



TE HIKINGA TAUMAHA AOTEAROA

Weightlifting New Zealand

High Performance

The Preliminary Entry Request (PER) for IWF Senior Worlds opens on 4 April. Athletes and Coaches should refer to the WNZ website for 2025 Selection Policy for International Events regarding the Qualification Standards & Criteria.

Note for Entering Competitions

When athletes enter any competition please pay upon entry. If this is **NOT** financially possible please make a note to pay **BEFORE** the start of the VFE opening. The process here is to **RE-ENTER** the competition and PAY. If payment is **NOT** made **BEFORE** the VFE opens - payment **CANNOT** be made via entry system. You **cannot** make payment via the system after the close of entries.....You need then to contact the host club for their bank account details....

THIS MONTHS FEATURE - GABI PEACH

Hi everyone, my name is Gabi (Gabrielle) Peach and I am the Head Coach at Kotahi Barbell Club in Hamilton.

Like many others I was first introduced to weightlifting through CrossFit, and after 3 years there decided to give competitive weightlifting a go. I first competed in 2017 and started dabbling in coaching pretty soon after. My career was already in sport; I was a fulltime rowing coach when I started CrossFit and already had a fair bit of experience in strength &

I didn't really jump in until I decided to step away from rowing, which was in 2021. At that time I was primarily working with youth athletes at the same gym I was an athlete; Functional Strength Olympic in Auckland, and had more of a presence in the sport as an Event Manager overseeing most major domestic competitions. With the decision to pursue coaching I ended up moving to Hamilton in 2022, and into a Head Coach role when we started up Kotahi Barbell Club within CrossFit Kotahi in April 2024.

I have been very fortunate as the only weightlifting coach (so far fingers crossed) to be a full recipient of the Te Haapaitanga scholarship; an 18-month coach development program targeting emerging female coaches run by High Performance Sport New Zealand. This program has had a huge impact both on me personally and in my coaching, and supported me towards my first opportunities coaching internationally in 2023.

In June of this year I left full time employment to focus solely on coaching, which honestly is a pretty tough gig to make work and an odd mixture of feelings to be actively working on trying to be the best coach you can be while stressing about being able to afford to live. The professional coach model in weightlifting is.... complex, especially in a country like New Zealand where many of my peers collect little to no income for their services.

My goals now are pretty simple if not ambitious; to figure it out (business wise) in a way that allows me to stay in the game long enough to become the coach I know I am capable of; to work with athletes in person and remotely to support their development in life and sport towards whatever it is they want to achieve; to raise the level of performance of Kiwi athletes on the World stage while expanding the reach and participation opportunities of the sport at home, and ultimately provide pathways for future coaches to continue and surpass anything I myself achieve.

I intend to also continue competing myself where able, just have the small complication of expecting a baby in March 2025 to navigate first. Nothing like wanting to do it all all at once!

And it is March and guess what - on 16th March 2025 Gabi and Kieran welcomed wee Kirby into their lives....see photo below... up and coming weightlifter I hope

You can find Gabi

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Photos - love these photos of Gabi

-Coaching at the 2023 Masters World Cup in Auckland

-MOTHERHOOD SUITS GABI !!!! Welcome to WNZ Kirby !!!!!!!!!!!!! Gorgeous

-After being awarded Community Coach of the Year at the 2023 Waikato Sport and Active Recreation Awards



UP COMING EVENTS

Olympic Weightlifting Auckland 2025	Club Event	Gillies Ave	5th April
MWWC 2025	Club Event	Feilding	6th April
Youth & Junior Oceanias 2025	Championships	Melbourne	11-13 April
NorthSport Olympic Weightlifting 2025 with Technical Official course beforehand	Club Event	AUT Millenium	12 April
Waikato Weightlifting 2025	Club Event	Hamilton	12 April
Waikato BOP championships 2025	Championship	Mt Maunganui	26th April
IWF Youth & Junior World Champs 6 May	Championship	Lime, Peru	30th April-

86th Auckland Championships 1 & 2 March

The 86th OWA Auckland Weightlifting Championships was held at the Kolmar sports complex on March 1st and 2nd.

The event saw 69 athletes from 9 Auckland clubs take the stage to test their metal and we were happy to host guests from clubs in Mt. Maunganui, Manawatu, Kapati

The larger these events get, the more volunteers are needed and OWA extends its heartfelt thanks to the many people who donated their time and booked front row seats as referees, Marshalls, TC's, Tabulators, Timekeepers, Announcers and of course Loaders who shift the most weight around out of anyone! Shout out for the volunteers who signed up to help for the first time - it was great meeting you and we all appreciated you taking the initiative to support your fellow lifters and the event. Kudos to. To those of you who are attending the upcoming Technical Officials training and exams at NorthSport on Saturday 12th April. OWA would love to support your training and development so don't hesitate to volunteer for one of our Club Competitions held throughout 2025.

Shout out to Papatoetoe Olympic Weightlifting Club for hosting the event and to WNZ for their help with managing entries and the loan of their world class platform. Their help with organising, venue set up / pack down and filling some last minute gaps on the volunteer roster, meant the event was as successful as it was, and provided an overall greater experience for the athletes in attendance.

OWA looks forward to organising the 2026 Auckland Championships and invites potential hosting clubs to get in touch.



**NELSON WEIGHTLIFTING CLUB COMP
MARCH 1 2025**

1

Check out the youth lifters ! Youngest lifter having a crack just 6 years old. Amazing work Joni



CCW - CHCH CLUB COMPETITION 15TH March 2025

Club comp was good, great opportunity to give some new lifters a taste for the platform..hoping to do them a lot more frequently as the year goes on.



OTAGO CHAMPIONSHIPS 29TH MARCH 2025

The Otago Weightlifting Championships were on fire, with athletes delivering impressive performances throughout the day. Several New Zealand records were broken across both senior and masters divisions, and many competitors achieved personal bests while meeting various grading standards.

The clubrooms were packed for both sessions, with barely any standing room left.

A big thank you to all the volunteers who helped make the event run smoothly. Special thanks to Barbara Grieve for traveling up from Invercargill to host a Technical Officials Refresher workshop the night before, and to Grant Grieve for capturing the day through his photography.

Congratulations to all the athletes, and thank you to everyone who contributed to the day's success.



2025 Anti Doping e-learning Modules

All athletes MUST complete every YEAR

The Sport Integrity Commission's update anti-doping eLearning modules are now live and ready for completion for the 2025 season

These modules are essential to ensure everyone is informed about their obligations and understands what is and isn't permitted within our sport

Requirement for 2025 Competition Eligibility:

Weightlifting NZ requires all registered athletes, coaches, and support personnel to complete the application 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

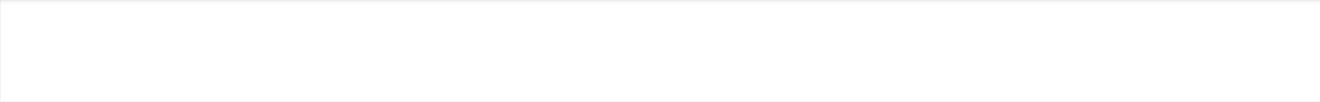
1. Log into your Sport Tutor account, or create one at 222.sporttutor.nz
2. Complete the appropriate module
3. Email a copy of your completion certificate to education@weightlifting.nz

NOTE

Currently, athletes are **not** required to complete L1 for **CLUB** competitions, though WNZ strongly encourages it. We believe it will become a requirement in the very near future, which is why we are promoting it now. However, for **2025 CLUB competitions**, L1 is **not mandatory in order to compete**

Regionals and Nationals - yes !

For any international competitions, it is MANDATORY for athletes to have completed L2.



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