



IWF PRESIDENT NEW YEAR'S MESSAGE

We concluded a very successful year for the weightlifting family. 2024 provided many outstanding opportunities to show the vitality of our beloved Sport, the devotion of our athletes, and the prestige of our competitions around the world. The corollary of these memorable 12 months was the great celebration of weightlifting at the Paris Olympic Games, a privileged occasion to showcase the value of our Sport in the Olympic programme.

After a qualification period where our lifters fought for the 120 available places for the Games, the event in the French capital was spectacular: breathtaking performances, new countries getting medals, a packed venue with thousands of enthusiast spectators cheering for their idols, a great exposure through TV and digital platforms worldwide, and a 100% fair and clean competition, with no positive cases before and during the Games.

In general, the Games were a remarkable success and weightlifting was part of this achievement. We are proud of this outcome and I obviously take this opportunity to warmly thank our National Federations, and respective athletes, coaches, and officials.

The IWF events were also of paramount importance for the prestige of our Sport. From the Youth World Championships, where for the first time a double platform was used, to the significant success of the Junior showcase and the amazing experience provided by the IWF World Championships some weeks ago in Manama, the vibrant capital of Bahrain, everything was put in place to ensure optimal conditions for all participants and to guarantee the maximum possible promotion of these events in the five continents.

With a renovated energy and motivation, we can now envisage a great 2025!

Despite being a post-Olympic year, we will not rest on our laurels. We will continue setting up great competitions for our athletes, we will proceed with our merciless fight for a clean sport (in co-operation with the International Testing Agency), we will reinforce our Development Programme for the benefit of our continental and national federations, we will remain fully determined in guaranteeing good governance, inclusivity, and sustainability in everything we do, we will strengthen our commercial opportunities and we will increase our institutional partnerships with the major stakeholders in the international sports environment.

2025 is also an electoral year for the IWF. Our National Federations, in a democratic and transparent way, will decide on a new Executive Board for the next four years. I am sure their verdict will reinforce the path of success our International Federation is pursuing in recent years.

These achievements and the perspective of future successes can only be achieved in a spirit of unity and solidarity. Despite national and even personal differences, I am happy and proud to say that the weightlifting family is a very united one. We walk together with one common and consensual vision: to make weightlifting a more credible, important, and respected sport on a global scale!

Read more [here](#)



2024 IWF WORLD CHAMPIONSHIPS

Manama (BRN) - December 6-15

Bahrain, Review: PRK leads way on the platform and hosts take plaudits for 'best ever' World Championships

There were 29 world records at the IWF World Championships, where athletes from PRK, China, Bulgaria, the United States, Kazakhstan, Armenia, Iraq and elsewhere put on a show that will long be remembered. So did the host nation.

Every member of PRK's team of 17 won at least one medal in Manama. Two of PRK's world record breakers were especially impressive, Ri Suk at 64kg and Kim Il Gyong, who won the women's best lifter award, at 59kg.

China gave its five Olympic champions a break. Its junior newcomers excelled, led by super-heavyweight Li Yan who set a world record on her international debut. PRK and China filled 15 of the top 16 places in the women's individual rankings, in which the only interloper was the American Olivia Reeves, who ended the year with Olympic and world titles at 71kg.

Karlos Nasar from Bulgaria also did the Olympics-World Championships double, setting yet more 89kg world records at the age of 20. PRK filled the next three places behind Nasar – named best male lifter – in the individual rankings.

Kazakhstan's men put on a show of strength with victories for Nurgissa Adiletuly and Artyom Antropov, as well as 81kg silver for Alexey Churkin, the top-ranked junior after Nasar. In the super-heavyweights Varazdat Lalayan claimed gold for Armenia while Ali Ammar Yusur from Iraq became the first junior to total more than 450kg.

These superlative efforts were matched off the platform by the hosts, who got everything right. *"It has been like a festival – nobody wanted it to end,"* said Eshaq Ebrahim Eshaq, president of the Bahrain Weightlifting Federation and head of an organising committee that worked for 18 months on the biggest hosting project in Bahrain's Olympic sport history.

"The competition venue, presentation, spectator engagement, training hall, hotels, transport, food, fanzone... everything worked really well. We have not had a single complaint about anything."

The IWF President Mohammed Jalood stated at the closing ceremony, *"Bahrain has raised the World Championships bar to a new level."*

Sam Coffa, chair of the IWF Technical Committee who has been involved in weightlifting across seven decades, rated Bahrain 2024 as *"the best World Championships I have ever witnessed or worked in"*. His view was echoed by federation officials from China, Great Britain and Germany plus countless athletes and coaches. *"How does anybody follow this?"* asked one coach.



Ri Suk (PRK)



Karlos Nasar (BUL)

Read more [here](#)

2024 IWF WORLD CHAMPIONSHIPS

IWF Congress approves amendments to the IWF Constitution

The IWF Congress, gathering representatives of 135 National Member Federations approved in Manama (BRN), several amendments to the IWF Constitution, thus leading also to the validation of the IWF By-Laws, approved by the IWF Executive Board last November 25. Both documents enter into effect from December 5, 2024.

In his welcome speech, the IWF President Mohammed Jalood expressed his gratitude to the Bahrain authorities for their hospitality and the excellent preparation for the 2024 IWF World Championships, from December 5-15. *"We will experience a great time here in Manama and the entire IWF family feels at home in Bahrain. I am sure that exciting performances will be produced here, namely many new World Records,"* declared Mr Jalood. *"This Congress is held in a time of great unity within our International Federation and this is leading to enormous progress. The Paris 2024 Olympic Games were a great success – moreover, we are happy to report that we didn't have any positive doping tests! – and these achievements greatly help our Sport to secure its presence in the Olympic programme,"* concluded the IWF President.

With delegates of 93 national bodies present in person in the capital of Bahrain and another 42 connecting with the assembly online, the new IWF Constitution was approved with 134 votes in favour and only one vote against.

The changes voted by the delegates do not alter the document's substance, whose last update was made in September 2023. They are essentially aimed at providing a simpler language, to remove redundant provisions and details not belonging to a constitutional text.

Read more [here](#)



IWF Executive Board meeting in Manama: main decisions

Under the leadership of the IWF President Mohammed Jalood, the IWF Executive Board (EB) met on December 2-3 in Manama (BRN), some days before the start of the 2024 edition of the IWF World Championships. During the two-day gathering, the main decisions of the EB were:

- Allocation, for the first time in history, of both the IWF World Junior and World Youth Championships to the same city, running simultaneously. The 2025 edition of both competitions will take place in Lima (PER), from April 30 to May 6. As with the 2024 IWF World Youth Championships, also held in the Peruvian capital, two platforms will be used at the same time during the event;
- Validation of the continental IWF training centres/academies: Africa (Egypt), Americas (La Havana, CUB), Asia (Fuzhou, CHN), Europe (Baku, AZE), and Oceania (Samoa). This project, starting in 2025, will allow the preparation, education, and training of lifters and coaches in those locations in each of the continents;
- Acknowledgement of the encouraging strategy related to the IWF anti-doping programme, after the presentation of the most recent reports by Benjamin Cohen, International Testing Agency (ITA) Director General, and Rune Andersen, Chair of the IWF Anti-Doping Commission. The agreement between both entities was re-confirmed and extended for the period 2025-2028;
- Update on the excellent preparation for the 2026 IWF World Championships, taking place in Ningbo (CHN);
- Confirmation of the IWF Refugee Team programme for 2025, after a successful project in 2023 and 2024;

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IWF to partner with SBD in landmark 8-year agreement

The IWF is thrilled to announce an 8-year partnership with SBD, a leading global sports brand, designing and manufacturing technical clothing, supports and accessories. This partnership aims to elevate the profile of weightlifting on all five continents through innovative projects and initiatives designed to enhance awareness and foster a positive perception of the sport.

With a shared vision to develop weightlifting at all levels, this collaboration will focus on grassroots growth, sport development, and athlete support. The agreement also highlights a strong commitment to promoting inclusion, ensuring the sport remains accessible and welcoming to participants of all backgrounds.

IWF President, Mohammed Jalood stated: *"This partnership with SBD marks a significant milestone in the evolution of our sport. Together, we are committed to creating opportunities and building a sustainable future for weightlifting around the world."* SBD CEO, Benjamin Banks considered: *"We are delighted to enter into a long-term partnership with the IWF. This is a very exciting opportunity for us to establish our business within weightlifting, as it will enable us to enhance our offering to sponsored athletes, coaches and our customer base across the globe, whilst supporting the IWF's long term objectives."*



IWF with SBD: From left to right: Forrester Osei (IWF Athletes Commission chair), Matthew Curtain (IWF EB member and British Weightlifting CEO), Mohammed Jalood (IWF President), Benjamin Banks (SBD CEO), William Islip (SBD Commercial Director) and Antonio Urso (IWF General Secretary)

Cyrille Tchatchet elected to the WADA Athlete Council

Cyrille Tchatchet, an active weightlifter representing Great Britain, was elected to the World Anti-Doping Agency (WADA) Athlete Council (for the period 2025-2027), after an electoral process taking place between December 10-12. The scrutiny was held via an online voting platform and was available only to IFs Athlete Commissions that were registered and deemed eligible to vote. A total of 55 out of 60 IF ACs voted (91.7%). The WADA Athlete Council has a total of 20 members, with eight of them coming directly from the International Federations group. Tchatchet was elected among 26 candidates to this group and is one of the four new members of the Council in this category (the remaining four were re-elected).

Cyrille Tchatchet, 29, and also member of the IWF Athletes Commission, started his international career representing his native Cameroon. He then sought refugee status in Great Britain, which he eventually got.



Read more [here](#)

New bodyweight categories from June 1, 2025

Senior and Junior age groups:

MEN: 60kg, 65kg, 71kg, 79kg, 88kg, 98kg, 110kg, +110kg

WOMEN: 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg

Youth age group:

MEN: 56kg, 60kg, 65kg, 71kg, 79kg, 88kg, 98kg, +98kg

WOMEN: 44kg, 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, +77kg