

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

Big stars and local heroes – the mix that made Forde a World Championships to remember

Olympic champions Rizki Juniansyah and Karlos Nasar helped to make the 2025 World Championships in Forde, Norway, an event to remember.

So did the four male silver medallists in Paris who won in Forde – Weeraphon Wichuma, Yeison Lopez, Akbar Djuraev and Varazdat Lalayan. Those six champions now hold eight world records between them. In total there were 40 world records in Forde.

Another highlight was seeing Jon Mau from Germany back on the platform after cancer. He underwent six months of chemotherapy during his absence.

The female stars were Solfrid Koanda, Olivia Reeves and PRK's team of record-breaking champions. Plus another woman, an unknown resident of Forde who, by her actions, was representing not a national team but a town with a population of little more than 10,000.

Halfway through the Championships two members of a visiting team met while one, a coach, was walking away from the Fordehuset venue and the other was walking towards it.

They stopped to chat on the pavement, in a language not native to Norway, when the woman walked past. After a few seconds she turned back and approached the two, smiling. "Welcome to Forde," she said in English, before walking off again.

That sort of welcome was experienced by more than 1,000 people who descended with their teams on the smallest town ever to host the competition. The next host city, Ningbo in China, is a thousand times bigger than Forde at 10 million.

The "welcome to Forde" woman showed that what happened off the platform was as important as what happened on it in making 2025 a special Championships.

Hundreds of people from Forde and the wider Sunnfjord area volunteered to help extend that welcome personally – as drivers, stewards and in a host of other roles. They were as helpful and, it seemed, as numerous as the volunteers at an Olympic Games.

Read more [here](#)



Akbar Djuraev (UZB) and Olivia Reeves (USA)

IWF WORLD CHAMPIONSHIPS

News from Forde

IWF Executive Board successfully meets before the Worlds in Forde (NOR)

Under the leadership of IWF President Mohammed Jalood, the IWF held its Executive Board meeting in Forde (NOR) with the occasion of the 2025 IWF World Championships, taking place from October 2-11.

Among the main decisions and discussions during the two-day gathering, we can include the update of the IWF By-laws, the successful implementation and delivery of the first cards to coaches under the International Coaching Licence programme, the finalisation of the eight-year agreement with sport apparel manufacturer SBD, the organisation of a World Cup event in 2026 in Samoa, the confirmation of the 2026 IWF World Youth Championships to be held in Bogota (COL), the update on the qualification system for the Olympic Games Los Angeles 2028, the choice of Sole Suppliers for LA 2028 (Eleiko) and YOG Dakar 2026 (ZKC), the approval of a 'Host Bidding Procedure' for the IWF events, the preparation status of upcoming IWF events (IWF World Championships 2026 in Ningbo, China; IWF Junior World Championships in Ismailia, Egypt; and 2027 IWF World Youth Championships in Asuncion, Paraguay), and the presentation of a detailed report about the current 'Digital Transformation' project.

At the beginning of the meeting, Stian Grimseth, president of the Norwegian Weightlifting Federation and also of the Organising Committee of the World Championships welcomed the entire IWF family in Forde and ensured that everything is in place "for a great and memorable edition" of the IWF showcase. "I know Forde is a small city, but all participants in this event will surely live an unforgettable experience," declared Grimseth.

Read more [here](#)



The first cards of the International Coaching Licence (ICL) programme were delivered – From left to right: José Quiñones (IWF General Secretary), Mohammed Jalood (IWF President), Mohammed Al-Harbi (IWF Vice-President and Saudi Arabia WL Federation President), and Colin Buckley (ICL manager)

IWF/ITA Clean Sport Seminar gathers 100 participants

At the beginning of the third day of action at the IWF World Championships in Forde (NOR), about 100 participants in the event attended the IWF/ITA Clean Sport Seminar, staged in co-operation with the International Testing Agency.

The gathering, aimed at briefing athletes and support personnel about the anti-doping rules and procedures, was open by the IWF President Mohammed Jalood, who underlined the importance of this matter.

Thais Cevada, an ITA Ambassador, then lectured the Seminar, providing insights on several aspects related with anti-doping strategies.

The one-hour meeting was closed by the IWF General Secretary José Quiñones.

After this initiative, an IWF/ITA educational booth was at the disposal of all those taking part in the Championships, at the competition venue.



2025 WORLD WEIGHTLIFTING DAY - October 16

Celebrating 120 years of strength and community

The IWF marked on October 16 the World Weightlifting Day, celebrating the people and passion that have shaped the sport for more than a century, while looking ahead to a new era of growth and success.

This year's celebration came just days after a record-breaking IWF World Championships in Forde, Norway (2-11 October 2025), where nearly 500 athletes from 87 nations set 40 new world records. The Championships brought together athletes, fans and volunteers from across the world, filling the 1,700-seat arena with an electric atmosphere. The local community played a key role, with hundreds of Sunnfjord volunteers helping deliver a world-class event. His Majesty King Harald V of Norway also attended the Championships alongside members of the weightlifting community around the world.

Fan engagement around the Championships reached unprecedented levels, showing the sport's growing global following, especially among younger audiences.

"The strength of weightlifting has always been its people – athletes, coaches, officials and fans united by a shared love and respect. As we celebrate World Weightlifting Day in the 120th year of our Federation, we reflect on incredible moments like those in Forde, but also look ahead. The record-breaking Championships and the unity we saw show the positive direction our sport is moving in. As we prepare for future competitions and the LA 2028 Olympic Games, we remain committed to using weightlifting to bring people together and inspire communities around the world," said the IWF President Mohammed Jalood.

Forde offered moments that captured the very best of weightlifting. Solfrid Koanda of Norway, once an electrician, lifted her way to a world title on home soil, now holding the title of both Olympic and world champion. Germany's Jon Mau made a courageous return to international competition after undergoing six months of chemotherapy, while Kolbi Ferguson of the USA, a former American football player, showcased weightlifting's growing diversity and appeal. PRK topped the medal standings, and emerging nations across all continents demonstrated exciting progress.

This year's World Weightlifting Day carries extra meaning as the IWF marks its 120th anniversary, honouring the pioneering nations that founded the Federation in 1905 in Germany. To commemorate this milestone, the IWF is releasing a commemorative digital publication ("**IWF: Raising the Bar Together since 1905**") celebrating the sport's rich history and the athletes who have defined it ([you can read it here](#))

The celebration also follows the International Olympic Committee's confirmation of two additional bodyweight categories for weightlifting at the Los Angeles 2028 Olympic Games – ensuring twelve medal events for 120 athletes (60 men and 60 women) competing across five days.

The 2025 World Weightlifting Day is therefore the best moment for the IWF to celebrate a rich history, some recent brilliant milestones, but fundamentally a way to look into a bright and promising future for the millions of people involved with our Sport in the five continents!



IWF discusses Olympic and Weightlifting future in Lausanne

The IWF leadership was recently in Lausanne (SUI) for a series of activities, including the IF Forum, the IOC “Fit for the Future” workshop, and a meeting with the IOC Sports Department. From October 27-29, IWF General Secretary José Quiñones and IWF CEO Achilleas Tsogas were present in the IF Forum, whereby International Federations high-level representatives were invited to discuss and exchange ideas about relevant topics in the Sport movement.

After an inspirational welcome message from the IOC President Kirsty Coventry, attendees to the Forum had the opportunity to reflect on areas such as sponsoring, women’s representation, sport and science, city-host experiences and challenges, athletes’ expectations, or a presentation on the final stages of readiness of the 2026 Winter Olympic Games in Milano-Cortina (ITA). On October 30, Mr Quiñones was accompanied by the IWF President Mohammed Jalood in the “Fit for the Future” workshop, staged and promoted by the IOC.

Finally, Mr Jalood, Mr Quiñones and Mr Tsogas were on October 31 in the Olympic House, where they met the IOC Sports Director Pierre Ducrey. The fruitful encounter focused on IWF’s vision for the enhancement of Weightlifting in the years to come, in terms of sports competition innovative formats.



*Top: IOC President Kirsty Coventry opening the IF Forum;
Bottom: IWF President Mohammed Jalood and IWF General Secretary José Quiñones at the Olympic House*

Read more [here](#)

IWF appoints SBD Apparel as the Official Supplier of the Weightlifting Costume



The IWF is pleased to announce the appointment of SBD Apparel as the Official Supplier of the Weightlifting Costume. This designation marks an expansion of the strong partnership between the IWF and SBD, reflecting a shared commitment to excellence in supporting the global weightlifting community.

Under this agreement, SBD Apparel will provide officially licensed weightlifting costumes designed to meet the highest standards of performance, quality, and regulatory compliance. The new SBD weightlifting costumes are available for purchase worldwide since 14 October 2025.

Manufactured in Great Britain, the SBD weightlifting costume has been developed through extensive research and collaboration with elite athletes, ensuring exceptional fit, durability, and comfort for use in both training and international competition.

Read more [here](#)