



TE HIKINGA TAUMAHA AOTEAROA

## Weightlifting New Zealand

# SPECIAL GENERAL MEETING

**Sunday 23rd March 2025**

This is a reminder that our upcoming meeting will focus on a crucial matter: voting to adopt our amended Constitution, which has been updated to comply with the Incorporated Societies Act 2022.

Topic: Incorporated Societies Act 2022- Amended WNZ Constitution

Time: Mar 23, 2025 07:30 PM Auckland, Wellington

Join Zoom Meeting

<https://us06web.zoom.us/j/81160965270?pwd=3mGaNStUtaYPieoBfRo8QGKeWeKHTb.1>

Meeting ID: 811 6096 5270

Passcode: 498333

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### Notice for all Coaches & Athletes:

The PER (Preliminary Entry Request) deadline for the 2025 Commonwealth Championships is **16 March**. Coaches of athletes who have this event in their Individual Performance Plan must submit a PER by this deadline. If a PER is not received by this date, the athlete cannot be added into the event's Preliminary Entries.

2025 Commonwealth Championships PER document: <https://tinyurl.com/2025-Comm-Champs>

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### TECHNICAL OFFICIAL CORNER

You are a newly trained Technical Official, and you are about to ref your first session at a local competition where flags are used.

Questions:

**1. When do you give your decisions if the lifter demonstrates an incorrect movement?**

- a. When the lifter has completed the lift
- b. When the lifter has dumped the barbell
- c. As soon as the lifter does the incorrect movement
- d. Once the Centre referee gives the down signal (verbal and physical)

**2. What conditions need to be met for a lift to be completed? Select all that apply**

- a. The lifter's elbows are locked
- b. The lifter has their feet aligned
- c. When the centre referee gives the down, the lift is complete
- d. The lifter's arms and legs are fully extended
- e. When the barbell is back on the platform
- f. The lifter is stationary

- b. You must raise the red flag to change your original decisions if it was white
- c. Leave it up to the centre referee to sort
- d. Cheer as your friend was the lifter and just got a PR

4.

ANSWERS LATER ON THE NEWSLETTER

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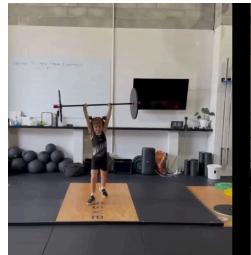
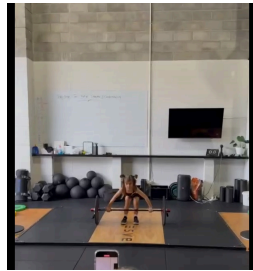
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## Base Olympic Weightlifting

### 9th February 2025

Very first senior competition for this new Weightlifting gym ! 6 athletes - 4 of which had never done a competition before, 2 athletes returning to the platform after a few years away from the sport....so this was the perfect environment for all ! Lets not forget the daughters of Gina and Moshe Loberant - future lifters right there. Leia is 6 years old and her little sister Brady just turned 4 - and already have a bar in their hands. 4 of the athletes in the photo went on to enter Auckland championships ! Well done Gina !



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## Wellington Championship Event 8th February 2025



8th February 2025 - Fitness Portal held their very first championship event - which by all accounts was a HUGE success. Under the watchful eye of Matt Dyson and Paule Poulin alongside Devin Glover - all athletes competed with pride. The event was held in Tawa - the venue for this years North Island Championships.

Fitness Portal are hosting the 2025 North Island Championships in June. This was a good tester for the gym and systems for their next competition.. Well done Devin



## ARENA WEST WEIGHTLIFTING CLUB COMPETITION

**15th February 2025**

Arena West Weightlifting is under the evil guided eye of Melissa Chisholm-Cowie held the club first ever club competition on 15th February 2025. 12 Lifters took to the platform - the majority for the first time wanting to compete at Auckland Championships!

Thanks to

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💎 "Addingspice to every frame!"



## KOTAHI BARBELL CLUB COMPETITION

On Feb 15th Kotahi Barbell Club held our first event for the year, with 2 full sessions and 24 athletes taking part.

There was some phenomenal lifting including 6 athletes in their first ever event. Congratulations to the following athletes with their outstanding results;





(Olympic Weightlifting Rotorua) who in their first time competing achieved C grade in their respective weight classes.

-Rebecca Low (Waikato Weightlifting Club) who achieved D Grade and Junior Nationals qualification for the first time

not to mention the 3 athletes whose results will set new New Zealand Masters records when achieved at a Championship level event and a whole lot of new bests!

We were very proud as a club to have 6 of our own take part, and see many others support in various officiating and coaching roles. The countdown is now on to the Waikato Bay of Plenty Championships in April!



### Answers to Technical Official Questions above

1. c. You must give your decision as soon as the lifter does an incomplete movement (for example, if they touch their elbow to the knee in a clean, on a dirty clean, or if they press out in a split jerk). TOs should let the Centre referee and lifter know they saw an infringement to the rule by arising the red flag right away. The lifter may not continue with the lift then (and save their energy). If you are the other ref and did not see a fault, continue as per normal and give your decision when the lift is complete or if you see an incorrect movement.
2. b, d and f. Sometimes an athlete gets the down signal (when the electronic system is used) when their feet are still in the split jerk position, or when the athlete is not stationary yet. This may give the athlete the false impression that the lift is complete, and they can dump the barbell. Remember to make sure the lift is complete before you give your decision. Ultimately the responsibility is on the athlete to complete the lift through, even if they received the down signal by error.
3. b. If the athlete does an incorrect movement after they had completed a lift (dropping the barbell behind, dropping the barbell from higher than shoulder level, dropping the barbell off the platform), you must make sure the Centre referee and the athlete know you have changed your decision. With the flags you raise your red flag. If you are using the electronic system, you have 3 seconds to officially change from white to red, but if you missed the 3 seconds limit for the electronic system after the athlete dropped the barbell incorrectly, you should raise the back-up red flag to show the centre referee and athlete that you are changing your decision to red.

## 2025 Anti Doping e-learning Modules

### All athletes **MUST** complete every YEAR

The **Sport Integrity Commission's** update danti-doping e-learning modules are now live and ready for completion for the 2025 season.



permitted within our sport.

### Requirement for 2025 Competition Eligibility:

Weightlifting NZ requires all registered **athletes, coaches, and support personnel** to complete the applicable module before participating in any competitions in 2025.

### Recommended Modules:

- **Level 2:** Recommended for those competing in both national and international events.
- **Level 1:** Sufficient for members intending to compete only at the national level.

### How to Complete the Modules

1. Log in to your **SportTutor** account, or create a new one at [www.sporttutor.nz](http://www.sporttutor.nz)

[SportTutorLearning - Front page](#)

SportTutorLearning ..

[www.sporttutor.nz](http://www.sporttutor.nz)

2. Complete the appropriate module.
3. Email a copy of your completion certificate to [education@weightlifting.nz](mailto:education@weightlifting.nz).

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**MASTERS STORIES – Andy Jameson’s story** It all began back in 1980. As a 56kg rugby player constantly being knocked around on the field, my coach had seen enough. He firmly told me to "go and get some muscle on." That led me to weightlifting, a sport I initially struggled with. It took me three months to snatch 40kg. I wasn't great, but I enjoyed it, and over the next few years, I began to find my stride, even breaking a few New Zealand junior records.

As I transitioned into senior competitions, I quickly realized the challenge of competing with lifters who were consistently 20kg ahead in each lift. Despite this, I persevered until one day during a training session, the question, "What am I doing here?" struck me. I racked the weights and walked away, leaving the sport behind.

Two decades later, working a desk job in Christchurch, I knew I needed a change. A call to Lee Attril at CSI reignited my weightlifting journey, and within a week, I was lifting and coaching again.

Since then, weightlifting has been a cornerstone of my life. I've experienced the elation of overseas competitions and the challenges of serious injuries. Tragically, in 2018, I lost my partner in a motorcycle accident. Weightlifting became my refuge. It gave me purpose and focus when I needed it most. I even gave up motorcycle racing to dedicate myself fully to the sport.

Through determination and the support of mentors like Ehsan, I've achieved milestones I never imagined. I've worked up the ranks to become a Category 2 international referee and, more recently, was elected Vice President of the newly formed United Masters Weightlifting Federation(UMWF). This Federation seeks to reconnect Masters athletes with the International Weightlifting Federation

My story is far from over. Life has taught me that our time is precious, so I intend to seize every opportunity to compete and contribute to the sport I love. Weightlifting has given me strength—not just physical, but mental and emotional strength—and I hope to inspire others to find their path, no matter where it begins..



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