

## IWF NEW YEAR'S MESSAGE

*Happy and Successful 2024!*

In these final days of 2023, we are very happy to report on a very successful year for the weightlifting family! We can proudly say that these last 12 months have been an important milestone in the already rich 118-year history of our International Federation. The highlight of this year's achievements occurred on October 16, when the International Olympic Committee decided to reinstate our beloved sport in the programme of the Olympic Games Los Angeles 2028.

After years of uncertainty and difficult challenges to overcome, the IOC recognised at the highest level that the IWF is progressing in the right direction and deserves its full place in the Olympic arena. This moment of immense joy is also an occasion to recognise our responsibility to continue this positive momentum and push ahead in the years to come. More than ever, the International Weightlifting Federation must ensure that the mechanisms we implemented in the areas of good governance and anti-doping, for example, are strong, and more importantly, are working efficiently.

After the election of a new Board in June 2022, the work developed in 2023 consolidated the structural reforms that were necessary to enhance the credibility, reliability, and reputation of our Federation. From the creation of the first-ever IWF Refugee Team and the development of a Safety and Integrity Policy, and the unanimous approval of our updated Constitution, the weightlifting family showed a remarkable sense of unity and co-operation throughout the five continents.

The development of our IWF Strategic Plan (for the period 2024-2032), in collaboration with all stakeholders in the IWF family, was another success, reinforcing our strong will to embrace modernity in our activities and ensure a clear roadmap for the future.

In a year marked by several Olympic qualification events, our competitions gained in importance and exposure. Last September, in Riyadh (Saudi Arabia), around 700 lifters from 120 nations gathered for the most-attended edition of our World Championships. Over 14 days, the best lifters in the world had the opportunity to perform in excellent conditions, while fighting for a spot in the next Games in Paris.

Read more [here](#)



# IWF GRAND PRIX II

December 4-14, 2023 - Doha (QAT)

## USA, Italy, Canada, Colombia and Latvia boost Paris 2024 hopes despite Asian dominance

DPR Korea picked up plenty of awards at the trophy presentation after topping the medals table at the IWF Grand Prix II in Qatar. China's women dominated in the Olympic categories, Turkmenistan had four medallists on total, and Qatar's home hero Meso Hassona was a popular winner.

PRK, whose athletes are not eligible to qualify for Paris 2024, won the team awards for women and men ahead of China and Turkmenistan respectively. They also had arguably the standout individual performer in 20-year-old Ri Suk, who broke seven junior world records and claimed Deng Wei's clean and jerk senior world record at 64kg. On Robi points, Ri was ranked behind three Chinese athletes who beat or equalled the world record in Olympic categories. Jiang Huihua at 49kg, Luo Shifang at 59kg and Liang Xiaomei at 81kg all lead their respective Paris 2024 rankings by 11kg or more.

The PRK team turned out in their uniforms at the closing ceremony to cheer their successes. Usually at a big competition all but a few dozen athletes and coaches have left by the time the super-heavyweights lift and the awards are handed out, but not this time.

*"It appears that everybody has enjoyed their stay in Doha because more than 50 per cent of the athletes and coaches are still here,"* said Yousef Al Mana, president of the Qatar and Asian Weightlifting Federations and an IWF board member. *"It was a very successful competition."*

There were 19 world records at youth, junior and senior level, 11 of them set by Asians. While Asian nations outperformed others overall, there were successes from other parts of the world. United States, Italy, Canada, Colombia, Latvia, Bulgaria and Fiji all had cause to celebrate.

Read more [here](#)



From left to right:  
Olivia Reeves  
(USA); the  
celebration of PRK's  
delegation;  
Antonino Pizzolato  
(ITA)

## Ningbo (CHN) will host the 2026 IWF World Championships

The city of Ningbo, in China, will be the host of the 2026 edition of the IWF World Championships, after a vote by the IWF Executive Board in Doha (QAT). This IWF showcase will be staged following the World Championships in 2024 in Manama (BRN) and the 2025 rendezvous in Forde (NOR).

Ningbo is located in the northeast province of Zhejiang, not far from the cities of Shanghai and Hangzhou. It has a population of over nine million citizens and has acquired recent successful experience in staging sports international events. The competition venue of the Championships will be the Ningbo Olympic Sports Centre, a facility constructed in 2019 and with a 10,000-seat capacity. Moreover, all the proposed hotels to host the participants in the competition will be within a 30-minute distance by car from the venue.

Read more [here](#)



Representatives of the city of Ningbo (CHN) with the  
IWF leadership



## IWF launches Refugee Team programme for 2024

After a very positive first experience in 2023, the IWF is happy to announce the renovation of its IWF Refugee Team programme for the year of 2024. The applications for potential candidates were already sent, while the deadline to receive the proposals is January 31, 2024. On February 28, the IWF decides on the final constitution of the IWF Refugee Team for 2024.

The new programme stipulates that a minimum of four athletes (two male, two female) will be part of the team – any IOC Refugee Scholarship holder will be automatically added to this number. As in 2023, a coach/manager will also be appointed to supervise the team's activities, while next year's novelties include the nomination of a physiotherapist. In terms of eligibility, athletes must be officially recognised as refugees in their country, in accordance with the UNHCR, the UN Refugee Agency, and may be entered in IWF events. Asylum seekers are not accepted in the programme. Moreover, lifters are required to have a travel document and must comply with article 5.5.16 of the IWF Anti-Doping Rules, by which whereabouts information of the athletes shall be submitted at minimum three months prior to the event. Finally, all athletes and support personnel must complete the WADA ADEL online course before competing and present their certificate to the IWF/ITA. In accordance with article 17.2.2 of the IWF Anti-Doping Rules, the IWF may also decide to request that athletes complete education activities before and/or during their participation in selected events as a condition of such participation.

Read more [here](#)

## IWF and SPORTFIVE renovate partnership for 2024-2028

The IWF and SPORTFIVE have renovated their partnership for the Olympic cycle 2024-2028, thus re-appointing the German-based company as the exclusive media rights agency on a global basis. Under this agreement, SPORTFIVE will be responsible for handling the media international rights (outside the host country) for the IWF World Championships, IWF World Cups, and IWF World Junior Championships during this period. Following the recent IWF Executive Board meeting in Doha (QAT), four major competitions are already part of this package: in 2024, the IWF World Championships in Manama (BRN), in 2025, the IWF World Championships in Forde (NOR) and the IWF World Junior Championships in Tashkent (UZB), and in 2026 the IWF World Championships in Ningbo (CHN). SPORTFIVE has been firstly appointed by the IWF as exclusive media rights partner for the period 2022-2024.

Read more [here](#)



## IWF adheres to the “Sports for Nature” programme

The IWF recently became one of the 48 sports organisations adhering to the “Sports for Nature” programme, an initiative aimed at safeguarding nature, while contributing to national and global biodiversity goals. Under this framework, our International Federation assumes its responsibility towards the adoption of measurable actions for the protection of nature. “Sports for Nature” is a joint initiative of the International Union for Conservation of Nature, International Olympic Committee, United Nations Environment Programme, the Secretariat of the Convention on Biological Diversity and Sails of Change. On December 2022, was signed the first “Sports for Nature Framework” at the Convention on Biological Diversity Conference of the Parties in Montreal, with an initial group of 23 signatories. Presently, 48 sports – of all sizes and in all geographies – are supporting the initiative and are committed to report on their progress annually. This historic agreement supports the achievement of the UN Sustainable Development Goals and calls on all actors in society to develop and communicate their commitments. Florian Sperl, IWF Executive Board member, is managing the implementation of this project within our Federation: *“We are fully committed to becoming a signatory of the Sports for Nature Framework and adhering to its principles. As an indoor sport, we have realised that the deterioration of nature and climate impacts us, and we recognise the urgent need for sport to take action in protecting and enhancing nature.”*

Read more [here](#)

# NATIONAL NEWS

## National championships in Europe: 12-year-old Emily within 2kg of Spanish senior record

A sister and brother aged 12 and 17, an Olympic medallist, an improving Italian teenager and a refugee were among the top performers in a series of age-group and senior national championships throughout Europe.

Arguably the most remarkable performance was by Emily Ibanez, who became the youngest ever medallist in an IWF competition this year. Emily, whose 13th birthday is next week, came within 2kg of the Spanish senior record when she clean and jerked 110kg at the national under-17 championships in Gijon.

At the Italian Absolute Championships in Rome, 18-year-old Celine Delia and the Paris 2024 contender Sergio Massidda won the top athlete awards.

Delia improved on the 194kg total that earned her silver at this year's European Juniors. She made 87-110-197 to win at 55kg and register the highest Sinclair score.

*"Today we are in Paris with two athletes but the dream is to bring six, three males and three females,"* said IWF general secretary Antonio Urso, who is president of the Italian Federation. Two special guests at the Absolute Championships were IWF President Mohammed Jalood and Italian Olympic Committee president Giovanni Malagò. IWF vice-president Pyrros Dimas highlighted the efforts of teenagers at the Greek championships in Litochoro, where 11 records were set. Dimas, general secretary of the national federation, said, *"It was an excellent Panhellenic Championship, worthy of the level of the sport. Everyone gave their best and we enjoyed some great contests. The records that have been made confirm the work that is being done at young ages and I am sure that better days are coming for the sport."*

[Read more here](#)



Mohammed Jalood (IWF President), Giovanni Malagò (IOC Member and President of the Italian NOC), and Antonio Urso (IWF General Secretary and President of the Italian WL Federation)

## IWF IN MOURNING - Don Buchanan (CAN)

The IWF learnt with great sadness about the recent loss of Don Buchanan, a former President of the Canadian Weightlifting Federation (WCH), at the age of 92. Mr Buchanan was a dedicated Masters weightlifting athlete, International Technical Official and the first Lifetime Achievement Award recipient of Weightlifting Canada Halt rophilie Masters.

He is recognised for his undaunting support for all age levels of weightlifting, Masters in particular. Mr Buchanan was pivotal in the development of the Ontario Weightlifting Federation, which he also presided from 1985 to 1988. IWF Masters World champion several times, Mr Buchanan was an engineer by profession, having served as the head engineer on the World Financial Centre in New York City as well as the Canary Wharf project in London, England. The IWF addresses its heartfelt condolences to Mr Buchanan's family and friends, and to the entire Canadian weightlifting community.

