



AUGUST 2026

WEIGHTLIFTING NEW ZEALAND

WNZ Age Group Representation Presentation

FUTURE REPS

FUTURE REPS



CHRISTCHURCH CITY



TURANGA STRONG

CLUBS IN ACTION

Competition, future representatives and the people behind the platform

THREE CLUBS | FUTURE JUNIORS | OFFICIALS

Three clubs. Three competition weekends.

09 AUG

Tūranga Strong

Gisborne

IN THIS ISSUE

15 AUG

Kotahi Barbell

Hamilton

IN THIS ISSUE

16 AUG

Christchurch City

Christchurch

IN THIS ISSUE

Inside this issue

- Tūranga Strong's biggest competition and first visiting clubs
- Technical Officials Corner: what viewers do not see
- Upcoming events from September to November
- Sponsor acknowledgements

AUGUST ACROSS OUR COMMUNITY

This issue celebrates club competitions, first-time lifters, young athletes preparing for national events, future representative pathways and the Technical Officials working behind the scenes.

Tūranga Strong celebrates its biggest comp yet



9 AUGUST 2026 | GISBORNE

Tūranga Strong hosted its biggest club competition yet, marking the first time athletes from other clubs joined the event. It was fantastic to welcome lifters from Papatoetoe and Kotahi Barbell, adding to the competition atmosphere and strengthening connections across the weightlifting community.

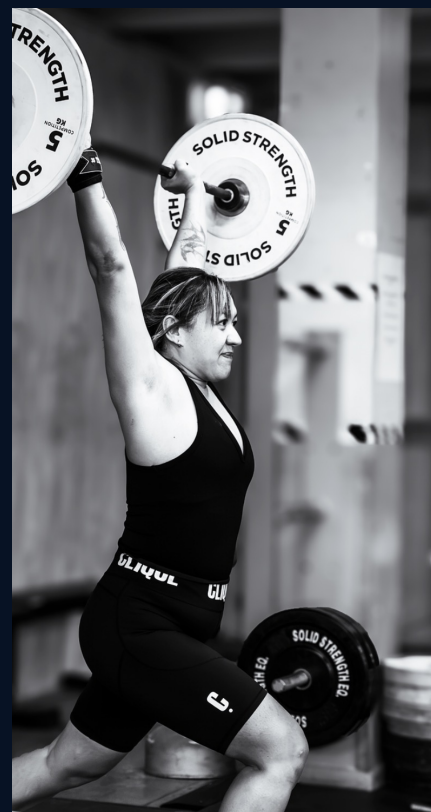
The club also celebrated three new athletes stepping onto the competition platform for the very first time - a memorable milestone for both the lifters and Tūranga Strong.

Thank you to everyone who helped make the event such a success. We look forward to doing it all again next year!

KASEY BROWN

Head Coach, Tūranga Strong

Platform moments



Tūranga Strong Club Competition | 9 August 2026

FUTURE JUNIORS

Preparing for age-group representation

ONLINE SESSION | WEIGHTLIFTING NZ

Kotahi Barbell coach Gabi Peach recently hosted an online Future Juniors session to help developing athletes understand international competition and the Weightlifting New Zealand representative pathway.

WHAT FUTURE REPRESENTATIVES NEED TO KNOW

- 1** Youth athletes generally need B Grade and junior athletes A Grade. Achieving the standard makes an athlete eligible; it does not guarantee selection.
- 2** Selection policies change. Check the criteria, qualification period, eligible events and Clean Sport requirements for each campaign.
- 3** Plan early. Major events are best approached as a 12-month campaign, and preliminary entry requests may be due several months beforehand.
- 4** International trips are self-funded. Athletes and families should prepare early for travel, accommodation, accreditation, insurance and uniform costs.
- 5** WNZ would like to offer development camps when resources allow. For now, clubs working together to create more local development opportunities may be the best immediate option.
- 6** Be proactive: build a relationship with WNZ High Performance, ask questions and stay in regular contact throughout the process.

GEORGIA'S PERSPECTIVE AS A JUNIOR ATHLETE

Georgia, a junior athlete who has competed at the Commonwealth Games, reflected on how different her first and second Junior World Championships felt. Learning to perform - and enjoy the experience - in a new environment takes practice. Travelling as part of a team and living as a full-time athlete during a campaign also provides valuable development that cannot be replicated at home.

NEXT: KOTAHI'S AUGUST CLUB COMPETITION

Kotahi welcomes lifters from 10 clubs

15 AUGUST 2026 | HAMILTON

Kotahi Barbell hosted its second club event of the year on Saturday 15 August, with strong support from across the weightlifting community. Ten clubs were represented, with two full sessions running throughout the day.

10

CLUBS REPRESENTED

2

COMPETITION SESSIONS

9

YOUNG ATHLETES

10

FIRST-TIME COMPETITORS

A PLATFORM FOR THE NEXT GENERATION

A special highlight was seeing nine young athletes compete as part of their preparation for the New Zealand Secondary School Championships next month. The event also welcomed 10 athletes taking part in a sanctioned competition for the first time.

As always, Kotahi Barbell was humbled by the support received and immensely grateful to everyone who stepped in to help run the event. Their contribution created a welcoming competition and ensured every athlete had the opportunity to perform at their best.

Christchurch City: community lifts together



16 AUGUST 2026 | CHRISTCHURCH

Christchurch City Weightlifting's August club competition was a big hit. With a full session, everyone managed to squeeze into the club's wee gym for a great day of lifting.

It was brilliant to see the support the community brings. No matter who was on the platform, everyone knew to get behind the lifter and help them perform at their best.

With Nationals approaching, the club is excited to see what comes next. We can't wait!

ADAM SQUIRES

Christchurch City Weightlifting

Christchurch City Weightlifting Club Competition | 16 August 2026

What the live coverage does not show



There is often much more happening behind the scenes at a competition than viewers see or hear on the live coverage. Here are some situations Technical Officials may need to manage.

- 1** An athlete changes into compliant clothing after being asked by the Technical Controller, then changes again immediately before lifting without the warm-up room official seeing it.
- 2** A Technical Official is absent less than 10 minutes before introductions, requiring an alternate to be found and the broadcast list updated quickly.
- 3** An athlete misses their call for weigh-in and must wait until the other athletes have been weighed. An athlete who does not make weight may return during the session. See TCRR Regulation 6.4.
- 4** A weight change appears on coverage after the clock starts, although it was correctly submitted at the Marshall's table before the clock began. See TCRR Regulation 6.6.1.

Behind every decision

- 5** The warm-up room may be split into several areas, requiring the Technical Controller to rotate constantly rather than watch every platform at once.
- 6** Referees, the Jury and television cameras may see the platform from different angles. A review provides additional views, but a decision changes only when the required Jury majority supports an overturn.
- 7** Television lighting can affect an official's sight line, sometimes requiring Jury members to adjust their position to see the athlete clearly.



KNOW THE RULES. STAY CALM. COMMUNICATE.

Technical Officials often make time-critical decisions that are invisible to spectators. Preparation, assertiveness and clear communication help ensure the competition remains fair and safe.

Reference: IWF Technical and Competition Rules & Regulations

Important reminders

ADAMS Q4 SUBMISSION DEADLINE

30 SEPTEMBER

For October, November and December whereabouts information

ATHLETES CURRENTLY REQUIRED TO SUBMIT INTO ADAMS

Athletes must have their Q4 whereabouts information for October, November and December submitted into ADAMS by 30 September.

IMPORTANT FOR 2026 NATIONALS ENTRIES

ADAMS compliance is a criterion for entry into the 2026 Junior and Senior Nationals. If an athlete is not compliant by the deadline, their entry will be withdrawn without a refund of the entry fee.

SPORT INTEGRITY SURVEY

Athletes and coaches are invited to share feedback on Sport Integrity education completed this year, including webinars, in-person sessions and eLearning. Feedback from across the sector helps build a more effective and responsive education programme. The survey takes approximately five minutes.

COACHES - COMPLETE THE SURVEY

[CLICK TO OPEN](#)

ATHLETES - COMPLETE THE SURVEY

[CLICK TO OPEN](#)

Please complete the survey that matches your role.

UPCOMING EVENTS

Mark your calendar

5-6 SEP

National Secondary School Championship

Kolmar Centre, Papatoetoe

17-26 SEP

IMWA Masters World Championship

Athens, Greece

19 SEP

Fitness Portal Club Competition

Wellington

26 SEP

Arena West Club Competition

Auckland

26 SEP

Otago Weightlifting Club Event

Dunedin

27 SEP

Base Weightlifting Club Competition

Auckland

17-18 OCT

2026 Masters Nationals

Fitness Portal, Wellington

28 OCT-9 NOV

IWF World Championships

China

31 OCT

Kotahi Barbell Club Competition

Hamilton

7 NOV

Nelson Weightlifting Club Competition

Nelson

Event details may change. Visit weightlifting.nz for the latest calendar information.

THANK YOU

We could not lift without you

Weightlifting New Zealand thanks the organisations that support our sport.

The logo for Apollo Projects, featuring the word "Apollo" in a large, bold, black sans-serif font, with a small orange chevron icon to its right. Below "Apollo" is the word "PROJECTS" in a smaller, black, all-caps sans-serif font.The logo for SBD New Zealand, featuring the letters "SBD" in a bold, white, sans-serif font inside a red rounded rectangle. Below the rectangle, the words "NEW ZEALAND" are written in a red, all-caps, sans-serif font.The logo for nzct Community Trust, featuring the lowercase letters "nzct" in a bold, black, sans-serif font. A stylized black fern frond is integrated into the letter "z". Below "nzct" is the text "COMMUNITY TRUST" in a smaller, black, all-caps, sans-serif font.The logo for grassroots trust, featuring the word "grassroots" in a green, lowercase, sans-serif font, with a registered trademark symbol. Below it, the word "trust" is written in a smaller, grey, lowercase, sans-serif font.The logo for the BOBBY Foundation, featuring the word "BOBBY" in a large, bold, yellow, sans-serif font. The letter "O" is replaced by a yellow heart shape. Below "BOBBY" is the word "Foundation" in a smaller, yellow, italicized, sans-serif font.

THANK YOU FOR YOUR SUPPORT

Your support helps athletes, coaches, Technical Officials and clubs create opportunities for weightlifters throughout Aotearoa New Zealand.

[weightlifting.nz](https://www.weightlifting.nz)