

IWF ELECTORAL CONGRESS Riyadh (KSA) - May 24-25, 2025

Mohammed Jalood brilliantly re-elected as IWF President

Mohammed Jalood was re-elected as the IWF President for the period 2025-2029, after receiving 168 votes from the delegates present at the IWF Electoral Congress, held on May 24-25 in Riyadh (KSA). First elected at the helm of our International Federation in June 2022, Mr Jalood couldn't hide his emotion after receiving such an outstanding level of support from the National Federations' representatives present in the Saudi capital and a few others also attending the Congress online.

"I am of course immensely happy and honoured with the confidence and trust the Congress awarded me, but, most importantly, this result demonstrates the unity in the weightlifting family and the satisfaction for the immense work we have done in recent years," declared Mr Jalood, a former athlete, coach and administrator from Iraq.

After the successful presidential election, the remaining composition of the 2025-2029 Executive Board was also defined by the vote of the participating delegates. For the two next major positions, Mr José Quiñones (PER), President of the Pan-American Weightlifting Federation was elected the new IWF General Secretary, while Ms Ursula Papandrea (USA) was reconducted as the IWF First Vice-President.

The two new IWF Vice-Presidents are Mr Mohammed Al-Harbi, from Saudi Arabia and former member of the Board, and Mr Chengliang Liu (CHN), a new entry in this body.

The list of the remaining 12 members of the 2025-2029 IWF Executive Board comprises:

Ms Wen Hsin Chang (TPE); Mr Matthew Curtain (GBR); Mr Pyrros Dimas (GRE); Ms Gardencia Du Plooy (RSA); Ms Yassiny Esquivel (CRC); Ms Karolina Lundahl (FIN); Mr Shakhriillo Makhmudov (UZB); Mr Florian Sperl (GER); Ms Sirilak Thatman (THA); Mr Boukar Tikire (CMR); Mr Jerry Wallwork (SAM); Mr Luis Zambrano (ECU).

Besides the 17 members elected at the Congress, the IWF EB also includes five additional Vice-Presidents, each of them leading their respective continental federation, and three members of the IWF Athletes Commission (including its Chair).

Read more [here](#)



IWF President Mohammed Jalood, IWF First Vice-President Ursula Papandrea and IWF General Secretary José Quiñones

IWF ELECTORAL CONGRESS

New 2025-2029 Committees and Commissions

The second and final day of the IWF Electoral Congress in Riyadh (KSA) elected the following members of the IWF Committees and Commissions for the period 2025-2029:

IWF TECHNICAL COMMITTEE

Milan MIHAJLOVIC (SRB)
Pedro SANCHEZ (AUS)
Niwat LIMSUKNIRUN (THA)
Doris MARRERO (VEN)
Mustafa MAHDI (IRQ)
Manareddin ESHELLI (LBA)
John OGOLLA (KEN)

IWF COACHING & RESEARCH COMMITTEE

Kyle PIERCE (USA)
Jorge Luis BARCELAN (CUB)
Lawrence IQUAIBOM (NGR)
Sajjad ANOUSHIRAVANI (IRI)
Arnaud FERRARI (FRA)
Song Nam JANG (PRK)
Eduards ANDRUSKEVICS (LAT)

IWF MEDICAL COMMITTEE

Ahmed Hassan AL AHMARI (KSA)
Victor CARPIO (PER)
Lisimoni KAMI (AUS)
Yu Mi KIM (PRK)
Wutichai ISARA (THA)
Wei LI (CHN)
Seza TCHOBANIAN (LBN)

IWF DEVELOPMENT & EDUCATION COMMISSION

Paula ARANDA (USA)
Bo MENG (CHN)
Kevin DU PLOOY (RSA)
Alex PADURE (ROU)
Vahid RABIEI (IRI)

IWF GENDER EQUITY COMMISSION

Abdul ALADI (NGR)
Delmis RODRIGUEZ PARGAS (CUB)
Brunella MAURICCI (PER)
Wafaa MOUSSA (EGY)
Zukhra ABDULLAEVA (UZB)

IWF GOVERNANCE COMMISSION

Craig WALKER (CAN)
Khalid NABINA (QAT)

The Chairs and appointed members of these Committees and Commissions, to be approved by the Executive Board, will be announced at a later stage. Following the conclusion of the Electoral Congress, the first meeting of the 2025-2029 IWF Executive Board took place and approved, in accordance with the IWF Constitution, the appointment of two additional members, with full voting rights: Ms Doris Marrero (VEN) and Mr Mohamed Ahmed Abdelmaksoud (EGY).



The 2025-2029 IWF Executive Board

INTERVIEW

Mohammed Jalood: “The future is definitively very bright!”

After his first three years at the helm of the International Weightlifting Federation, Mohammed Jalood was re-elected President for the period 2025-2029, at the Electoral Congress in Riyadh, the vibrant Saudi capital.

In an impressive demonstration of unity, Mr Jalood, who ran unopposed, received 168 votes from the delegates participating in the Assembly, both in-person and online.

After the successful presidential choice, the Congress elected the remaining members of the Executive Board for the upcoming four-year period, a mix of continuity and renovation for a body that will drive our International Federation during the Olympic cycle comprising the Los Angeles 2028 Games and the future decisions concerning the place of weightlifting in the Olympic programme.

One day after his achievement, we spoke with the IWF President about the present and, most importantly, about the priorities for the years to come.

Mr President, congratulations on your re-election! What are your feelings after this successful Congress here in Riyadh?

I am of course very happy and honoured to have received this level of trust and confidence from the National Federations. This is also their victory, the victory of the IWF uniting around common goals – to develop our beloved sport and to reinforce the value and exposure of weightlifting in the Olympic Movement.

After three years of profound and structural changes, we arrived in 2025 in a stronger position, both internally and within the international sports environment. Therefore, the vote of the Congress here in Riyadh was also recognition of the immense work that has been done by the IWF family and is the latest step on our journey of realising the full potential of weightlifting and the IWF.

You said on many occasions that we cannot rest on our laurels. Was this also the message of this Congress?

Absolutely! This is an endless mission. We can only achieve it if we remain united and committed to our common cause: to serve the sport of weightlifting, its athletes, coaches and officials across all five continents. We have a responsibility to provide a fair, clean and inclusive environment for them to compete at their very best.

Our recent past was unfortunately marked by many challenges related to good governance and anti-doping. We have addressed these essential matters, thanks to the unrelenting and coordinated efforts of our previous Executive Board and National Federations around the world. We knew what needed to be changed and we changed it.

Read more [here](#)



IWF IN RIYADH

Last meeting of the 2022-2025 IWF Executive Board

One day before the 2025 IWF Electoral Congress in Riyadh (KSA), the last meeting of the 2022-2025 Executive Board took place in the Saudi capital. In the two-hour gathering, the IWF President Mohammed Jalood heartfully thanked his colleagues for the “*extraordinary work and unity*” during the three-year term. “*This Board literally saved our Sport and fought hard to keep weightlifting in the Olympic programme. I am very proud to lead such a fantastic team, with such a motivation, dedication and true passion for our Sport,*” Mr Jalood also stated.

Special thanks were addressed to IWF General Secretary Antonio Urso, and members Sam Coffa (also Chair of the Technical Committee) and Fathi Masmoudi, who will not be candidates to any future position within the IWF structure. “*Their contribution has been outstanding and they will be forever part of our family!*” the IWF President stated.

Mr Urso, also on an emotional tone, then took the floor and praised the “*intense, rewarding and joyful years with so many friends and true supporters of Weightlifting. I will take you forever in my heart,*” confessed the outgoing IWF General Secretary.

After being greeted by the host of the IWF presence in Riyadh – “*I want you all to feel at home in Saudi Arabia – my team and I will make our best to offer you and all delegates to the Congress the best possible conditions,*” said IWF EB Member and President of Saudi Arabia Weightlifting Federation Mohammed Al-Harbi -, the EB proceeded with the discussions of the agenda items.

They included the approval of the Membership Commission’s recommendation on the status of some National Federations, the ratification of the external and independent audit of the 2024 Financial Statements, the discussion on the Electoral Congress procedures, and the update on the celebrations of the IWF’s 120th anniversary.

The IWF President also briefed the Board about his recent visit to Turkmenistan, where he had the opportunity to meet with the President of the country, Mr Serdar Berdimuhamedow. In a very “*constructive dialogue*” between the two dignitaries, the Head of State emphasised his nation’s passion for weightlifting.

Read more [here](#)



IWF President meeting Turkmenistan's authorities, namely the President of the country, Mr Serdar Berdimuhamedow (on the left)



Last meeting of the 2022-2025 IWF Executive Board

IWF WORLD YOUTH & JUNIOR CHAMPIONSHIPS

Lima, Review: Many 'firsts' and new countries shining at the highest level in Peru

There were plenty of 'firsts' at the 2025 World Youth and Junior Championships, which ended in Lima, Peru on May 5.

This was the first time two age group World Championships were staged at the same time, an impressive effort by the Peruvian hosts who opened up for first weigh-in before 07.00 and closed the doors after the final lift close to midnight on the busiest days.

It was also the first time since 2016 that a World Juniors featured athletes from China, PRK and Russia, three of the strongest weightlifting nations. The 13 athletes from Russia competed as Individual Neutral Athletes, as did four from Belarus.

China's women excelled, yet again. The winners at 64kg and 55kg, Yang Liuyue and Wei Tingna, were the top two Junior performers on Sinclair points, and Wei Tingna was the best Youth points scorer when she won at 71kg. PRK's Kim Jong Yu was another outstanding performer in winning the women's Junior 81kg title.

Russia arguably had cause to be at least as happy with its results as China and PRK. Ten of the 13 Russian neutrals were youths, and only one of them failed to win at least one medal. Two of the three juniors also won medals.

All six of the Russian youth women were aged 15 or 16 and one of them, Varvara Kuzminova, looks sure to be a high achiever in the future. Kuzminova was second in the Juniors as well as winning the Youth title at 76kg, setting snatch and total world records in making 108-127-235.

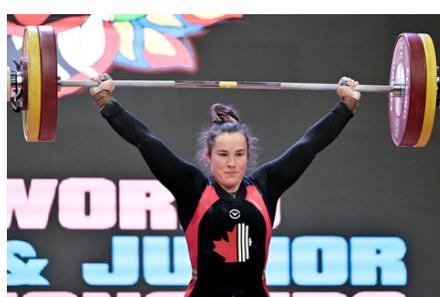
"My congratulations to the athletes and coaches of the team on their excellent performance," said Dmitry Vasilenko, president of the Russian Weightlifting Federation, who was happy to have his athletes back on the international stage for the first time since 2021.

"I would like to thank the IWF leadership, and personally President Jalood, for their assistance in returning our athletes to the international arena. Special praise goes to the organisers of the competition, who warmly welcomed us and created a favourable atmosphere throughout our stay in Lima."

The next international outing for the young Russians will be the European Youth Championships in Madrid in July, when Kuzminova will be one of the top attractions.

Among other 'firsts' was the sight of athletes from Canada and New Zealand both standing on the podium above an athlete from China. It happened in the Junior women's 71kg, won for the second time by Charlotte Simoneau from Canada, who continues to improve. Olivia Selemaia was second, the outstanding result of a highly successful week for New Zealand.

Read more [here](#)



Top row (from left to right): Varvara Kuzminova (AIN), Matheus Pessanha (BRA) and Wei Tingna (CHN)
Bottom row (from left to right): Danu Secieru (MDA), Charlotte Simoneau (CAN) and Nehemiah Elder (FIJ)

IWF/ITA Clean Sport Seminar gathers 100 participants of the Worlds in Lima!

On the third day of the IWF World Youth and Junior Championships, the IWF/ITA Clean Sport Seminar took place in Lima, Peru, with the attendance of around 100 participants in the event. As usual, this gathering was animated by an ITA Ambassador, Thais Cevada, a former international-level gymnast for Brazil. The IWF President Mohammed Jalood addressed the attendees with the opening speech, highlighting the importance of this kind of initiative to *“decisively help in the reputation and credibility of our Sport”*.

“In the past, our doping record was a real problem for weightlifting and we were at risk of losing our presence in the Games. Today, everything changed and thanks to the very fruitful co-operation with the International Testing Agency, we are proud to say that we are a clean sport!” added Mr Jalood.

On behalf of the Organising Committee of the Championships, José Quiñones, President of the Pan-American Weightlifting Federation, also thanked the athletes and respective support personnel for their presence and support to this initiative. *“Many of the future world and Olympic champions are competing these days in Lima, so the sooner you are aware of these issues, the better!”*

Antonio Urso, IWF General Secretary, then briefed the participants on a short historical summary about the origins and people behind the development and introduction of doping – *“the prohibited substances were originally aimed at medical use only, but were quickly ‘deviated’ to an illicit use”* -, as well as the main international scandals related with the use of these methods. *“Being part of the world of Sport is a unique privilege. So, everyone involved should actively defend his/her sport. You are young athletes, you are the future of weightlifting, so please always bear in mind that performance should never be associated with medicine – performance is training, training, and training!”* declared Mr Urso.

Read more [here](#)



IWF President Mohammed Jalood, IWF General Secretary Antonio Urso, and IWF Athletes Commission Chair Forrester Osei addressing the attendees at the Seminar

Update on IWF Bodyweight Categories

Following the recent decision of the IOC to include five (5) Women's and five (5) Men's Bodyweight Categories for the Olympic Games Los Angeles 2028, the Men's 98kg BW Category has been adjusted to 94kg. This change is intended to prevent significant gaps between the (soon to be selected) five (5) Olympic Men's Bodyweight Categories. With this adjustment, the five (5) categories will be more evenly distributed, ensuring a fairer and safer qualification for all athletes for LA28. Please note that the proposal has been endorsed by the IWF Executive Board, IWF Technical Committee and the IWF Athletes' Commission. The Women's Bodyweight categories remain as previously announced.

Based on the above, the IWF bodyweight categories are as follows:

SENIOR / JUNIOR

WOMEN (8) / 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg

MEN (8) / 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, 110kg, +110kg

YOUTH

WOMEN (8) / 44kg, 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, +77kg

MEN (8) / 56kg, 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, +94kg

The new bodyweight categories will enter into force on June 1, 2025.

Asian Championships: 'Beautiful memories' for Rahmat Erwin, agony for Olympic champion Rizki – and China wins 57 medals

Rahmat Erwin said farewell to the outgoing body weight categories with a memorable performance at the Asian Championships in Jiangshan, China, where he set his fifth 73kg clean and jerk world record in 30 months. His Indonesia team-mate Rizki Juniansyah, the Olympic 73kg champion, was beaten by a newcomer from China when he moved up to 81kg and failed to make his final attempt after tearing the skin on both thumbs. While Erwin was the only world record breaker in the men's events, China and PRK collectively claimed seven world records in the women's categories.

When Yang Qiuxia bettered Angie Palacios' 71kg snatch mark, she ensured that every female world record holder in the "old" categories, which will cease to exist on May 31, is from China or PRK. China won 57 medals in Jiangshan, far more than any other nation.

Erwin, a multiple world and continental champion, was sensationally beaten by Rizki in the final qualifying event for the Olympic Games just over a year ago. Rizki won gold in Paris while Erwin stayed at home. In Jiangshan, Erwin declined his third snatch, then bettered his own world record of 204kg when he made all three clean and jerks. In his five good lifts he made 155-205-360 to register the best Sinclair points score of the Championships on 486.3.

His father and coach Erwin Abdullah told Indonesian media that there had been "so many bittersweet memories" during 16 competitions at 73kg over a period of six and a half years.

"But this is one we will never forget," Abdullah said. *"We have beautiful memories of May 2025. Now we move on to a new weight category."* Whether that will be down to 71kg or up to 79kg is to be decided.

Erwin weighed 72.75kg in Jiangshan, and Rizki 79.66kg. Rizki had finished second in his only other competition at 81kg three years ago at the South East Asian Games, where Erwin won 73kg gold. This week Rizki was second again, behind the international debutant Luo Chongyang, who missed two snatches in making 162-100-362. Rizki tore calluses on both thumbs on his second clean and jerk at 190kg, according to his coach Triyatno. He was in so much pain he could not complete his final attempt at 202kg, which would have given him victory. Another Olympic champion, Liu Huanhua from China, won by a wide margin at 102kg. Artyom Antropov from Kazakhstan, who won the world title in Liu's absence last December, was 15kg behind at halfway and could not make a contest of it. Liu finished 180-230-410 and Antropov 165-221-386.

Read more [here](#)



Rahmat Erwin (INA) and Yang Qiuxia (CHN)