

2015 High Performance Managers Report
John Moss
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Overview of the Year

The “odd numbered” years tend to be quieter on the international stage absent from the Commonwealth Games or the Olympics. Accordingly some of the Senior’s from the successful 2014 Commonwealth Games were either retired or sorting out injuries this year. However such is the growth of the sport, particularly in the Pacific region, 2015 was anything but quiet. While we still have one more international campaign in 2015 with three lifters at the Senior World Champs in Houston in late November, this year is already a huge success.

Last week our team at the Youth Commonwealth Games mirrored what the Senior’s did in Glasgow to bring back one medal of each colour. The team of five athletes out of the NZ team of 27 made a significant contribution to both the team size and medal count. Just as pleasing as the results was the leadership of the management team of Fe Norton, Caleb Symon and Jake Lawgun who were all relatively new in their roles.

Having strong results year on year, particularly in events that are run by the New Zealand Olympic Committee, really helps the profile of our sport. So the backing up of the 2014 Commonwealth Games with the Youth Commonwealth Games and also the winning of the first Pacific Games medals for New Zealand means a lot.

2015 has served a dual purpose. It has allowed some senior athletes to take stock as they prepare for next years’ Olympics and out to the 2018 Commonwealth Games. It has also allowed many others to represent New Zealand for the first time. There are even more who are moving up the grading’s and this year’s Nationals has some great match ups and I sense some upsets. All through the age groups we can now say there is genuine competition for places in the National team. Who will represent New Zealand at next year’s Olympics is a wide open contest that will be decided over the next eight months. For those looking at the 2018 Commonwealth Games the possibilities are fascinating. Experienced Senior’s will not only be watching new Senior’s and the Top Juniors of 2015 they may also have to think about the Top Youth Lifters.

The other positive is the building of a high performance culture. This takes time and effort from everyone. In last year’s report I mentioned several positive comments from leaders in the NZ sporting scene about what Weightlifting is doing. This year two international athletes were disciplined for breaches of their athlete’s agreement. Both athletes are good people and I know they are remorseful for their indiscretions and the effect this had on the team, their fellow athletes and the reputation of the sport. It was a timely reminder that it is an honour to represent your country. With this comes a greater responsibility. While it is great to have fun this is not to be at the expense of others.

Looking ahead

While we have made a lot of progress over the last 2 or 3 years in High Performance there is a lot more to do. I expect High Performance will be one of several areas that will have specific initiatives attached to it in the OWINZ four year strategic plan that the Executive Group has been working on.

With a lack of funding and resource it has been difficult planning from event to event so being able to take a longer term view will be beneficial for the sport.

Until specific long term initiatives are formalised the short term focus is planning for next year's Olympic Qualifier which is the Oceania Champs in Fiji in May. This is the most important team event for the Senior's and we will start funding applications in the next month. The Oceania's are also a very important international for Youth and Junior's. It is important for all aspiring International lifters are clear about their intentions to compete internationally and to make their availability known. We will tighten up on this process next year as it is an area we can improve on.

We will also have a training camp early in the New Year which will be the third year in a row. After strong performances in the Junior and Youth Men's over the last four years there also appears to be enough interest to take a team to the Junior World Champs.

It is a medium to long term objective to have a full Senior Men's and Women's team at the Elite Grading Level. Achieving an Elite total by the end of 2017 should be the target for lifters wishing to go to the 2018 Commonwealth Games. Such is the progression of the sport over the last few years that I believe there will more lifters achieve the qualifying total than there will be places available in the team. This is why lifters need to aim higher at the Elite level. For those that aren't there already Women should be targeting a Sinclair of around 220 points by the end of 2015 and Men around 340. If you are a younger faster improving lifter you could be 10 points under this to be on track.

International Awards and Medals




Thanks to all those that were part of the preparation and participation for these events. I had used all my annual leave over the last 3 years so have to build it up this year so had to stay at home!

Once again this is an impressive list. The other aspect that I have not been able to document is the quality of the lifting. Internationals are more about titles than total but in many cases the results are not only a personal best but National Records.





Special mention must go to Vernon Taylor for his impressive improvement this year in his last year as Youth. Not only did Vernon win Golds at Commonwealth and Oceania Level he also set Oceania Records and a Commonwealth Record. Vernon also started the year with a Top 10 finish at the Youth Worlds in Lima.






It was also the second year in a row that we have had the Best Youth male lifter at the Oceanias with Vernon backing up Cameron McTaggart's win last year. The Junior Men won the Team title for the fourth year in a row....and it looks like a womens team title may not be too far away?

V Youth Commonwealth Games: Apia, Samoa, 05-11 September 2015

	Vernon Taylor 94kg class - Men 267kg Total : 118kg Snatch, 149kg Clean & Jerk
	Kaeley Elkington 63kg class - Women 143kg Total : 65kg Snatch, 78kg Clean & Jerk
	Albi Andersen 85kg class - Men 226kg Total : 101kg Snatch, 125kg Clean & Jerk

Pacific Games: Port Moresby, Papua New Guinea, 06-09 July 2015

	Tracey Lambrechts 75+kg class - Women 98kg Snatch
	Tracey Lambrechts 75+kg class - Women 125kg Clean & Jerk
	Tracey Lambrechts 75+kg class - Women 223kg Clean & Jerk
	Rory Taylor 105kg class 178kg Clean & Jerk

	Rory Taylor 105kg class 317kg Total
	Charlotte Moss 53kg class 129kg Total
	Ruth Anderson-Horrell 69kg class 76kg Snatch
	Ruth Anderson-Horrell 69kg class 176kg Total
	Rory Taylor 105kg class 139kg Snatch
	David Liti 105+kg class 181kg Clean & Jerk
	David Liti 105+kg class 321kg Total
	Andrius Barakauskas 105+kg class 145kg Snatch



Back:Rory, Tracey, Andrius Front: Ruth, Charlotte, David

Oceania Championships: Port Moresby, Papua New Guinea, 06-09 July 2015






Team Titles; Junior Men



2014 Oceania Team Title – Junior Men:(Back: Vernon Taylor (94kg), David Liti (105+kg) Robert Meleisea (85kg),Anthony Taylor (69kg)Front: Talima Kalauta-Crofts (105kg) ,Cameron McTaggart (77kg) Ethan Hawken (77kg).





Senior Women medallists

	Tracey Lambrechts 75+kg class 223kg Total : 98kg Snatch, 125kg Clean & Jerk
	Charlotte Moss 53kg class 129kg Total : 59kg Snatch, 70kg Clean & Jerk
	Ruth Anderson-Horrell 69kg class 176kg Total : 76kg Snatch, 100kg Clean & Jerk



Ruth, Charlotte, Tracey





Junior Women medallists

	Charlotte Moss 53kg class 129kg Total : 59kg Snatch, 70kg Clean & Jerk
	Amy Bielby 58kg class 131kg Total : 58kg Snatch, 73kg Clean & Jerk
	Paige Lawgun 53kg class 116kg Total : 52kg Snatch, 64kg Clean & Jerk
	Jessica Asi 69kg class 132kg Total : 56kg Snatch, 76kg Clean & Jerk



Charlotte, Amy, Jessica, Paige



Youth Women medallists

	Paige Lawgun 53kg class 116kg Total : 52kg Snatch, 64kg Clean & Jerk
	Kohu Kawiti 58kg class 118kg Total : 51kg Snatch, 67kg Clean & Jerk
	Kaeley Elkington 63kg class 140kg Total : 52kg Snatch, 78kg Clean & Jerk
	Kanah Andrews-Nahu 69+kg class 147kg Total : 65kg Snatch, 82kg Clean & Jerk



Kanah, Paige, Kohu, Kaeley

Senior Men medallists

	Rory Taylor 105kg class 317kg Total : 139kg Snatch, 178kg Clean & Jerk
	David Liti 105+kg class 321kg Total : 140kg Snatch, 181kg Clean & Jerk



Rory, David






Junior Men medallists

	Vernon Taylor 94kg class 274kg Total : 124kg Snatch, 150kg Clean & Jerk
	Talima Kalauta-Crofts 105kg class 262kg Total : 122kg Snatch, 140kg Clean & Jerk
	Cameron McTaggart 77kg class 254kg Total : 116kg Snatch, 138kg Clean & Jerk
	David Liti 105+kg class 321kg ¹ Total: 140kg ¹ Snatch, 181 ¹ kg Clean & Jerk
	Anthony Taylor 69kg class 246kg Total : 110kg Snatch, 136kg Clean & Jerk
	Ethan Hawken 77kg class 235kg Total : 110kg Snatch, 125kg Clean & Jerk
	Robert Meleisea 85kg class 226kg Total : 98kg Snatch, 128kg Clean & Jerk



Back: Vernon, David, Robert, Anthony, Front: Talima, Cameron, Ethan

Youth Men medallists

	Vernon Taylor 94kg class 274kg Total : 124kg Snatch, 150kg Clean & Jerk
	Joachim Setefano 94+kg class 265kg Total : 115kg Snatch, 150kg Clean & Jerk
	Joshua Homersham 77kg class 186kg Total : 85kg Snatch, 101kg Clean & Jerk
	Uaealesi Funaki 85kg class 201kg Total : 85kg Snatch, 116kg Clean & Jerk
	Kurtis Crowe 94kg class 214kg Total : 95kg Snatch, 119kg Clean & Jerk
	Montel Tivoli 94+kg class 251kg Total : 110kg Snatch, 141kg Clean & Jerk



Back: Uaealesi, Joachim, Montel, Front: Joshua, Vernon, Kurtis