

IWF WORLD CHAMPIONSHIPS Forde (NOR) - October 2-11, 2025

Women's Preview: Olympic champion Solfrid Koanda aims to put on a show fit for a king in "party town"



Solfrid Koanda (NOR, top) and Ri Suk (PRK)

All five of PRK's female champions from last year are capable of setting world records at the 2025 IWF World Championships in Forde, Norway which run from October 2-11.

This is the first global competition since new weight categories were introduced in June, and there is a good chance that world standards will be bettered on most days.

The PRK women's team had two record-breakers at last year's World Championships in Bahrain and there could be more this time in the five lightest categories from Ri Song Gum at 48kg, Kang Hyon Gyong at 53kg, Kim Il Gyong at 58kg, Ri Suk at 63kg and Song Kuk Hyang, who drops down to 69kg.

So far only one female athlete has made world records since June – the American Olympic gold medallist Olivia Reeves at 69kg at the Pan American Championships. Reeves could repeat the feat when she moves up for the first time to 77kg in Forde, a weight at which there is no entry from PRK.

Whatever Reeves and the Koreans do in the first week, the highlight for the host nation – and its reigning monarch – is day eight when all eyes in Forde will be on Norway's Olympic champion Solfrid Koanda.

Koanda is clear favourite at 86kg. She has won eight of her past nine competitions (the only blip was a bombout at the 2023 World Championships), and when she won at 81kg in Paris last summer she became the first European woman to claim Olympic gold in a weight category higher than 80kg.

To win in style with world records would be extra special. King Harald V, who competed at the Olympic Games three times in sailing, will be in the 1,700-capacity auditorium to watch Koanda.

"It's a great honour that the King has chosen to come – it shows that our sport is being taken seriously," said Koanda, who has been training hard in Germany during her preparations. *"I've already had the honour of meeting the King a couple of times, and I'm really excited to compete with him present."*

Read more [here](#)

IWF WORLD CHAMPIONSHIPS

Forde (NOR) - October 2-11, 2025

Men's Preview: Three Olympic champions in one session – and world records will surely follow

Olympic champions from three different Games at three different weights will compete against each other at the IWF World Championships in Forde, Norway, which run from October 2-11.

Kianoush Rostami, who won at 85kg in Rio nine years ago, the Tokyo 96kg champion Meso Hassona, and the Paris 89kg winner Karlos Nasar are all in the A Group of the new 94kg category on October 9.

Nasar is 21 and has set more than 20 world records in the past two and a half years, during which time he has had seven major victories. Meso, from Qatar, is 27 and looking for improvement after a surprise bombout in Paris. Rostami won for Iran in Rio and is now making his debut for Kosovo at the age of 34 – his first international appearance in more than two years.

When he won his third European title in Moldova in April, Nasar was lifting in the old 96kg category but he weighed less than 94kg. He made 188-229-417, which would be enough for a sweep of world records in the new category by margins of 6kg in snatch, 7kg in clean and jerk and 20kg on total.

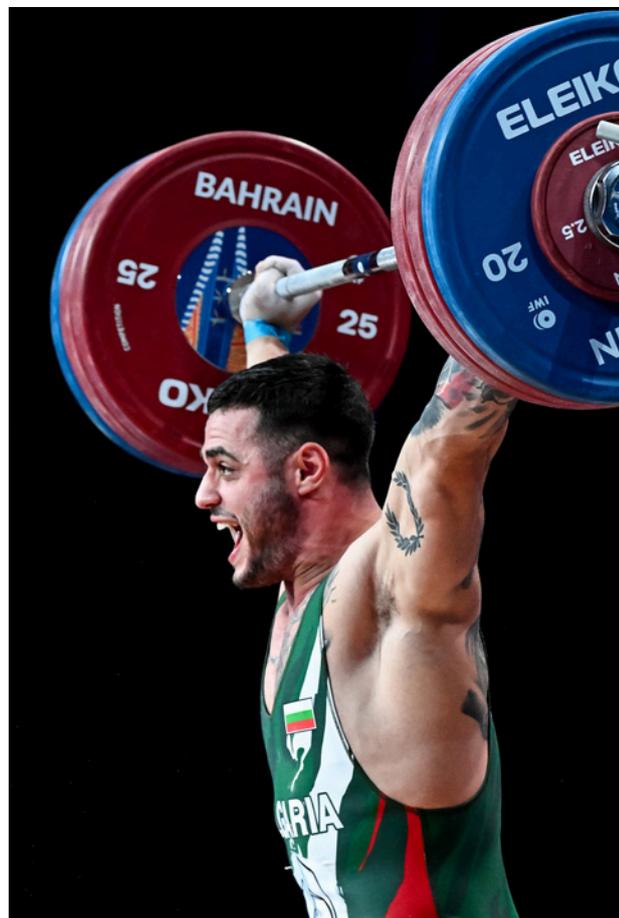
If Meso and Rostami can get within 15kg of Nasar it will be an achievement. Their respective career-best totals of 404kg and 403kg were made when they weighed about 96kg.

There are six Olympic champions in Forde, a good turnout given that none of China's many winners at Rio, Tokyo and Paris will be there. They have either retired or are not entered during their preparations for the China National Games in November.

There is another contest between Olympic champions at 110kg, this time both from the same country. Ruslan Nurudinov, the 33-year-old Rio 2016 winner at 105kg, goes head to head with his Uzbekistan team-mate Akbar Djuraev, the Tokyo 109kg gold medallist who is eight years younger. Nurudinov was struggling with a back injury and talking of retirement 18 months ago, but he returned to his best at the World Championships in Bahrain last December. His 242kg clean and jerk world record left him 20kg clear of his nearest rival.

Djuraev has competed only once since finishing second to Liu Huanhua in Paris, where he missed his last two clean and jerks. He has been in world record form in training, and the world standards of 195-237-427 look beatable by both men.

The sixth Olympic champion in Forde is Rizki Juniansyah, who also takes on a team-mate at 79kg.



Karlos Nasar (BUL, top) and Rizki Juniansyah (INA)

Read more [here](#)

OLYMPIC GAMES LOS ANGELES 2028

IOC approves two additional bodyweight categories for LA2028

The IWF is pleased to announce that the IOC Executive Board approved the inclusion of two additional bodyweight categories (one for men and one for women) in the programme of the 2028 Los Angeles Olympic Games.

This significant and important decision follows the recommendation of the Olympic Programme Commission and the request of our International Federation. Moreover, the quota of 120 lifters (60 men and 60 women) remains unchanged – these athletes will therefore compete in 12 bodyweight categories (six per gender), with a total of 10 weightlifters per event. Finally, these two additional categories will be incorporated in the number of sessions and days previously established for these Games (the weightlifting competition in Los Angeles will be held in five days, from July 25-29, 2028).

This improvement in the programme was essentially requested by the IWF Athletes Commission, and of course supported by the IWF leadership. The lifters' representatives estimated that a higher number of bodyweight categories would provide a more balanced gap between each of them, thus minimising the possible health impact and injury risk on the athletes.

“The IOC has positively taken into account our important arguments and we are extremely happy with this step forward. We will definitively deliver a more exciting programme in Los Angeles and our athletes' community receives this news with immense satisfaction. I would like to extend my gratitude and appreciation to the IOC Executive Board, the IOC Olympic Programme Commission, the IOC Sports Department, and of course to the Organisers of the Los Angeles Games. Together with the IWF teams, we could improve the IWF presence in the event, thus meeting also the expectations of the protagonists of our Sport. In less than three years, the world will celebrate a great Olympic show in Los Angeles and we are very excited to be part of that success,” considered the IWF President Mohammed Jalood. The IWF will now have until the end of 2025 to define the six categories for both men and women to be contested at the 2028 Olympic Games.

IWF delegation visits Los Angeles to discuss the Olympic Games 2028

An IWF delegation was recently in Los Angeles to meet the Organising Committee of the Olympic Games 2028 and to discuss about the preparation of the weightlifting event. The group included the two IWF Technical Delegates to the competition, Ursula Papandrea (IWF First Vice-President) and Matthew Curtain (IWF Executive Board member), and also the IWF CEO Achilleas Tsogas.

With less than three years for the start of the Games – the Opening Ceremony is scheduled to take place on July 14, 2028 – and coinciding with the IOC announcement that two additional bodyweight categories will be on the programme for the weightlifting event, the IWF representatives had the opportunity to visit the proposed venue for the IWF, the Peacock Theater.

This prestigious location hosts the annual most prestigious cultural events in Los Angeles, including the famous Emmy Awards Gala.

Located in the city downtown, it will be a privileged scenario for the outstanding performances of the 120 lifters who will compete at the Olympics.

The IWF delegation was also briefed about the transportation plan at the Games' time and could visit the hotels that are being proposed for the IWF family.

The next steps related with the sports programme will be the definition of the six bodyweight categories for both men and women, and the establishment of the Olympic Qualification System, in close co-operation with the IOC.



From left to right: Achilleas Tsogas (IWF CEO), Niccolo Campriani (LA2028 Sports Director), Ursula Papandrea (IWF First Vice-President and Technical Delegate), and Matthew Curtain (IWF EB Member and Technical Delegate)



Inside the Peacock Theater

IWF President meets HH Prince Bin Jalawi in Saudi Arabia

The IWF President Mohammed Jalood met with His Highness Prince Fahd bin Jalawi bin Abdulaziz bin Musaed, Vice President of the Saudi Olympic and Paralympic Committee, on the sidelines of the IWF President's attendance at the Crown Prince Camel Festival in Taif (Saudi Arabia). The meeting was also attended by the IWF General Secretary José Quiñones and by the IWF Vice-President and President of the Saudi Weightlifting Federation, Mohammed Al-Harbi.

During the meeting, the discussions were focused on the ways of joint co-operation between the Saudi Olympic Committee and the International Weightlifting Federation, as well as the distinguished relationship between the Kingdom and the IWF, and the appointment of His Royal Highness Prince Abdulaziz bin Turki Al-Faisal as Honorary President of the IWF during the Kingdom's hosting of the IWF General Assembly and the IWF World Championships in Saudi Arabia.

Programmes for developing the sport and enhancing its presence locally and internationally were also discussed.

The two sides affirmed their commitment to continuing communication and joint work to contribute to serving the sport of weightlifting and expanding its practitioner base.

Saudi Arabia has been a successful host of major IWF events in recent years, including the 2021 IWF World Youth Championships in Jeddah, the 2023 IWF World Championships and 2025 IWF Electoral Congress, both in its vibrant capital Riyadh.



IWF President Mohammed Jalood and HH Prince Fahd bin Jalawi bin Abdulaziz bin Musaed

COMMONWEALTH CHAMPIONSHIPS

Tokyo Olympic champion Charron on her way to Glasgow after comeback win – but unsure about LA 2028

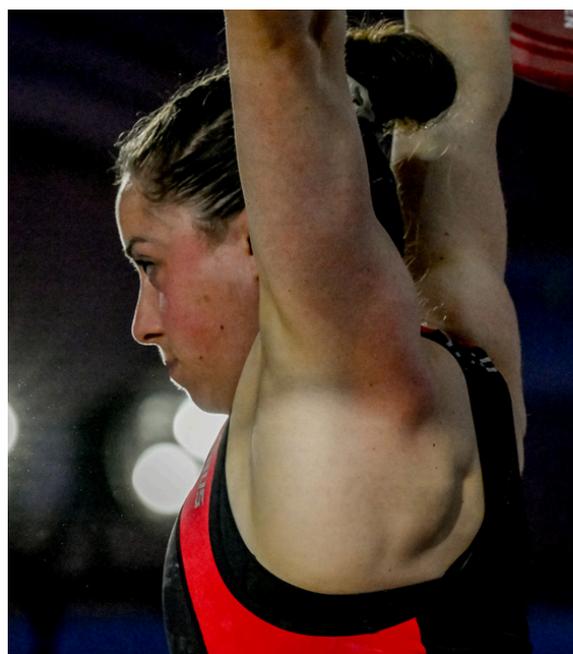
Five female Olympians, including the Tokyo 2020 champion Maude Charron from Canada, were among the winners at the Commonwealth Championships in Ahmedabad, India.

India won 16 medals in the seniors, and dominated the junior and youth championships too. Other nations with cause to celebrate included Nigeria, Samoa and Australia.

All the winners qualified direct to the Glasgow 2026 Commonwealth Games. That has long been a target for Charron, who won a silver medal in Paris to add to her Tokyo gold – but beyond that she is not sure.

“I went through many questions about my future in sport after Paris,” Charron said. *“I didn’t know if I had another quad in me and I still don’t know if I do. I’m 32 years old now and I feel it. My body hurts and it’s taking longer to recover between trainings.”*

“I did some gymnastics after Paris, some mountain biking and rock climbing.”



Maude Charron (CAN)

Read more [here](#)