

IWF NEWS

IWF and FIBA together for a weightlifting activation campaign at the 3×3 World Tour Final in Manama

A successful weightlifting activation campaign took place on November 21-22 in Manama, the vibrant capital of Bahrain, during the FIBA 3×3 World Tour Final. Many stars and top lifters from the region (Bahrain, Kuwait, Saudi Arabia and United Arab Emirates) were involved in this promotional action, brilliantly organised by the Bahrain Weightlifting Federation.

Throughout the event, local lifters were able to train in the fan-zone of the FIBA competition, showcasing the sport to the fans leading up to the 3×3 finals on November 21-22. During those two days, an exhibition competition was held, in a new mixed gender team event.

Present in Manama, the IWF First Vice-President Ursula Papandrea represented our International Federation, while IWF Athletes Commission Chair Forrester Osei was an enthusiastic MC of the weightlifting activities. In the spirit of 3×3 competition, three platforms were available, and the teams also comprised three athletes. The exhibition attracted the attention of many fans with crowds gathering around the fan-zone to watch the lifters.

On November 22, on the FIBA 3X3 court and broadcasted globally, there was a “field of play” activation of our sport featuring Forrester Osei and Bahrain’s Paris 2024 Olympic bronze medallist Gor Minasyan, holder of the second heaviest snatch in weightlifting history, teaching fans how to master this movement!

Bahrain’s young stars Ingrid Segura, Jhon Lopez, and Adrian Granja, recent medallists at the Asian Youth Games, World Championships, and Islamic Solidarity Games, were also on the court throwing team Bahrain jerseys to the fans and interacting with them during the finals.

At the end of the weightlifting exhibition, a medal ceremony at the fan-zone (fully branded with the IWF, 3×3, and BRN WF logos) was held.

After this event, Eshaq Ebrahim Eshaq, President of the Bahrain Weightlifting Federation and IWF Executive Board Delegate, was naturally a happy man: *“This was an exciting opportunity for our sport as we had the occasion to present a very successful and innovative event. We hope to build on this for future mixed team, mixed gender events in urban settings that can bring our sport closer to the fans,”* Mr Eshaq said.

Read more [here](#)



Photo (left): athletes and organisers of the Manama event, including Eshaq Ebrahim Eshaq (BRN WL Federation President), Ursula Papandrea (IWF First Vice-President), and Forrester Osei (IWF Athletes Commission Chair); **Photo (right):** Gor Minasyan (BRN) with a young fan on the court

IWF visits and donates memorabilia to the 'Weightlifting Museum' in Dongguan (CHN)

In two separate visits, the IWF General Secretary José Quiñones and the IWF Executive Board Member Matthew Curtain first, and then the IWF President Mohammed Jalood and IWF Vice-President Mohammed Al-Harbi were recently in Shilong, Dongguan, China, where they had the opportunity to visit and donate some souvenirs to the 'Weightlifting Museum'. The visit coincided with the start of the weightlifting competition in the 15th edition of the National Games, being held in Guangdong, Hong Kong and Macau.

The first IWF delegation was warmly welcomed by the Museum responsible, and the tour started with a cultural moment, whereby Mr Quiñones and Mr Curtain enjoyed the traditional dragon dance and were able to beat the Xinchang drum, an important artifact of the local culture.

During this reception, the IWF General Secretary donated a costume from the Colombian team – signed by Luis Mosquera (three Olympic participations, and two medals), and Yeison Lopez (silver medallist in Paris 2024), as well as a jacket that was part of the ITO's casual uniform at the 2025 IWF World Junior and Youth Championships in Lima (PER). Mr Curtain gave a framed British team costume, used at the Tokyo 2020 Olympics and signed by the country's top lifters.

The two IWF officials highlighted the importance of having this institution in Dongguan, underlining that it certainly attracts many weightlifting fans in the region, but also from other parts of China. They praised the contribution of Chinese weightlifting to the successful history of the IWF and praised the local authorities for their outstanding work in preserving such an important sport heritage.

Read more [here](#) and [here](#)



Top photo: Donation Ceremony at the 'Weightlifting Museum' with the IWF President Mohammed Jalood (fourth from the right), and IWF Vice-Presidents Chengliang Liu (in the middle) and Mohammed Al-Harbi (third from the right); **Bottom photo:** Mr Matthew Curtain, IWF EB Member (second from the left) and Mr José Quiñones, IWF General Secretary (third from the left) visiting the 'Weightlifting Museum'

AI Engagement Forum 2025: a learning experience for the IWF

The IWF General Secretary José Quiñones and the IWF CEO Achilleas Tsogas attended in Lausanne (SUI) the "Olympic Movement AI Engagement Forum 2025", an initiative organised by the IOC and aimed at discussing the AI applications to the world of sports.

During the two-day seminar, opened by the IOC President Kirsty Coventry, experts in different areas briefed the attendees on how Artificial Intelligence technologies can facilitate the work and procedures in areas such as: Talent Development, Coaching, Training and Performance Analysis, Injury and Illness Management and Prevention, Online Abuse Protection and Mental Wellbeing, Judging and Refereeing, and Anti-Doping.

Case studies were also presented, highlighting what some universities in the world are developing and what various stakeholders of the Olympic Movement are using in their internal functioning.

"This was a very useful and necessary initiative. We had high-level experts here who could provide many answers to the questions we all have about AI. When new technologies are available, there are always many doubts and some skepticism, but in this case I am sure we can use AI for the benefit of our sport and of our athletes. The IWF has a rich history of 120 years, but we are always keen to learn and move forward – by exchanging ideas with other protagonists of the Olympic Movement, we can definitively progress together in the right direction," considered Mr Quiñones after the conclusion of the Forum.

Asian YG and European Juniors: Champions excel for Kazakhstan, China, PRK and Armenia – and gold for hosts Bahrain and Albania

Nine teenagers from eight nations made youth world records at the Asian Youth Games in Bahrain and the European Junior Championships in Durres, Albania. Because the competition was of such high quality in Bahrain – 57 world and Asian youth records – four of the nine had to settle for silver medals and will not see their names in the record books. Only those whose records stand at the end of a session are recognised as world record holders.

The Youth Games featured outstanding performances by athletes representing Kazakhstan, China, PRK, Bahrain and Uzbekistan. China won nine gold medals, Uzbekistan seven, PRK six, Kazakhstan three and Bahrain two. Medals were awarded in snatch and clean and jerk, but not on total.

Two of the youngest stars, Hu Wenxun in the women's super-heavyweights and Nurzhan Zhumabay in the men's 79kg, had their 15th birthdays only a few weeks ago. Zhumabay was awarded his clean and jerk silver medal by the world and Olympic champion Karlos Nasar, who was a special guest at the event.

"He came to present medals and encourage the young athletes, and they were very excited to see him," said Eshaq Ebrahim Eshaq, president of the Bahrain Weightlifting Federation.

Read more [here](#)



Jhon Lopez (BRN)

Islamic Solidarity Games: World records for Younes, landmark women's gold for Qatar and a classic super-heavyweight showdown

Abdelrahman 'Abdo' Younes from Egypt claimed two world records and Qatar had its first major win by a female athlete at the Islamic Solidarity Games in Riyadh, Saudi Arabia.

African and European lifters won nine of the 16 medal events, thanks largely to the efforts of strong teams from Turkiye, Egypt and Nigeria. They finished first, second and fourth in the medals table, with Uzbekistan third.

Arguably the best session in a high-quality competition was the concluding men's super-heavyweights, in which Gor Minasyan returned to form to hold off a strong challenge from the Iraqi Ali Ammar Yusur, who is 10 years younger at 21. The numbers for both men were very impressive. Minasyan, Bahrain's second winner after Ingrid Vanesa Segura's victory at 69kg, had made only two good lifts when finishing a distant second to Varazdat Lalayan at the World Championships in Norway last month.

In Riyadh he made five from six, winning with his final attempt on 213-247-460, which was 13kg better than his Norway total.

Ali Ammar, also five from six, pushed Minasyan all the way on 212-246-458, his best total yet and a big improvement in snatch.

Read more [here](#)



Ouisal Ikhlef (QAT)

REGIONAL AND NATIONAL NEWS

Weightlifting confirmed in the core sports programme of the Centenary 2030 Commonwealth Games in India

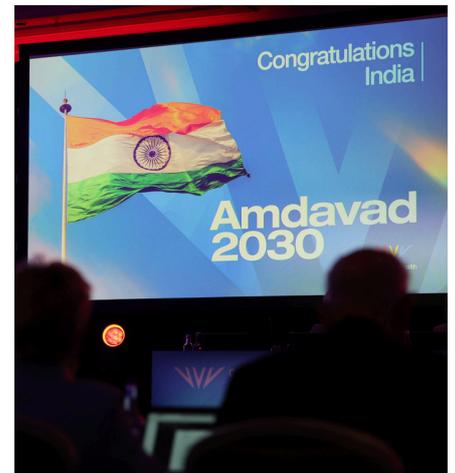
The city of Amdavad, India (also known as Ahmedabad) has been formally ratified as the host of the Centenary Commonwealth Games in 2030, marking a historic moment for the Commonwealth Sport Movement. In addition to designating the hosts for 2030, Commonwealth Sport also confirmed that 15-17 sports will feature at Amdavad 2030 – Weightlifting is part of the core sports programme of the competition, comprising also Athletics and Para Athletics, Swimming and Para Swimming, Table Tennis and Para Table Tennis, Bowls and Para Bowls, Para Powerlifting, Artistic Gymnastics, Netball and Boxing. The process to finalise the remainder of the programme will start next month, and the full Centenary Games line-up will be announced in 2026.

Weightlifting is part of the programme of the Games since the 1950 edition, held in Auckland (New Zealand). Our sport is also one of the 10 included in the upcoming edition of the event, scheduled between July 23-August 2, 2026 in Glasgow (Scotland).

“Firstly, on behalf of the Weightlifting family, I would like to address our warmest congratulations to the city of Amdavad and to the Indian authorities for this outstanding success and for having the honour of staging the Centenary edition of the Commonwealth Games in 2030.

“Secondly, the IWF extends its deepest appreciation to Commonwealth Sport for the inclusion of Weightlifting in the core programme of the competition. Once more, our lifters will have the opportunity to perform at the highest level in the Games, thus consolidating the strength and popularity of our Sport among the Commonwealth nations and territories. As it is the case since 1950, we will closely co-operate with the 2030 organisers and the Commonwealth Sport to deliver the best possible Weightlifting competition in India!” considered the IWF President Mohammed Jalood.

Read more [here](#)



Amdavad in India will host the 2030 Commonwealth Games

Hungarian Weightlifting Federation (HWF) launches its renewal programme

The professional community of Hungarian weightlifting gathered on November 13 at the Olympic Training Camp in Tata for the national conference entitled “New Directions – HWF 1st Weightlifting Day”, which created one of the broadest professional collaborations in the sport in recent decades. The all-day programme was attended by coaches, athletes, club managers, university students, interested representatives of other sports, sports science experts and the leaders of the Federation to jointly look at the present, challenges and possible paths of weightlifting in the future.

The conference was opened by Attila Ádámfi, the vice president of the HWF, who gave a comprehensive overview of the organizational and professional renewal of the Federation. The “HWF 2.0” programme – which he presented in detail – aims to completely rethink the operation, from transparency and the renewal of regulations to the modernisation of communication and the reorganisation of international relations. Speakers representing the HWF included Akos Nagy, HWF General Secretary speaking about the operational improvements and possibilities and Ferenc Gyurkovics, Head Coach highlighting the new strategies for the national teams including complex preparation integrating several scientific fields.

[Los Angeles 2028 and IWF new bodyweight categories](#)