



## ON THE WAY TO PARIS 2024 OLYMPICS

European Championships  
Yerevan (ARM) - April 15-23, 2023

### Lasha dashes home crowd's hopes by taking seventh title

More than 4,000 people turned up hoping to cheer their Armenian heroes to victory on the final day of the European Championships, but instead they saw another masterful display by Lasha Talakhadze.

The audience of 4,400, the biggest crowd this century to watch a single session at the European Championships, roared every success by Simon Martrosyan and Armenia's big hope for the future, 23-year-old Varazdat Lalayan.

But while both Armenians missed lifts Talakhadze, the multiple world record holder from Georgia, did not. He extended his unbeaten run in the super-heavyweights to seven years five months on 222-252-474.

Talakhadze made five from five and declined his final attempt when he led by 12kg from Lalayan, who had a career-best total on 212-250-462. Martirosyan was third on 195-245-440.

Britain's Olympic silver medallist Emily Campbell won her third European weightlifting title despite recent injury problems.

She came close to failure after missing her first two snatch attempts, and after recovering she posted her lowest total in more than four years on 110-143-253 but it was still enough to take a third straight continental title in the super-heavyweights.

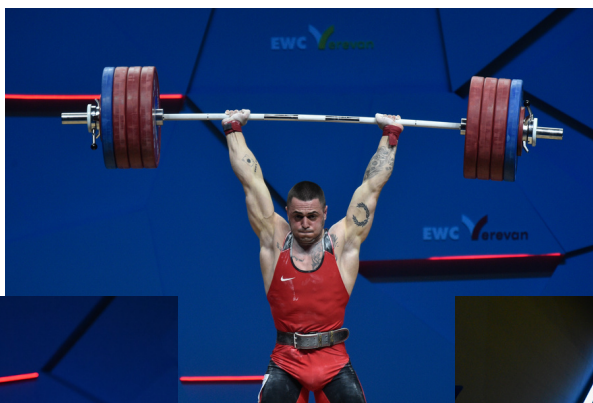
[Read more here](#)

#### Results

Emily Campbell (GBR)



Karlos Nasar (BUL)



Lasha Talakhadze (GEO)



## BEST QUOTES IN ARMENIA

*"The main thing I keep thinking about is fate" –  
**Thammy Nguyen (IRL)**, W49, Bronze C&J*

*"I saw angels, I saw people flying around the hall and I fell" – **Andreea Cotruta (ROU)**, W55, Gold*

*"I didn't eat, more sauna, more training – it was very hard but I always trusted in myself that I could win a medal and now I will keep working to win more medals in the future" – **Ramini Shamishvili (GEO)**, M55, Silver*

*"We prepared for this not just one month but for four months. In all that time I didn't speak to anyone, I only focused on preparing for this" – **Ritvars Suharevs (LAT)**, M73, Gold*

*"I've given my life to this sport and it might be a love-hate relationship but the love wins and it would be silly to ever leave it" – **Zoe Smith (GBR)**, W64, bronze*

*"I have a boyfriend but he doesn't get much attention! He's a bodybuilder and physio who stopped lifting weights when I started lifting more than him" – **Eyglo Sturludottir (ISL)**, W71, sixth*

*"When people work together great things can happen. I won't have time to celebrate because I'm flying home tonight, but back in Bulgaria I will celebrate according to our customs" – **Karlos Nasar (BUL)**, M89, Gold*

*"This year I'm a full-time athlete for the first time and I have more time to work on having the mindset of an athlete, to focus on one goal. Now I want gold at the Olympic Games" – **Solfrid Koanda (NOR)**, W87, Gold*

*"I make you a promise – you will hear my name again" – **Garik Karapetyan (ARM)**, M102, Gold*

*"I enjoyed competing here, I enjoyed winning my seventh European title and I hope to be back for my seventh world title too" – **Lasha Talakhadze (GEO)**, M+109, Gold*

*"I couldn't even walk about two weeks ago. I haven't talked about it while it was happening, but I didn't lift the bar above my head until last Monday and I was never sure I was even going to compete" – **Emily Campbell (GBR)**, W+87, Gold*

## OLYMPIC QUALIFICATION RANKING

After the completion of the third Qualifying Event for the 2024 Paris Olympic Games, the Olympic Qualification Ranking is updated on the IWF website. Following the IWF World Championships in Bogota (COL) last December, the Pan-American Championships at the end of March in Bariloche (ARG), and the recent European Championships in Yerevan (ARM), the provisional list of the best lifters for the Olympic rendezvous is now available.

### TOP-3 – Olympic Qualification Ranking

#### Men

##### 61kg

- 1.LI Fabin (CHN) - Bogota - 312
- 2.IRAWAN Eko Yuli (INA) - Bogota - 300
- 3.MISHVELIDZE Shota (GEO) - Yerevan - 298

##### 73kg

- 1.ABDULLAH Rahmat Erwin (INA) - Bogota - 352
- 2.CHURKIN Alexey (KAZ) - Bogota - 343
- 3.ANDREEV Bozhidar Dimitrov (BUL) - Bogota - 338

##### 89kg

- 1.NASAR Karlos May Hasan (BUL) - Yerevan - 395
- 2.VALLENILLA SANCHEZ Keydomar (VEN) - Bogota - 385
- 3.RODALLEGAS CARVAJAL Brayan (COL) - Bogota - 381

##### 102kg

- 1.PAREDES MONTANO Lesman (BRN) - Bogota - 397
- 2.KARAPETYAN Garik (ARM) - Yerevan - 392
- 3.ELBAKH Fares Ibrahim E. H. (QAT) - Bogota - 391

##### +102kg

- 1.TALAKHADZE Lasha (GEO) - Yerevan - 474
- 2.MINASYAN Gor (BRN) - Bogota - 462
- 3.LALAYAN Varazdat (ARM) - Yerevan - 462

#### Women

##### 49kg

- 1.JIANG Huihua (CHN) - Bogota - 206
- 2.MIRABAI Chanu Saikhom (IND) - Bogota - 200
- 3.DELACRUZ Jourdan Elizabeth (USA) - Bariloche - 198

##### 59kg

- 1.KONOTOP Kamila (UKR) - Yerevan - 235
- 2.ALVAREZ CAICEDO Yenny (COL) - Bogota - 234
- 3.KUO Hsing-Chun (TPE) - Bogota - 232

##### 71kg

- 1.TOMA Loredana-Elena (ROU) - Bogota - 256
- 2.ZENG Tiantian (CHN) - Bogota - 253
- 3.PALACIOS DAJOMES Angie Paola (ECU) - Bogota - 252

##### 81kg

- 1.LIANG Xiaomei (CHN) - Bogota - 270
- 2.SALAZAR ARCE Tamara Yajaira (ECU) - Bogota - 262
- 3.AHMED Sara Samir Elsayed Mohamed (EGY) - Bogota - 261

##### +81kg

- 1.LI Wenwen (CHN) - Bogota - 311
- 2.CAMPBELL Emily Jade (GBR) - Bogota - 287
- 3.CHAIDEE Duangaksorn (THA) - Bogota - 286

[Olympic Qualification Ranking](#)  
[Olympic Qualification System](#)  
[Qualification System explanation](#)

## IWF NEWS

### IWF launches Athletes Direct Support Programme for the Paris 2024 Games

The IWF recently announced the launch of an Athletes Direct Support Programme, an initiative aimed at assisting 10 weightlifters in their preparation for the 2024 Olympic Games in Paris (FRA). These scholarships will be awarded to five male and five female athletes from developing nations and under the following eligibility criteria: participation in at least one IWF Olympic qualification event until July 1, 2023; inclusion in the top-25 of the IWF Olympic Ranking; absence of sanction for an anti-doping violation; provision of whereabouts for the entire period of the programme (July-December 2023).

Taking these requirements into consideration, the IWF Selection Panel will evenly choose a maximum of two athletes per continent, one competitor per Olympic body category, and one lifter per country. This Panel is formed by the Chair of the IWF Athletes Commission Forrester Osei, a member of that Commission (Maude Charron), the IWF Vice-President Pyrros Dimas, and an independent member (Ioannis Mournianakis).

The allocated amount for this project is US 30'000, including US 5'000 personally donated by the IWF President Mohammed Jalood. Each of the selected athletes will receive US\$ 3'000, to be distributed in three payments (July, October, and December 2023).

*"We would like to show our appreciation to the IWF Executive Board for taking this very important initiative. It shows that our leadership is listening and taking into account the athletes' voice. The support given to these 10 athletes will be a strong help in their qualification path for the 2024 Olympics in Paris. As Athletes Commission, we are very happy to 'pilot' this project, which we hope won't be limited to 2023 but will become part of our yearly budget in the future,"* considers AC Chair Forrester Osei.

Read more [here](#)

**To apply for this programme, interested lifters have to send their application form to the IWF by no later than May 31, 2023.**

## 2022 IWF/ITA report: one step forward in the anti-doping strategy!

The IWF has received the ITA (International Testing Agency) report for the Anti-Doping activities in 2022 and is happy to communicate on the numbers concerning our strategy to fight against cheating in our sport.

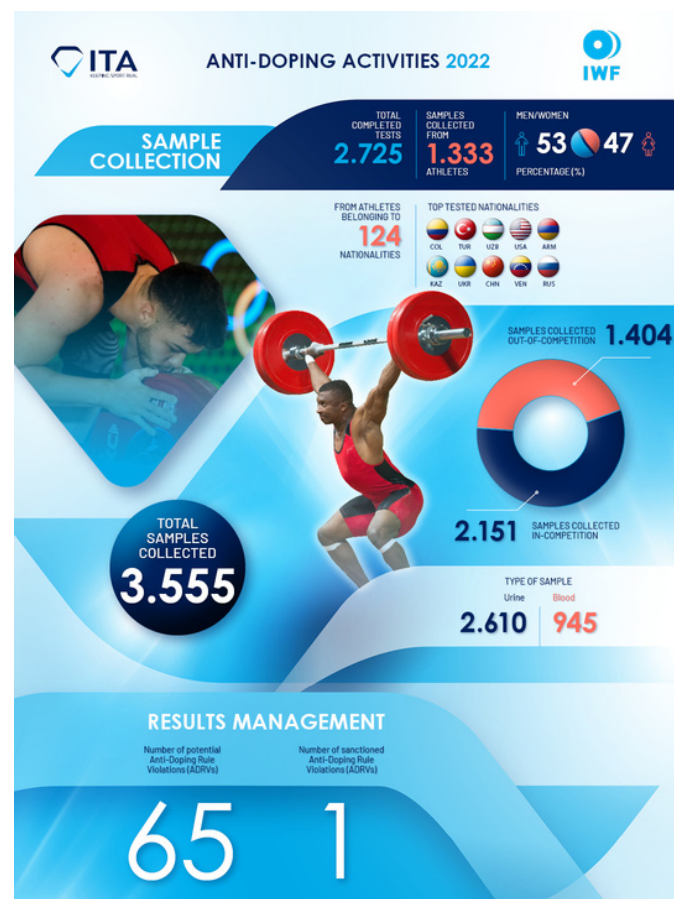
Last year, a total of 3555 samples were collected around the world, including 2151 in-competition and 1404 out-of-competition. Moreover, in terms of urine/blood proportion, there were respectively 2610 and 945 samples.

This amount of collected samples resulted in a total of 2725 completed tests, performed on 1333 athletes (53% men, 47% women) from 124 countries. Among them, the list of the top-10 tested nations includes (by alphabetical order): Armenia, China, Colombia, Kazakhstan, Russia, Turkey, Ukraine, USA, Uzbekistan, and Venezuela.

Concerning the Results Management of these tests, 65 of them constitute potential Anti-Doping Rule Violations (ADRV).

In 2022, the IWF/ITA received 16 TUE (Therapeutic Use Exemptions) applications.

**All info on IWF/ITA Anti-Doping activities [here](#)**





## 2024-2032 IWF Strategic Plan: the work has begun!

Following the recent decision by the IWF Executive Board on March 30 to create a “2024-2032 IWF Strategic Plan”, the working group in charge of this project had its first meeting last April 25 and sent today to the IWF National Member Federations an initial survey, as part of the extensive consultative process with the IWF main stakeholders.

In this early stage, the IWF is interested in establishing a portrait of the strengths, but also the challenges our Federation is confronted with, and to establish a list of priorities that are felt essential by our members, and that will therefore have a special place in the “2024-2032 IWF Strategic Plan”.

The document is intended to constitute a solid roadmap for action in the years to come and will be ultimately approved by the IWF Congress, taking place in Riyadh, next September, with the occasion of the IWF World Championships in Saudi Arabia. Due to the changing nature of the sports international environment, this will also be an “evolving” document, which has to be regularly monitored and eventually fine-tuned in due course, so that it is adapted to new circumstances around and inside the IWF functioning.

*“This Plan will constitute an important working frame for the IWF and its stakeholders and needs therefore to be a consensual document, in which each member of the weightlifting community can easily identify the priorities and necessary actions in his/her respective field. Ideally, it should also be a useful tool to evaluate the means and resources to achieve such goals and objectives. Finally, it has to be ambitious enough to drive the IWF to a central place in the Olympic Movement, a place it rightfully deserves for the sake of all those that devoted their lives to this Sport – our Athletes, Coaches, Officials and Administrators, at all levels,” jointly write the IWF President Mohammed Jalood and the IWF Secretary General Antonio Urso in their message to the National Member Federations.*



### Moira Lassen (CAN) appointed TD for Paris 2024 OG

Moira Lassen, from Canada, a former member of the IWF Executive Board – she was the first woman to integrate this body – has been appointed as Technical Delegate for the Paris 2024 Olympic Games. She will perform her duties alongside the IWF EB Member Matthew Curtain, from Great Britain.

Lassen, who was also the first woman to chair the IWF Women's Commission, is a member of the Canadian Olympic Committee and works as a ministerial adviser in the north of Canada. She is also quite known in the Olympic Movement, after taking part in several Women in Leadership forums.

At the IWF, the Canadian has been an international technical official (ITO) for about 20 years. In this capacity, she namely officiated at the 2008 Olympics in Beijing, a “special” edition of the Games for Lassen: in the Chinese capital, her daughter was competing in weightlifting, proudly representing Canada.

From 2009 to 2013, she was pivotal in the update of the IWF technical rulebook.

### IWF IN MOURNING



Marcello ZORATTI (ITA)



Rolf MAIER (FRA)