, this is a good presentation from the European Weightlifting Federation's Technical

Committee: <https://youtu.be/sBkygPhnvYM?si=oQ5wp4y2eEjC3VPo>

UPCOMING EVENTS

South Island Championships	+64 weightlifting	7th June 2025
North Island Championships	Fitness Portal Tawa	13th-15 June 2025
Base Olympic Weightlifting Club Comp	Base Strength Albany	10th August 2025
Turanga Strong Club Competition	Turanga Stong	23rd August 2025
Commonwealth Senior Junior and Youth Championships	India	24-10 August 2025



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