

## IWF WORLD YOUTH & JUNIOR CHAMPIONSHIPS Lima (PER) - April 30-May 5, 2025

### Day 1: WR and glory for Brazil and Japan, and double gold for Philippines

There were three world records on a busy opening day of the 2025 World Youth and Junior Championships in Lima, Peru, where the two competitions were staged simultaneously on two platforms for the first time.

Brazil had its first global champion and first female world record holder when 14-year-old Isanelly Da Silva overcame a shaky start to win the youth 40kg title in style.

Kotaro Tomari from Japan claimed junior world records in snatch and total as he turned the tables on last year's winner K Duong from Vietnam at 55kg.

The Philippines won two youth titles, women's 45kg and men's 49kg, China took the junior women's 45kg and the 17-year-old Moldovan Danu Secieru had his second big success of the month when he won the youth 55kg.

Da Silva, from Rio de Janeiro, made an impressive recovery after failing with her first two snatch attempts. "That made me a little bit sad, but I was always thinking about records and I knew I would make the third one," she said.

She took the clean and jerk youth world record in making 57-77-134, finishing 1kg short of the world record on total. Da Silva won the Pan American youth title on her only previous international appearance. "Isanelly has so much mental strength," said Brazil's national coach Dragos Doru Storica. "She had me worried after two failures but said, 'It's OK, don't worry.' We had three targets here - to win on total, to win clean and jerk gold and to set a world record. She delivered all three so it's a great day for Brazil."

Althea Bacaro from the Philippines was second on 58-72-130 and Jyoshna Sabar from India third on 56-72-128. Ecrin Naz Sahin from Turkiye won snatch silver on 57kg.

The youngest athlete in the Championships was close to winning medals. Thaira Realpe from Ecuador, who was 12 last November, was fourth in clean and jerk and total on 55-70-125.

Read more [here](#)



Isanelly da Silva (BRA) and Kotaro Tomari (JPN)

## IWF acknowledges IOC decision on LA 2028 quotas

The IWF acknowledged the recent decision of the IOC Executive Board concerning the allocation of athletes and event quotas for the 2028 Olympic Games in Los Angeles (USA). Weightlifting will remain with a quota of 120 athletes (60 men and 60 women), competing in 10 bodyweight categories (five for men, five for women).

While the International Weightlifting Federation had requested an increase of the existing bodyweight categories (from five to seven, for both men and women) with a minimal impact on the final number of athletes (from the present 120, to 126), our International Federation understands that within the context of keeping the 10'500-athlete overall quota (excluding the five sports proposed by the LA28 OCOG), there wasn't a wide available margin for the sport of Weightlifting.

The IWF proposal was mainly motivated by the concerns expressed by the IWF Athletes Commission regarding the health, safety, and wellbeing of our lifters who had to adjust to a five-category format, with the inherent important gaps of weight between each category.

The IOC decision only strengthens IWF's strong commitment and effort in improving the exposure and importance of our Sport in future editions of the Olympic Games. Weightlifting was one of the nine founding sports in the initial edition of the Olympics, in 1896 in Athens (GRE). Since then, we continue working very hard to enhance the added-value of Weightlifting in the Olympic programme.

Moreover, the structural, positive changes undertaken by the IWF in recent years – namely in the areas of anti-doping and good governance – make the entire Weightlifting family confident in an improved Olympic presence of our Sport from the 2032 edition onwards.

Following this decision and the implementation of new weightlifting bodyweight categories from June 1, 2025, the IWF will come forward to the IOC with a proposal concerning which ten categories (five for men, five for women) should be considered in the LA 2028 Olympic programme.

## 2026 Commonwealth Games: Qualification System defined for Weightlifting

The IWF recently published the Qualification System for the 2026 Commonwealth Games, in which weightlifting is one of the 10 sports on the programme of the competition. The upcoming edition will take place in Glasgow (Scotland) from July 23 to August 2, and a quota of 176 lifters (88 men and 88 women) is available for the IWF.

The qualification will include four pathways: 1. Automatic qualification for the host (Scotland), 2. Direct qualification through the 2025 Commonwealth Weightlifting Championships (to be held in August 2025 in India); 3. Qualification through a ranking, based on a list of competitions held from June 1, 2025 through May 18, 2026; 4. Bipartite invitation. Each of the eight bodyweight categories for both men and women will be contested by a maximum of 11 lifters, with most of the athletes (128) being selected through the ranking during the qualification period. The host will be able to automatically enter 16 lifters (one per category), the direct qualification will bring another 16 athletes (the winners in each of the medal events at the Commonwealth Championships) and the final 16 competitors will be in Glasgow after receiving a bipartite invitation (aimed at nations not previously qualified through phases 1-3).

The IWF World Championships, to be held in October 2025 in Forde (NOR), will be the only IWF-owned event qualifying for the Commonwealth Games. Continental events during the qualification period will also contribute to the establishment of the ranking.

Weightlifting was included in the programme of the Commonwealth Games in 1950, and has been since then always present in the event.

Read more [here](#)



## European Championships: More records for Nasar, Koanda is top female and Iceland has its first winner

Olympic champions Karlos Nasar and Solfrid Koanda were the top individual performers at the 2025 European Championships in Chisinau, Moldova which finished on April 21.

Seven other Paris Olympians were among the winners. The men were Nasar's Bulgaria team-mate Ivan Dimov at 61kg, the Individual Neutral Athlete Yauheni Tsikhantsou from Belarus at 102kg and two Armenians – Garik Karapetyan at 109kg and Varazdat Lalayan in the super-heavyweights. The women were Mihaela Cambei from Romania at 49kg and super-heavyweight Emily Campbell from Great Britain.

Nasar, who will be 21 next month, moved up in weight to the 96kg category and broke the snatch world record within six minutes of his first lift. The Bulgarian also claimed the record on total, which had been set by Sohrab Moradi from Iran in 2018. He won by 38kg on 188-229-417, despite weighing in more than 2.5kg under the limit.

Nasar was a clear winner in the Robi points rankings. Three of the top six came from a high-quality 102kg session – Tsikhantsou, Marcos Ruiz from Spain, who continues his improvement after a serious injury ruined his Olympic qualifying hopes, and Tudor Bratu from Moldova. Yusuf Fehmi Genc, whose 348kg at 73kg put him fourth in the rankings, was one of three winners for Turkiye alongside Kaan Kahrman and Cansu Bektas.

Bulgaria also had three – Nasar, Dimov and Angel Rusev – while Armenia (Lalayan and Karapetyan), Romania (Cambei and Andreea Cotruta), Italy (Oscar Reyes and Genna Toko Kegne) and Great Britain (Campbell and Sarah Davies) had two each.

Read more [here](#)



Karlos Nasar (BUL)



Solfrid Koanda (NOR, centre top row)

## Astrit Hasani is new President of EWF

Astrit Hasani from Kosovo is the new President of the European Weightlifting Federation. In a head-to-head between two candidates, Hasani polled 24 votes against 19 for the incumbent Italian Antonio Conflitti from Moldova.

*"I am deeply honoured and truly humbled by your confidence to elect me as the President of European Weightlifting Federation,"* Hasani told delegates at the EWF Electoral Congress in Chisinau, Moldova, host city for the senior European Championships.

*"I will lead a team who will show genuine transparency. Europe will be truly united and we will choose the best people for the next IWF Congress."*

Read more [here](#)

## African Championships: Nigeria's women in top form – and a surprise medal for lowest-ranked athlete

Nigeria finished top of the medals table at the African Championships, which ended in Mauritius at the weekend. Nigeria's four female champions, led by 20-year-old Onome Didih, finished first, second, third and fifth in the individual rankings.

Egypt had the top-ranked male in 81kg champion Mohamed Younes, a silver medallist at last year's World Junior Championships. Egypt also had the best youth performer in 15-year-old Basma Ramadan, who set a continental clean and jerk youth record in winning the women's 49kg on 68-88-156.

A record 22 nations took part including three who had never sent an athlete to an international competition – Liberia, Mauritania and Cape Verde.

The Gambia had six athletes listed on the IWF database, all born at least 35 years ago, but none of them ever recorded a result outside the Commonwealth Games, which is not an IWF event. Now, after an unlikely series of events, Muhammed Njie from The Gambia has not only a result, but a medal – despite the fact that he finished 40<sup>th</sup> and last in the individual rankings.

Njie snatched 90kg, considerably less than his body weight, in the 109kg category. Junior Ngadja from Cameroon made 161kg, the former youth world champion Aymen Touairi from Algeria made 166kg, and the Tokyo Olympian Aymen Bacha from Tunisia recovered from two failures to lead on 172kg at halfway.

Njie, 31, then made 130kg in clean and jerk and sat back to watch his three rivals, all of whom opened at least 70kg higher.

Read more [here](#)



Onome Didih (NGR)



Mohamed Younes (EGY)

## Khaled Mehalhel re-elected president of the Weightlifting Federation of Africa

The Weightlifting Federation of Africa (WFA) held its electoral congress on April 22, 2025 in Mauritius and unanimously re-elected Mr Khaled Mehalhel for a new term until 2029. In a significant display of unity, the delegates from the African continent considered that Mr Mehalhel's *"leadership has proven vital in the development of the sport across Africa, and his re-election marks a clear mandate to continue building on the federation's achievements and drive for greater success on the international level"*.

Read more [here](#)