

WEIGHTLIFTING AOTEAROA

To lead, strengthen, support, and promote weightlifting in New Zealand

July 2026



2026 COMMONWEALTH GAMES SPECIAL



LIFTING THE LEGACY

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Every Commonwealth Games campaign has its key moments.

The lifts that capture headlines. The medals that become part of our history. The celebrations that remind us why we dedicate so much of ourselves to high performance sport. Those moments matter.

But Glasgow 2026 reminded me that the true measure of a campaign is not simply what happens on the competition platform. It is the people we develop, the culture we create and the legacy we leave behind. That was our vision for this campaign.

Lift the Legacy.

For Weightlifting New Zealand, Glasgow was never viewed as the finish line. It was another deliberate step in building a high performance programme capable of consistently competing with the world's best as we look towards Los Angeles 2028 and Brisbane 2032.

High performance is often judged by medals, and rightly so. Medals are tangible. They provide an objective measure of performance on the day. We celebrate them because they represent years of investment, resilience and commitment.

However, if medals become our only measure of success, we risk overlooking the foundations that make sustained excellence possible. Those foundations are people.

This team represented one of the youngest and most exciting groups Weightlifting New Zealand has taken to a major Games. They arrived in Glasgow carrying ambition, but also the responsibility of building on the work of every athlete who has worn the fern before them.

Throughout the campaign they continually demonstrated that character and performance are inseparable. They celebrated one another's successes, stood beside teammates through disappointment and represented New Zealand with humility, pride and Mana.

Watching that culture come to life was one of the defining achievements of the campaign.

Cam McTaggart, often spoke about becoming free and fearless on the platform.

Those two words captured something much greater than performance.

They describe the environment we are striving to create throughout our programme, one where athletes trust their preparation, embrace pressure rather than fear it, and have the confidence to express years of training when it matters most.

That mindset cannot be developed overnight.

It is forged through international competition, difficult lessons, moments of disappointment and the courage to return stronger.

Not every athlete left Glasgow with the result they had hoped for.

Every athlete left with something more valuable.

Experience.

Perspective.

Belief.

These are the qualities that transform talented athletes into world-class performers over time.

Lifting the Legacy (Cont)

As leaders, our responsibility extends beyond preparing athletes for one competition. We are building a system that develops people capable of sustaining excellence over multiple Olympic and Commonwealth Games cycles

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That requires patience.

It requires courage.

Most importantly, it requires belief.

Belief that our young athletes belong on the international stage.

Belief that New Zealand can consistently challenge nations with far greater resources.

Belief that if we continue investing in our people, our culture and our performance environment, the results will follow.

Glasgow strengthened that belief.

To the New Zealand Olympic Committee and High Performance Sport New Zealand thank you for having us as part of the wider NZ Team.

To Eleiko SBD Apparel and Apollo Projects your partnerships are highly valued. This campaign would not have been possible without your incredible support. Our sport continues to grow.

The programme continues to evolve.

And the future has never looked more exciting.

The medals won will always be remembered.

The legacy we are building will last much longer.

Athlete Reflections



Athlete Reflections

Cameron McTaggart - Silver Medalist

These Games were the highlight of my 15-year career in weightlifting. Not just because of the competition itself, but because of the people and the team culture we built within such a tight group.

We all had our tough moments throughout the Games, and for me, the injury scares were probably the hardest part. There were times when they felt pretty overwhelming, but the support from the team around me helped me get through those moments and keep moving forward.

The Armadillo Stadium was next level. The atmosphere and energy in there were something I'll never forget, and it helped push me to my limits after what had been a really tough lead-up to the competition.

Being part of the wider New Zealand team was, as always, pretty special. Spending time around so many like-minded athletes in the downtime before competing definitely helped settle the nerves, and I'm grateful to have made friendships that I know will last well beyond these Games.

A huge thank you also goes to the NZOC team. From organising travel and logistics, to putting together media opportunities in a way that felt comfortable and natural, and of course the support from the physios and doctors I genuinely don't think athletes could perform at their best without the work these people put in behind the scenes.

Most of all, I'm incredibly proud of everyone on the team. Especially those who stepped onto the Commonwealth Games stage for the first time and showed the courage to put themselves out there.

What a team. What an experience. I'm so grateful to have been part of it, and I can't wait to see what the future holds for this amazing group.



Athlete Reflections

Georgia Theron - 4th Place

Going 6/6 on one of the biggest stages in our sport is something I'll always be proud of. Having my family in the crowd made it even more special. Being just 1kg off the podium definitely stings, but I couldn't be happier with how I performed. The atmosphere was incredible, and I loved every second of it.



Tui-Alofa Patolo - 4th Place

My favourite moments of the games:

I've got two favourite moments. The first was the actual competition. I was stoked to represent my family and country at such a massive event. It took a lot to get there and I'm glad I was able to soak it all in and compete as best I could on the day. The atmosphere was electric and I'm happy to have hit PBs and a few records while there.



My other favourite moment was being out back for David's session. You knew you were watching history unfold in real time and it just had me fizzing. It was so cool to watch Tina work the board and then watching David lift for his second gold medal was incredible. I learned a lot from that experience alone and I left the stadium feeling so proud and really inspired.

Message for the next generation of lifters:

Aim high, be brave, work hard and enjoy the journey.

Litia Nacagilevu - 4th Place

Eighteen years old and stepping onto the platform at my first Commonwealth Games was a dream come true. To experience something I had worked so hard for and dreamed about for so long was truly surreal, and it is an experience I will cherish for the rest of my life.

One of the most vivid memories I'll take away from this competition wasn't even on the platform. It was walking out of the venue after competing and seeing little kids waiting to take photos with me. Watching their faces light up when they saw me made me realise just how much of an impact you can have on people without even knowing it.



In that moment, I realised that this journey is about so much more than lifting weights or the result on the scoreboard. It's about inspiring the next generation, giving people someone to look up to, and showing them that their dreams are possible too. Being able to make even a small impact on someone's life is something I will never take for granted.

My first Commonwealth Games may not have gone exactly how I hoped on the platform, but the memories, lessons and people I met along the way made this experience so much more meaningful. I'm incredibly grateful that at just eighteen years old, I got to live out a dream that once felt so far away.

there is still so much more to achieve, and many more goals to chase. eyes forward, head down and back to work... this just the beginning. the journey continues 🤝

Everyone needs a Coach Mike Calver



PEOPLE WE CAN'T LIFT WITHOUT

Anne asked if I could provide a few words on my 2026 Commonwealth Games as International Technical Official (ITO).

As per usual, ITOs find out their roles at the Technical Officials meeting, so it is always a surprise. Several reasons go into who is placed in what role by the IWF, including continental and gender balance. As President of the Jury, one really appreciates when ITOs give you heads up, for example, on issues with the weigh-in (as Competition Secretary) or if one of the ITOs is not there a few minutes before introduction (as TC), so you can troubleshoot ahead of time. We are blessed in New Zealand as our TO Manager Barbara Grieve, ensures we are well prepared for any role (which all must function well as part of the team) and so all should be grateful to Barb for her work in getting us all ready. Reserve referees were the Timekeepers for this competition.

I must say one thing that made this experience easier, since we had officials only from Commonwealth countries, is that the language barrier was pretty much non-existent, compared to other international competitions when some of the ITOs do not speak English for the most part. It is a lot easier to speak to your Technical Controller when letting them know the decision on video replay when you can communicate with them and English is not an issue.

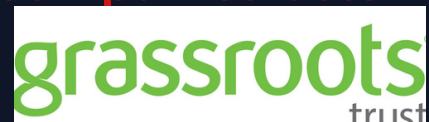
The schedule having only 3 sessions a day (all "A" sessions, and on the Jury, you were scheduled for half of the sessions) was also less busy than other international competitions when you often have 5 and sometimes 6 sessions a day. The caliber of lifting with only "A" sessions makes the job of ITO easier as the technique is usually better than if you have D or C sessions, so easier to judge the lifts. The other roles groups (referees, TCs and Marshalls) had 3 teams so pretty much one session per day for them. There were only 2 teams of Competition Doctors and Secretaries, like the Juries.

Happy to discuss if anyone has questions they are curious about. Will be at Secondary Schools, Masters and Senior Nationals. Always grateful for the opportunities.

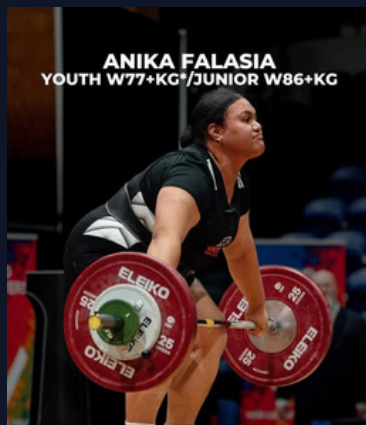


A Weightlifting New Zealand

Gives thanks to the support of the companies below



YOUTH IWF CHAMPIONSHIPS - COLOMBIA JULY 2026



A small team attended this year's Youth World Championships in Cali, Colombia. Ella Williams-Simanu (Kotahi Barbell Club) and Anika Falasia (Papatoetoe Olympic Weightlifting Club) both competed in the W77+ class and did a great job in their first World level event.

In the B session, Ella snatched 79kg and clean & jerked 102kg for a 181kg total and 16th place finish. In the A session, Anika fought hard for the podium, ultimately finishing 5th with 219kg- a 99kg snatch and 120kg clean & jerk.

A great experience for these young stars and we look forward to seeing them progress into Junior competition in 2027.

LAST CHANCE TO REGISTER Future WNZ Representatives- Online Presentation 27TH August 2026

Call all youth and junior athletes (aged 20 and under), parents and coaches interested in understanding what the pathway into international competition looks like and how qualification and selection work.

Join us on Thursday 27 August at 7:30pm, for an online presentation and Q&A, where we'll cover

- What international opportunities are available for youth and junior athletes
- What competing at this level offers young athletes
- Required performance levels and other factors that go into selection
- Important timeframes to be aware of
- Athlete responsibilities as an international representative
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Please register <https://forms.gle/jQfP3Qqx31bucy4Q6> in order to receive the meeting link.

This presentation will be led by Gabi Peach (3x World age group coach).

