

## 2024 IWF WORLD CHAMPIONSHIPS Manama (BRN) - December 6-15

### MEN'S PREVIEW

Karlos Nasar can round off his spectacularly successful year at the IWF World Championships in Bahrain by setting more world records and claiming the one major title that has eluded him at his preferred weight of 89kg.

The highlight of 2024 for the Bulgarian star was winning 89kg gold at the Olympic Games in Paris, where he was the only weightlifter to break world records. He also won at the IWF World Cup in Thailand and claimed the European title in his home country.

Nasar has set 22 senior and junior world records at 89kg, eight of them in 2024. He is unbeaten for two years, during which he has won two continental titles, a Grand Prix, a World Cup and Olympic gold at his preferred weight – but not a world title. He bombed out in 2022 and was unfit to lift in Saudi Arabia last year because of an achilles injury.

Read more [here](#)



Karlos Nasar (BUL)

### WOMEN'S PREVIEW

PRK's formidable women's team looks likely to dominate at the IWF World Championships in Bahrain.

Since returning from a four-year absence after the Covid pandemic, PRK has been the top team at the Asian Games, Qatar Grand Prix, Asian Championships and IWF World Cup. But not at the Olympic Games four months ago in Paris, where PRK was ineligible.

Four of the five women's champions in Paris, including all three from China, are taking a well-deserved break and will not be in Bahrain.

All six current world record holders in PRK's maximum team of 10 should be strong challengers for gold. At the five lightest weight categories up to 64kg, PRK athletes set 22 senior world records in less than a year, plus 14 junior world records. It could be that the only anthem played at a women's session in the first half of the Championships will be PRK's.

Read more [here](#)



Won Hyon Sim (PRK)

# 2024 IWF WORLD CHAMPIONSHIPS

## Lasha out of World Championships and into parliament. Weightlifting's biggest name must choose – sport, politics or both

Lasha Talakhadze will miss the IWF World Championships for the first time since 2015. He has barely trained since winning his third Olympic title in Paris three months ago and is not among the final entries for Bahrain, where the 2024 World Championships run from December 6-15.

Instead of being in the gym the Georgian super-heavyweight, who is the most successful weightlifter of the 21st century and arguably the sport's most popular athlete, has been focusing on politics. He is due to become a Member of Parliament just before the World Championships start and is considering a new career in that field.

Whether Lasha, 31, can work in politics and prolong his weightlifting career remains to be seen. When asked about his future priorities by the Georgian news website Politico, Lasha said, *"The two are not incompatible. Currently, I don't train because of injury. At the moment, my country needs me. Georgia Dream is exactly the power that our country needs, which will maintain peace and unity in Georgia."*

*"We'll see what will be in the future ... I've always stood by my country and will continue to do so in whatever capacity I'm needed."*

Georgia's Weightlifting Federation president, Kakhi Kakhiashvili, is hoping Lasha will return to the gym, win another European title in his own country in 2026 and keep competing until the next Olympics in Los Angeles in 2028.

By Lasha's own admission in an interview last year, Kakhi and Georgia's national coach Giorgi Asanidze have been the two biggest influences on his career. Like Lasha, Kakhi won three Olympic gold medals and is one of weightlifting's all-time greats.

Kakhi said, *"Lasha visited the gym a few times but is far from complete training. I've heard in several interviews that he wants to continue, but in other conversations he has mentioned transitioning to politics and working in a new field."*

*"He reminds me of an adolescent in a transition period, where it's essential to have good advisors by his side to make the right steps."*

*"My goal and dream is for him to compete in the Los Angeles Olympics. He has the potential and the chance to become the most decorated weightlifter in the world in terms of Olympic medals."*

Read more [here](#)



Lasha Talakhadze (GEO)



## Cyrille Tchatchet II: official candidate to the WADA Athlete Council

Cyrille Tchatchet II is the candidate from the weightlifting family to the WADA Athlete Council, an election that will take place between December 10-12. Now representing Great Britain, Cyrille is a Cameroon-native athlete who joined Europe as a refugee and, in this quality, integrated the Tokyo 2020 Olympic Refugee Team. His perseverance and charisma were rewarded with his election in December 2022 to the IWF Athletes Commission.

After the first stage of the bid, at the end of October, the World Anti-Doping Agency confirmed some days ago that the 29-year-old lifter was an eligible candidate for its Athlete Council, together with 25 other athletes from different sports. Eight of them will sit in the WADA's body for the period 2025-2027.

Still an active athlete, Tchatchet is combining his sports career with a regular job as a mental health nurse. While applying for this position, he established some important priorities: *"I am seeking election to the WADA Athlete Council to protect the integrity of sport and promote athlete's health. With over 15 years in weightlifting, I understand the pressures athletes face and the need for a level playing field. My goal is to ensure that anti-doping policies are fair, transparent, and supportive of athletes' well-being. I aim to strengthen education, communication, and collaboration between athletes and anti-doping authorities."*

The election of the IF representatives within the WADA Athlete Council is made by the International Federations' Athletes Commission bodies. Forrester Osei is the IWF Athletes Commission Chair and the person who, on IWF's behalf, endorsed Tchatchet for this role.

Read more [here](#)



## Another milestone for the IWF: 100% of the lifters qualified for Paris were tested before the Olympics!

The International Testing Agency (ITA) released its "Paris 2024 Pre-Games Report" ([link here](#)) and weightlifting appears as one of the very few sports to have tested all its participating athletes in the period of six months before the Olympics! The IWF had a quota of 120 lifters in the French capital (two more athletes, representing the Olympic Refugee Team, were also part of the competition) and ALL of them were controlled in the lead-up to the Olympic celebration in Paris.

*"These numbers and unprecedented level of testing demonstrate our full determination in the fight against doping in our Sport. It also certifies that we had a fair and clean competition in Paris. The IWF, together with the ITA, is taking this matter very seriously and we are happy to see that this strategy is proving successful. I take the opportunity to thank our National Federations for their effort and commitment to keeping weightlifting going in the right direction,"* declared IWF President Mohammed Jalood.

Starting from December 2022, the ITA developed a Long List throughout the qualification period before the Games. Moreover, since January 2024, the new categorisation rule for National Federation allowed a more agile management in the follow-up of the athletes intended to participate in major events. Finally, an additional effort was made to test all those lifters qualified through the host nation and universality/tripartite quota.

Besides being controlled, 100% of the athletes who qualified for the Paris Olympic Games received anti-doping education as per the mandatory IWF/ITA requirements.

# CONTINENTAL AND NATIONAL NEWS

## Armenia, Türkiye dominate at European Juniors

Armenia had seven winners, including the top individual performers for men and women, at the European Junior Championships in Raszyn, Poland which ended at the weekend.

Türkiye, whose nine medals were more than any other European nation at the World Junior Championships in León, Spain six weeks ago, also performed well. Four of its five winners in Raszyn were men.

Other nations with cause to celebrate included Greece, which had the best youth athlete, and Malta. *"This was a proud moment in our weightlifting history"*, said national coach and federation president Jesmond Caruana after Malta had its first ever continental junior medals.

In the concurrent Under-23 Championships, Iceland had the top female performer and, for the first time ever, two athletes on the podium in the same competition. Türkiye and Armenia – for whom Garik Karapetyan made a career-best total – also did well in this age group, which is exclusive to Europe.

Read more [here](#)



Tenishia Thornton (MLT)

## National Federations' news: elections across IWF members

The beginning of a new Olympic cycle is often synonym with new elections in our national member federations. At the Finnish Weightlifting Federation Fall Congress, Karoliina Lundahl was re-elected for a two-year term. At the same time, the election of half of the Executive Board (EB) was held for three Board Members and a female athlete Board Member. The Finnish Executive Board has now four men and four women of which two athletes, as well as a female president. The new board's goal is to improve the financial status of the federation as the Finnish government is decreasing subsidies to the sports governing bodies (about five to thirty percent in the next three years).

In Auckland, New Zealand, the successful National Championships gathered 88 competitors (in junior and senior categories), including three lifters from Vanuatu, who participated as guests. At the same time, Simon Kent was re-conducted as leader of the National Federation.

In neighbouring Australia, Sam Coffa, IWF EB Member and Chair of the IWF Technical Committee, was also re-conducted in the leadership of the national weightlifting federation for a third consecutive term.

In Ankara, Talat Ünlü was also re-elected as president of the Türkiye Weightlifting Federation for a new four-year term (2024-2028).

Also in Europe, Ms Theano Zagkliveri was reconfirmed at the helm of the Hellenic Weightlifting Federation.

Read more [here](#)

## Nigel Avery named NZL Team Chef de Mission for LA 2028

After having successfully driven his country's national team at the 2022 edition of the Commonwealth Games and the 2024 Olympic Games in Paris, Nigel Avery, a former New Zealand representative in weightlifting, athletics and bobsleigh, was reappointed Chef de Mission for the 2026 Commonwealth Games in Glasgow and the 2028 Games in Los Angeles.

Avery competed in weightlifting at the Sydney 2000 Olympic Games, as well as the Kuala Lumpur and Manchester Commonwealth Games where he picked up five medals, including two gold. His outstanding performances and leadership in Manchester saw him carry the New Zealand flag at the closing ceremony.

Since then, Avery has remained involved in sport through Governance and coaching roles. Avery also led the New Zealand team to the Sydney Youth Olympic festival as Chef de Mission in 2007 and was a member of the NZOC Athletes' Commission from 2002-2008.



Nigel Avery (photo credit: New Zealand Olympic Committee)