

2025 IWF ANNUAL REPORT

2025 IWF Annual Report

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1. Introduction by IWF President

I am delighted to reflect on 2025 - a historic year for the International Weightlifting Federation (IWF). Last year we celebrated 120 years of the IWF, a remarkable milestone since our foundation on 10 June 10, 1905, in Duisburg, Germany. What began as a body to establish rules and organise competitions has grown into a global platform inspiring millions of athletes and fans worldwide.

Importantly, in the end of May, we held our electoral Congress, reaffirming our commitment to serve our athletes and National Federations and to protect their interests as we continue to grow our sport together.

One of the highlights of the year was the IWF World Championships in Førde, Norway, where nearly 500 athletes from 87 nations competed and set 40 new world records. The event showcased the heart of our sport: courage and unity. From Solfrid Koanda lifting her way to a world title on home soil, to Jon Mau, returning to competition after chemotherapy, and athletes from emerging nations showing remarkable progress, the World Championships captured the very best of weightlifting. The local community, volunteers and His Majesty King Harald V of Norway ensured the event's success and created an unforgettable atmosphere for all.

Weightlifting's influence continues to grow globally. Last year, the International Olympic Committee (IOC) approved additional bodyweight categories for LA 2028 and we were confirmed in the core sports programme of the Centenary 2030 Commonwealth Games reflecting the sport's ongoing development and recognition. Collaborations such as the weightlifting activation campaign in Manama, Bahrain, during the FIBA 3×3 World Tour Final, brought the sport to new audiences and highlighted its appeal across regions and other sports.

Beyond competitions, we strengthened the foundations of our Federation. The IWF/ITA Clean Sport Education seminars gathered over 320 participants from five continents, reinforcing our commitment to fair play. Our Board made key decisions on the IWF By-laws, International Coaching Licence programme, long-term partnerships and upcoming events, including preparations for the IWF World Championships in Ningbo, China, later this year.

The IOC has also had an important year, and we have greatly enjoyed working with the new President, Kirsty Coventry, and engaging with other members of the Olympic Movement. Initiatives like "Fit for the Future" help us promote Olympic values around the world and we look forward to continuing our support in this area.

Looking ahead, the future of weightlifting is bright. In 2026, in addition to our Senior, Junior and Youth World Championships, we will see exciting championships across our

continental confederations, and continued collaboration across the Olympic Movement as we prepare for the Olympic Games Los Angeles 2028. We will continue to work hard to create opportunities for participation, inspiring communities and uniting people through the power of our sport, whether that is competitively or recreationally.

To every athlete, coach, official, fan, partner and stakeholder who has contributed to the success of weightlifting in 2025: THANK YOU!

Mohammed Jalood
IWF President



2. IWF Events

IWF WORLD CHAMPIONSHIPS

Forde (Norway), October 2-11

Number of athletes: 213W/209M

Number of Member Federations: 84 + Independent Neutral Athletes (AIN) + Weightlifting Refugee Team (WRT)

Number of World Records: 40

For the history: Smallest city ever to host the IWF World Championships

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.

“We may be the smallest hosts but we have the biggest heart,” said Stian Grimseth, the man who dreamed up and oversaw the project.

Several sessions drew a full house of 1,700 – many of them families with young children, and almost all of them first-timers in watching weightlifting. They loved watching Solfrid Koanda win for Norway in front of the King, Harald V. They loved seeing Ine Anderson in her farewell appearance. And they cheered Ragnar Holme, a local plumber, to fifth place in the super-heavyweights.

PRK topped the medals table yet again. Ri Suk, Ri Song Gum and Song Kuk Hyang were their best performers. Another memorable example of local enthusiasm was seeing a group of local teenage girls persuade Ri Suk to join them for social media photos. Some of the PRK men joined in, too.

The 69kg winner Song would have been on the podium in the super-heavyweights with her 270kg total. So would Reeves, who made 278kg after moving up to 77kg. They both had a sweep of world records. Song and Reeves competing against each other is a classic waiting to happen.

Plenty of younger athletes also put on a show, some of them winning medals and breaking world records, others shining outside the top three.

Among them were Albert Delos Santos from the Philippines, Caden Cahoy and Kolbi Ferguson from the United States, Abdelrahman Younes from Egypt, Yedige Yemberdi from Kazakhstan, Alireza Moeini from Iran, and Jokser Albornoz from Colombia. In the women’s sessions Long Tanzhen from China, Janette Ylisoini from Finland, Wakana Nagashina from Japan, and the hugely impressive teenager Ingrid Vanesa Seguro from Bahrain all stood out.

There were signs, too, of national teams moving in the right direction. Thailand, which for so long relied on its women, has built very strong men’s team. Germany is clearly improving, and may soon have a newcomer if, as expected, Yekta Jamali gains German citizenship. Others to look out for are India, Brazil and New Zealand. There are good signs in all parts of the world.



IWF WORLD YOUTH AND JUNIOR CHAMPIONSHIPS

Lima (Peru), April 30-May 5

Number of athletes: 127W/111M (Youth), 163W/159M (Junior)

Number of Member Federations: 59 + AIN (Youth) / 65 + AIN (Junior)

Number of World Records: 6 (Youth) / 6 (Junior)

For the history: First joint organisation of a Youth and Junior World Championships, held in two platforms

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 was held in Lima, Peru.

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.

There was a first female world champion for Brazil on day one, when Isanelly da Silva won the Youth 40kg title – and a first male champion four days later when Matheus Pessanha won at 102kg in the Juniors. Pessanha’s total of 395kg earned more Sinclair points, 450, than any other athlete at the Championships.

Albania and Fiji also had their first world champions, both Youths, when Enkileda Carja won the women’s 64kg from the B Group and Nehemiah Elder won at 89kg, scoring more than 400 Sinclair points a few weeks after his 16th birthday.

With Fiji, New Zealand, Samoa and Nauru all on the podium, it was a successful Championships for Oceania.

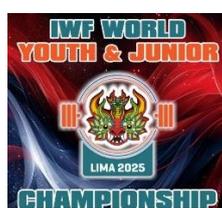
The Philippines, Venezuela, Moldova, Egypt and Iran were other teams with cause to celebrate, with plenty of medals as well as athletes at or near the top of the individual rankings.

The Junior champions Albert Delos Santos at 67kg and Alireza Nasiri from Iran at 109kg both declared their intent to lift at the 2028 Olympic Games after impressive performances.

Danu Secrieru from Moldova was near the top of the rankings after winning the Youths 55kg, a few weeks after he finished second in the European seniors in Chisinau, his home capital city. Moldova won many medals in both Chisinau and Lima.

Tomari Kotaro from Japan set world records in winning the Junior men’s 55kg. Egypt had the top men’s Sinclair scorer in the Youths, 73kg champion Hussein Abdelrahman.

The best athlete who did not win was arguably Angel Rodriguez from Venezuela, who weighed in nearly 5kg light in the Junior 89kg and was beaten by 1kg on a total of 359kg.



3. Continental Events

European Championships

April 13-21 – Chisinau (MDA)

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.

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. Romania also had its heaviest medallist on total since 1984 when Luis Rodriguez finished third at 109kg.

There was a first ever European Championships victory for Iceland when Eyglo Sturludottir got the better of Zarina Gusalova, an Individual Neutral Athlete from Russia, at 71kg.

It was a phenomenal effort by Eyglo, who is studying to become a doctor: Iceland's population is 390,000 compared with Russia's 143 million. Eyglo's 244kg total was higher than all the athletes in the 76kg and 81kg sessions, and the top three at 71kg – Eyglo, Gusalova and the Individual Neutral Athlete from Belarus Siuzanna Valodzka – were second, third and fifth in the individual rankings.

The top five finishers at 55kg were all ranked in the top 10 on Robi points. Garance Rigaud from France was the winner.

Moldova, which did a very good job of hosting the Championships for the first time, had its first female continental champion when Elena Erighina ended a run of narrow defeats at 81kg.

Koanda, who declined her last two attempts after making 267kg, was winning her fourth straight continental title for Norway, while for Britain's Campbell it was five in a row.

Koanda has been training in Germany under the guidance of Almir Velagic. He is a key figure with Sport Director Michael Vater in building a "new generation" German team, as well as working with Koanda.

Vater said, *"Having Solfrid training with us is good for her and good for our team. The younger lifters look up to her, and she benefits from being in a group rather than training on her own. It makes for a good atmosphere."*

Germany's new team started well in Chisinau, where Raphael Friedrich won at 89kg. Roberto Gutu and Kiara Klug also excelled as Germany won three golds, three silvers and four bronzes.

African Championships

April 20-28 – Moka (MRI)

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. Nigeria's four female champions, led by 20-year-old Onome Didi, 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 40th 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. Bacha and Touairi both bombed out, collectively failing six times on 203kg.

Ngadja won on 161-206-367 and Njie was the only other finisher. Despite the fact that his 220kg total left him bottom of the individual list on 103.87 Robi points, he had silver in clean and jerk and total.

Younes scored 738 points in first place after winning his second African senior title at the age of 20. His 162kg snatch was 6kg below Li Dayin's junior world record, set in 2018. Younes made 162-183-345 from five good lifts, which was 5kg lower than his effort at the World Juniors seven months ago.

Samir Fardjallah from Algeria, the African Games champion, was second in the 81kg contest and the individual rankings to Younes on 152-180-332.

Karem Ben Hnia from Tunisia had the third highest Robi points total when he won his ninth continental title. Ben Hnia declined his final attempt after making 142-176-318 to win at 73kg.

In the women's Robi list, Didih was well ahead of team-mates Rafiatu Lawal and Sarah Matthew. She weighed in light before winning at 55kg on 92-111-203, and will now switch to the new 53kg category for her next big targets, this year's World Championships and the 2026 Commonwealth Games. Didih was fifth on her international debut at last year's World Championships in Bahrain, where she totalled 200kg.

Lawal made 95-118-213 to win by a huge margin at 59kg, and Matthew posted the biggest women's total of the Championships on 107-130-237 to win at 76kg. Matthew, 18, declined her final attempt.

Nigeria's other winner was Ruth Ayodele at 64kg, on 213kg. Joseph Umoafia and Tuesday Emmanuel were men's silver medallists at 73kg and 67kg.

Asian Championships

May 9-15 – Jiangshan (CHN)

'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.

Ro Kwang Ryol from PRK, who was second to Karlos Nasar at the World Championships, claimed his first career victory when he finished ahead of Li Dayin at

89kg. Ro made 168-212-380 while Li, a multiple champion for China, missed his final two attempts and finished 1kg behind on 176-203-379.

PRK had another impressive winner in Pak Myong Jin at 61kg. Pak overcame a 6kg deficit at halfway to win on 136-170-306 ahead of Wang Hao from China on 142-163-305. Ayat Sharifi from Iran won the +109 super-heavyweights on 195-227-422.

China's women started with two world records on day one – snatches of 88kg and 90kg by the 45kg champion Zhao Jinhong – and won seven of the ten categories. PRK won two, and Thanyathon Sukcharoen from Thailand was the only winner from elsewhere, at 49kg.

The highest-quality contest was at 71kg, where China and PRK both had world records, Yang Qiuxia in snatch and Song Kuk Hyang in clean and jerk and total. Yang made 122-140-262 and Song was outstanding in clean and jerk to record the highest women's Sinclair score on 121-155-276.

Kuo Hsing-Chun from Chinese Taipei, the Tokyo Olympic champion and a medallist in Paris, was only 80 per cent fit after a recent injury when she finished third at 59kg, according to her coach. Kim Il Gyong won for PRK with a total of 235kg.

China's winners were Zhao at 45kg, Zhang Haiqin at 55kg, Li Shuang at 64kg, Liao Guifang at 76kg, Wu Yan at 81kg, Jiang Yujia at 87kg and Li Yan in the +87 super-heavyweights, where she finished 140-170-310.

Liao had 76kg world records in snatch and total in making 125-154-279 on Tuesday, a day when five women's world records were broken.

Oceania Championships

July 1-5 – Palau (PLW)

Elliott hits heights for Australia, teenager Elder takes gold for Fiji and Dika Toua wins again

Australia, Samoa and Fiji had the stand-out performers at the Oceania Championships in Palau, the first senior IWF competition in which the new body weight categories were used. The Championships were part of the Pacific Mini Games.

The highest female Sinclair points scorers were both Australian, Kiana Elliott and Eileen Cikamatana. John Tafi from Samoa and Fiji's youth world champion Nehemiah Elder were top-rated in the men's events. All four of those athletes claimed Oceania senior records, as did Brenna Kean from Australia and Seine Stowers from Samoa.

Dika Toua from Papua New Guinea won her 16th Oceania title, at the age of 41, when she made 69-91-160 at 53kg. It is now 25 years since she first competed internationally.

Dika's team-mate and fellow multiple Olympian Morea Baru, who is six years younger, made 117-156-273 at 65kg to win his 10th continental title. That equals the record number of continental men's titles held by Marcus Stephen, the IWF board member from Nauru.

Elliott, 27, made all six lifts in the 63kg category, for which she weighed in about 4kg light, and claimed continental records in snatch and total on 98-115-213.

"They were quality lifts, which is what I was aiming for, and at a bodyweight that would have landed me in the old 59 class," said Elliott, who works for the South Australia government.

She has broken the 120kg barrier twice in clean and jerk, in 2022, but weighed about 10kg more on both occasions. This was Elliott's first competition since the IWF World Cup in Thailand 15 months ago, where she narrowly failed to qualify for the Paris Olympic Games.

"Throughout this past year I thought I may never step on an international platform again. I'm proud of the work I've done with my team back home in Adelaide and I'm excited to get back into it. There's more to come," Elliott said.

The Commonwealth Games in Glasgow next year is a major target for Elliott and many other athletes at these Oceania Championships.

Cikamatana is already a strong favourite for gold in Scotland at 86kg. Having finished fourth in Paris and second at the World Championships last year at 87kg, she started out in the new weight with an Oceania snatch record. Cikamatana made four from six in her 115-140-255.

Kean and Stowers both set continental clean and jerk records. Kean won at 58kg on 79-108-187, and Stowers won at 77kg on 99-128-227.

In the men's events at the Sports Complex Meyuns, 16-year-old Elder made an attempt at the 88kg youth world standard of 192kg in clean and jerk. He made 192kg when he won the youth world title at 89kg last year, and has done more in training according to his coach and father Henry Elder, but this time he failed, then declined his final attempt.

Elder won by a wide margin on 155-175-330, setting a continental snatch record for seniors. He holds all six Oceania youth and junior records at the new weight and will have another try for senior records at the Commonwealth Championships in India in August.

Tafi had a sweep of continental records at 71kg when he made four from six for 136-169-305. Tafi's total was the same as the super-heavyweight silver medallist Joey Colisao from Northern Mariana Islands. David Liti from New Zealand declined his last two attempts after winning the supers on 335kg.

There was a close battle between Taniela Rainibogi from Fiji and Jack Opeloge from Samoa in the 110kg category. Opeloge won with a 201kg clean and jerk, finishing 3kg better than Rainibogi on 359kg. Both men missed twice in clean and jerk and will meet again at the Commonwealth Championships.

Pan-American Championships

July 12-18 – Cali (COL)

World records for Olivia Reeves and medals every day for USA in Colombia

The United States won medals on all six days of the Pan American Championships in Cali, Colombia, where Olympic champion Olivia Reeves was in a class of her own. Reeves beat the world standard by 9kg on total at her new weight of 69kg, finishing with a sweep of world records.

Hampton Morris, another American who was on the podium in Paris, and the 20-year-old Colombian Sebastian Olivares also set world records in a high-quality competition that featured 30 continental records.

The host nation had three champions, 11 medals on total and 33 overall. The United States took six titles in winning 10 medals on total and 30 overall. Dominican Republic had three winners, Venezuela two, and Brazil and Cuba one each.

Reeves dropped down from 71kg to the new 69kg category and equalled the best total of her international career, making all six attempts for 119-149-268. Only three of the 28 women who lifted in the heaviest of the new weight categories – 77kg, 86kg and +86kg – bettered Reeves' total, which would have been enough for a bronze medal in the super-heavyweights.

Reeves, 22, made it look easy as she set world records on her second and third lifts in both snatch and clean and jerk. She surpassed the world standard on total three times, and it will be no surprise if she breaks more records at the World Championships in Norway in October.

Two days before Reeves' exploits, Morris had become the first senior world record holder in the IWF's new weight categories, which came into use on June 1, when he made a clean and jerk of 181kg at 65kg.

Morris would have had the record on total, too, if he had held on to his final attempt at 186kg. Second-placed Francisco Mosquera from Colombia failed with a world record clean and jerk attempt at 184kg and finished 135-178-313, which was 5kg behind Morris on 137-181-318.

The other winners for the United States were Miranda Ulrey at 58kg on 97-120-217, Mattie Rogers at 77kg on 110-139-249, Kolbi Ferguson in the men's 110kg on 173-215-388 and Aaron Williams in the super-heavyweights on 187-224-411.

Rogers won in dramatic style, missing her penultimate attempt on 137kg then making her final lift on 139kg to move up from third place to first ahead of two Olympians. Rogers, who weighed in more than 1.5kg light, was ranked sixth in the individual points table. Mari Levis Sanchez from Colombia, second behind Reeves at 71kg in Paris, took silver on 111-137-248 and Laura Amaro from Brazil was third on 110-136-246.

Another outstanding performer for the Americans was Caden Cahoy, who was ranked sixth in the men's points table, a place behind Morris. The improving 21-year-old made five good lifts at 79kg before failing with a world record attempt at 204kg.

Cahoy, who won world and continental junior titles last year, improved his best total by 20kg on 154-198-352 and already looks a serious contender for a place in Team USA at the Los Angeles Olympic Games.

Cahoy finished second to Julio Mayora from Venezuela who, like his team-mate and fellow Tokyo Olympic silver medallist Keydomar Vallenilla, returned to his best form. Mayora made all six lifts for 158-199-357.

Vallenilla won a tight contest with Yeison Lopez from Colombia at 88kg, with the former world champion Arley Mendez from Chile a long way back in third. Both Vallenilla (174-208-382) and Lopez (176-205-381) could have had the world record on total, but Vallenilla failed with his final attempt at 212kg and Lopez missed twice, at 210kg and 212kg

Vallenilla was second, Mayora third and Lopez fourth in the individual rankings, which were topped by the 110kg silver medallist Mattheus Pessanha from Brazil, the 102kg junior world champion.

Pessanha, 19, weighed in closer to the 94kg category on 98.5kg and made 171-205-376 behind Ferguson. Brazil's lone winner was Thiago Felix at 60kg, on 120-158-278.

Olivares, a multiple junior champion, moved up in weight and made a clean and jerk world record of 191kg in winning at 71kg on 146-191-337. That was a career best total by more than 30kg.

Marcos Bonilla also won for Colombia, declining his final attempt after finishing a long way clear at 94kg on 161-210-371. Wes Kitts, a double Olympian for the United States, said farewell to international competition at this session, leaving his shoes on the platform.

Reeves topped the women's rankings by nearly 200 points. Yudelina Mejia, who won at 86kg on 123-147-270, was second.

Mejia was one of three female champions for Dominican Republic, the others being Dahiana Ortiz and Beatriz Piron at 48kg and 53kg on 190kg and 201kg. Piron, a mother of

three and four times an Olympian, is continuing her career until next year when Dominican Republic hosts the Central American and Caribbean Games.

Third in the rankings was a 15-year-old Venezuelan, Enderlin Ulacio, who won a snatch medal in making all six attempts for fourth place at 48kg. Her 77-96-173 earned a sweep of continental youth records.

Yenny Sinisterra made all six lifts in winning for Colombia at 63kg on 104-132-236.

The Championships ended with a close contest in the women's super-heavyweights. Mary Theisen Lappen was in the lead on 278kg with one lift to come for the 2024 junior world champion Marifelix Sarria from Cuba. Sarria, 20, denied the Americans a seventh victory by making it, completing a six-from-six 118-162-280, up 10kg on her previous best.



4. Multisports/Regional Games

Commonwealth Games

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.

European Games

A premiere: Weightlifting is added to programme of European Games in 2027!

Weightlifting has been welcomed on to the programme of the European Games for the first time, raising the status of the sport after a strong campaign by the continental federation.

The EOC made the decision to include weightlifting at the 2027 European Games in Istanbul at its general assembly in Frankfurt. Part of the agreement with the EWF is that the competition should be a qualifying event for Los Angeles 2028.

IWF President Mohammed Jalood commented on this positive outcome: *“It is a very important step forward for the development and exposure of our Sport in Europe. Weightlifting is part of other continental games for many years now and the integration on the programme of the European Games demonstrates the growing respect and added-value our Sport brings to major international events.”*

Jeux de la Francophonie

Weightlifting will also feature for the first time on the programme of the 2027 Jeux de la Francophonie, a sporting and artistic event that is open to nations where French is an official or culturally significant language. Between 30 and 54 nations have taken part at the nine previous Jeux de la Francophonie, which began in 1989 and will be hosted by Armenia in 2027.

2025 Islamic Solidarity Games – [link here](#)

2025 SEA Games – [link here](#)

2025 Bolivarian Games – [link here](#)



5. IWF Electoral Congress

Riyadh (Saudi Arabia), May 24-25

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, taking place 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 complete composition of the 2025-2029 IWF Executive Board is as follows:

President

Mr Mohammed Jalood (IRQ)

General Secretary

Mr José Quiñones (PER)

First Vice-President

Ms Ursula Papandrea (USA)

Vice-Presidents

Mohammed Al-Harbi (KSA)

Chengliang Liu (CHN)

Khaled Mehalhel (LBA), *WFA*

Mohamed Yousef Al Mana (QAT), *AWF*

Dr. Astrit Hasani (KOS), *EWF*
HE Marcus Stephen (NRU), *OWF*

Members

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 Shakhrillo Makhmudov (UZB)
Mr Florian Sperl (GER)
Ms Sirilak Thatman (THA)
Mr Boukar Tikire (CMR)
Mr Jerry Wallwork (SAM)
Mr Luis Zambrano (ECU)

AC Representatives

Mr Forrester Osei (GHA)
Ms Hidilyn Diaz (PHI)
Ms Luisa Peters (COK)

Appointed Members

Mr Mohamed A. Abdelmaksoud (EGY)
Ms Doris Marreo (VEN)

Delegates

Mr Eshaq Ebrahim Eshaq (BRN)
Mr Willian Ozuna (DOM)
Mr Harinelina Jean Alex Randiamanarivo (MAD)

Complete interview of the IWF President Mohammed Jalood after the Congress – link [here](#)

The Electoral Congress and subsequent meetings of the IWF Executive Board also determined the new 2025-2029 [Committees](#), [Commissions](#) and [Ad-hoc Sub-Units](#)



6. IWF Athletes Commission activities

The IWF Athletes Commission has been quite active during 2025, namely during the IWF events and the many decisions related to rule changes, establishment of new bodyweight categories, or the qualification procedure for the 2028 Olympic Games in Los Angeles.

Members of the Commission also attended many meetings and seminars of behalf of the IWF.

Two examples:

Cyrille Tchatchet: first lifter to sign the IOC Olympian Wall

Cyrille Tchatchet became on March 18 the first weightlifter to sign the prestigious Olympian Wall at the IOC Headquarters in Lausanne (SUI), a ceremony that coincided with his participation in the WADA Athlete Council meeting and WADA Symposium. With around 700 signatures from Olympians from all continents and Sports, the IOC Wall's goal is to pay tribute to all those who make the value and create emotions at the Games.

"I am very honoured and pleased to be here. I didn't expect such a nice ceremony and attention. It's a great initiative and I am naturally glad to have my name on it. The Games are a great experience for all athletes and the International Olympic Committee wants to preserve that spirit and heritage," commented Tchatchet.

Olympian at the Tokyo 2020ne Games as a member of the Olympic Refugee Team, the Cameroon-native lifter (presently living in England and holder of a British passport) also enjoyed a tour of the Olympic House in Lausanne. *"It is an impressive building, very modern and functional. Its location next to the lake also makes it special,"* noted Tchatchet after taking a photo next to the statue of Pierre de Coubertin, the founder of the modern Olympic Games, at the entry of the IOC headquarters.

Cyrille Tchatchet was elected last December to the World Anti-Doping Agency Athlete Council and came to Lausanne to attend the first meeting of that body in 2025. In this quality, he is attending the WADA Symposium, being held today and tomorrow in the Olympic capital.

Also an IWF Athlete Commission Member, Tchatchet recently re-started training with one objective: to take part in the 2026 Commonwealth Games in Glasgow. After the IOC ceremony, Tchatchet also enjoyed a visit to the IWF headquarters.

IAF gathers over 400 athlete representatives in Lausanne

More than 400 athlete representatives gathered in June in Lausanne (SUI) for the 12th edition of the International Athletes Forum (IAF), hosted by the International Olympic Committee Athletes Commission. Forrester Osei, Chair of the IWF Athletes Commission was also in the Olympic capital to discuss many important topics related to the protagonists of the sports movement.

Items on the agenda included the Olympic Solidarity development programmes in the five continents, the support through the Worldwide Olympic Partners (TOP), the Athlete365 programme (reaching now over 200'000 Olympians, Paralympians, and respective entourage members), the career transition strategies put in place to ensure a smooth retirement from the competition, the focus on clean sport and athlete safeguarding, the mental health challenges, the athletes' representation throughout the sports movement (namely within International Federations and National Olympic Committees), the power of communication and the digital possibilities related to the use of social media channels, and the discussions around the Athletes' Rights and Responsibilities Declaration.

"It was a great Forum, allowing a lot of interaction and sharing of experiences around very important topics. It was also unexpectedly amazing to see that despite the differences among all our sports, we all face the same issues and challenges. Having this gathering, we can find solutions among ourselves," considered Mr Osei. *"I was also quite happy to see our younger generation of lifters so involved and so well represented in this Forum. By leading this kind of initiative, the IOC clearly makes our young athletes feel they are important in driving the future of our sports,"* added the IWF Athletes Commission Chair.

Other IWF representatives in the Forum included Cyrille Tchatchet II, as WADA Athletes Council member (he is also member of the IWF Athletes Commission), and Timea Horvath, Development & Education manager.



7. Anti-Doping Programme – WADA/ITA

In **January 2025**, the IWF announced it formally signed a 2025-2028 agreement with the International Testing Agency (ITA), for the prosecution of our Federation’s anti-doping programme.

This four-year contract highlights the excellent co-operation between the two parties, working together since 2019. This collaboration includes, among other areas, athletes’ testing, results management, scientific research, TUE procedures, education, intelligence & investigation, and compliance.

The success of these operations was demonstrated by the figures related to the lifters taking part at the Paris 2024 Olympic Games: both before and during the event, all tests done on the 122 lifters present in the French capital were negative.

“We are extremely satisfied with this partnership, as it allowed us to pursue on a transparent and independent way our anti-doping strategy. Weightlifting definitively changed from the moment we partnered with the ITA – and this was essential for our credibility and growth as an Olympic sport. We are now a respected International Federation that operated a structural change in the way it looks at this essential area. The Los Angeles 2028 Olympics are already on the horizon and we will get there very well accompanied by the ITA,” considered the IWF President Mohammed Jalood.

In **March 2025**, the IWF presented, in co-operation with the ITA (International Testing Agency), its statistics concerning the 2024 anti-doping programme. For that year, a total of 3324 samples were collected around the world, including 1889 in-competition and 1435 out-of-competition. Moreover, in terms of urine/blood proportion, there were respectively 2389 and 935 samples.

This amount of collected samples resulted in a total of 2486 completed tests, performed on 1078 athletes (52% men, 48% women) from 120 countries.

These numbers improve the statistics from 2023, when 3192 samples, from 1039 lifters representing 109 nations were collected.

Concerning the Results Management of the 2024 tests, 51 of them constitute Anti-Doping Rule Violations (ADRV).

In 2024, the IWF/ITA received only 21 TUE (Therapeutic Use Exemptions) application requests.

In **December 2025**, an important IWF delegation was in Busan (KOR) for the sixth WADA Conference, the most important gathering of the World Anti-Doping Agency and its stakeholders. Our International Federation was represented by President Mohammed

Jalood, General Secretary José Quiñones, and Athletes Commission Chair Forrester Osei.

On behalf of the IWF, Mr Osei was invited to make a short presentation at the Conference, in which he highlighted the progress and intense work our International Federation is doing in the fight against doping.

“Over the past few years, we have worked hard to rebuild trust, strengthen integrity, and place athletes at the centre of everything we do. These changes were not only necessary – but they were also essential for the future of our sport and for our continued presence on the Olympic programme. Our reforms have been guided by one clear principle: full alignment with the World Anti-Doping Code and its International Standards,” considered the IWF Athletes Commission Chair.

Mr Osei also recalled the importance of the partnership with the International Testing Agency (ITA): *“In pursuit of this, the IWF has delegated its entire anti-doping program to the ITA, ensuring the independence, professionalism, and transparency of all testing and results management activities.”*

He concluded by saying that education should continue being the main pillar of this strategy: *“Education remains central to this process. In cooperation with WADA, the International Testing Agency, and our National Federations, we have developed a comprehensive Education Strategy that focuses not only on compliance, but on values. Our aim is to empower athletes to make informed choices, to understand their rights and responsibilities, and to become advocates for clean sport within their own communities. These reforms have yielded measurable progress: stronger testing programs, greater transparency in results management, and growing confidence among athletes who value a level playing field.”*

Education - Seminars and webinars

IWF/ITA Clean Sport Seminar in Lima (PER), with about 100 participants

IWF/ITA Clean Sport Seminar in Forde (NOR), with over 100 attendees

IWF/ITA Clean Sport Education Webinar, on June 24 (online), with around 320 participants.



8. 2025: Celebrating IWF's 120th anniversary

2025 was a very special year for the IWF, as it marked the 120th anniversary since its foundation on June 10, 1905. In Duisburg, Germany, the pioneering national federations that established the basis of the world governing body for the sport of weightlifting, were far from imagining the progress made during this rich and prestigious history.

In order to properly celebrate the occasion, from February 11 to June 10 (exactly 120 days), we recalled a milestone in the history of the IWF. It could be a pivotal moment within its organisation, the performance of a great legend of the sport, or an unforgettable competition.

These highlights were not presented in chronological order, and did not pretend to be an exhaustive list of the IWF achievements during these 120 years. They were selected moments and feats of those men and women who made weightlifting a great and important Sport in the Olympic movement.

In a year of celebration, we got inspired by the IWF's history, an organisation initially created to provide a structured framework for competitions and to create opportunities for weightlifters to showcase their talents on an international stage, but that became over these years an inspiring platform for all those loving the sport of weightlifting.

On June 10, to culminate in the best possible way these celebrations, the IWF leadership was in Lausanne (SUI), the city hosting the IWF Headquarters. The top officials present in the Olympic Capital included the IWF President Mohammed Jalood, the IWF General Secretary José Quiñones, and the IWF Athletes Commission Chair Forrester Osei. The former IWF General Secretary Antonio Urso also attended the celebration.

On June 10, 1905, in the German city of Duisburg, four founding members – Denmark, Germany, Italy, and the Netherlands – created what would be the predecessor of the IWF. Presently, the IWF has 195 Member National Federations in the five continents and organises world competitions in Olympic weightlifting. At the Games, our Sport was already present in the first edition in 1896 – in Sydney 2000, the programme was open to women's participation.

In Lausanne, the IWF officials were able to blow the candles of the IWF's celebratory cake, exactly 120 years to the day after the foundation of our organisation.

Mohammed Jalood, President:

“As one of the oldest international federations and a founding sport of the modern Olympic Games, we are very proud of our rich and prestigious 120-year history. While this is a privileged opportunity to celebrate the feats of our athletes and the hard work of

the administrators that preceded us, these 120 years should be a moment to reflect on the future, so that weightlifting can continue inspiring thousands of young athletes in the five continents!”

José Quiñones, General Secretary:

“We are celebrating this anniversary in a pivotal moment for the history of the IWF. We recently held elections and the entire weightlifting family showed great unity around common goals! That’s the best proof that we remain faithful to the values of our ancestors and that we are now ready to write many other golden pages in the successful history book of our International Federation”.

Forrester Osei, Athletes Commission Chair:

“I am very happy and honoured to join this celebration, on behalf of all our talented and devoted athletes! Much of our history is made by the achievements of our lifters during these 120 years – thousands of stories made of resilience, sacrifice, determination, hard training, and superb performances. IWF exists to serve the athletes and their support personnel – in return, they all give us, on a daily basis, the inspiration to continue building a bright future!”



9. World Weightlifting Day

On October 16, the IWF marked 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.

“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 Førde, 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.

This year’s World Weightlifting Day carried extra meaning as the IWF marked its 120th anniversary, honouring the pioneering nations that founded the Federation in 1905 in Germany. To commemorate this milestone, the IWF released a commemorative digital publication celebrating the sport’s rich history and the athletes who have defined it ([link here](#))

The 2025 World Weightlifting Day was 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!



10. The IWF Refugee Team

In **January 2025**, Florian Sperl, IWF Executive Board member and coordinator of the IWF Refugee Team project, was at the headquarters of UNHCR – the UN Refugee Agency in Geneva (Switzerland), where he had the opportunity to discuss our International Federation’s programme with representatives of the UN body in charge of this topic.

As a reminder, the first IWF Refugee Team was launched in 2023, and some of its athletes could participate in the IWF World Championships organised that year in Riyadh (Saudi Arabia). In 2024, the project continued and two athletes from the team successfully took part in the Paris Olympic Games. Moreover, four of them also competed at the IWF World Championships, held in December 2024 in Manama (Bahrain).

Given the success of the project, and to give additional stability to the programme, the IWF decided to open applications for a new Refugee Team for the period 2025-2028, thus covering the entire Olympic cycle until the Los Angeles 2028 Games.

“We had a very friendly and positive meeting! I presented our project to the UNHCR representatives and they were quite happy about the way we are supporting these lifters. It perfectly matches their own objectives and their actions around the world, where millions of people are experiencing challenging experiences as refugees,” considered Mr Sperl after the meeting.

In **August 2025**, the IWF announced the composition of the 2025 IWF Refugee Team: Ramiro Mora and Yekta Jamali, both IOC Refugee scholarship holders, and Clémentine Meukeugni Noubissi. If Mora and Jamali were already in the 2024 IWF Refugee Team, it is a first for Noubissi, a Cameroon-native lifter, now based in Great Britain.

Ramiro Mora, from Cuban origin, also integrated the Olympic Refugee Team at the Paris 2024 Games, finishing seventh in the men’s 102kg. His result of 166-210-376 largely improved the performance he had done some months earlier at the IWF World Cup in Phuket (THA), where he achieved 162-197-359. In December 2024, at the IWF World Championships in Manama (BRN), he competed in the 96kg, concluding in the 10th position (166-203-369). Mora was born in September 1997.

Jamali is also a regular presence in the last IWF major events. Together with Mora, she was one of the two weightlifters in the Paris 2024 Olympic Refugee Team. In the French capital, she performed 103-128-231, concluding the women’s 81kg category in the ninth position. Originally from Iran, Jamali was born in 2004 and could still compete at last year’s IWF World Junior Championships, where she placed third in her category (104-127-231) – she was the first-ever IWF Refugee athlete to win a medal in an IWF event. At

the senior Worlds in Bahrain, she improved her performance, lifting 104-133-237 and finishing seventh.

Clémentine Noubissi, born in October 1990, represented her country until 2022, getting significant results on a continental level – she was gold medallist in the 2021 African Championships, but also at the 2019 All-African Games. She was third at the 2018 Commonwealth Games and took part in the Tokyo 2020 Games, finishing 11th in the women’s 87kg category,

The manager of the 2025 IWF Refugee Team is Luz Adriana Soto , from Colombia, while the physiotherapist is Hussein Elsettawi, from Egypt



11. IWF Partners

IWF signs agreements with Eleiko and ZKC for 2025-2028

The IWF President Mohammed Jalood and the IWF General Secretary José Quiñones signed in June in Lausanne (SUI) the ‘IWF Official Barbell Supplier Agreement’ related with the partnership with manufacturers Eleiko and ZKC for the period 2025-2028. Under this contract, both companies will be entitled to have exclusive access to the following high-level events: Olympic Games & Youth Olympic Games; Qualification events to the Olympic Games and Youth Olympic Games; IWF World Championships, IWF Grand Prix and other IWF events.

As two of the most respected and renowned barbell manufacturers in the world, Eleiko (Sweden) and ZKC (China) have been associated with the IWF for many years: two recent examples include the 2024 World Championships for the Swedish company, and the 2024 Paris Olympic Games for the Chinese partner.

The ‘Official Supplier’ is the highest possible (Tier 1) agreement a manufacturer can establish with the IWF, and its rights are valid worldwide and without territorial limitation.

“We are very happy to establish these partnerships, with both Eleiko and ZKC. These two companies have a long and successful history in supporting our athletes and our Sport. Being in Tier 1, these manufacturers will benefit from an additional exposure and visibility, as they will be present in the most prestigious IWF events around the world. I thank Eleiko and ZKC for their support and engagement and I am sure our lifters will continue enjoying the high-quality of their barbell products,” considered the IWF President Mohammed Jalood.

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

The IWF announced in October 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.

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.

“The IWF is delighted to further strengthen its partnership with SBD Apparel, whose reputation for quality and innovation is recognised throughout the sporting world. This appointment will ensure that our athletes have access to the very best apparel, reflecting the professionalism and high standards of our sport,” declared the IWF President Mohammed Jalood.

“We are honoured to be appointed as the Official Supplier of the Weightlifting Costume by the International Weightlifting Federation. This partnership represents a significant milestone for SBD, as we continue to deliver world-class products that support athletes in achieving their best performances. Our collaboration with the IWF underscores our shared values of integrity, innovation, and dedication to the advancement of strength sports globally,” Benjamin Banks, CEO of SBD Apparel, stated.

SBD Apparel is a global leader in strength and performance wear, manufacturing technical supports, apparel, and accessories for strength athletes. Established in Great Britain, SBD products are trusted by world champions and are renowned for their uncompromising quality and design. SBD Apparel is an Official Partner of the IWF.

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12. Digital Transformation strategy

In order to enhance the promotion, exposure and popularity of the IWF, its events and stars, throughout our digital platforms, the IWF Executive Board had approved in December 2024 the implementation of a ‘Digital Transformation’ strategy.

This programme includes three phases – Assessment, Strategy, and Implementation – and a budget was allocated for the prosecution of Phase 1 (Assessment). After a tender process, by which existing companies in the market were evaluated, the EB selected a partnership with NextSports.

For the completion of this phase – a two-month project – several workshops were held between NextSports and the IWF, namely in the areas of IT, communications, and marketing. This was deemed necessary for the establishment of the Assessment, a detailed report specifying the present status of our International Federations within the digital environment.

The final report was received in September 2025, and then validated by the EB.

After a request for a quote related to Phase 2 (Strategy), the IWF decided to continue the partnership with NextSports for this new project. It will run in the first six months of 2026.

13. International Coaching Licence programme

After the approval of the International Coaching Licence (ICL) programme in Manama (BRN) in December 2024, National Federations were informed by mid-2025 about the procedures for the implementation of this project.

An ICL registration platform was provided and the necessary documents for the completion of the procedure were also given to our Members.

14. IWF and IOC

In **January 2025**, the IWF President attended in Lausanne (together with the IWF CEO Achilleas Tsogas) the IOC LA28 IF Transition Seminar, a two-day meeting aimed at preparing in the best possible way the transition from Paris 2024 to the upcoming Games, in Los Angeles in 2028. One of the highlights of the gathering was the handling by IOC President Thomas Bach of a Paris 2024 Olympic Torch to each of the highest representatives of the Sports present at last year's Olympics in the French capital.

In **March 2025**, following the announcement of the election of Mrs Kirsty Coventry at the IOC Session in Olympia (GRE), the IWF sent a congratulatory letter to the new President-elect. Signed by the IWF President Mohammed Jalood (also present in Greece) and by the IWF General Secretary Antonio Urso, the message highlights the importance and symbolism of this success.

“This achievement assumes a special importance, as for the first time in its history, the IOC will be led by a woman, and simultaneously, by a president coming from the African continent. This is an outstanding milestone and a further proof that the principles defended within the Olympic Movement are also put in place for the election of its most prestigious representative,” the letter said.

“Your extraordinary career as a swimmer and your engagement within the IOC in recent years are a testimony of your passion and commitment for Sport. Your footprint at the IOC presidency will certainly emphasise this determination,” also wrote Mr Jalood and Mr Urso.

Coventry, representing Zimbabwe during her competitive career, has been a remarkable swimmer, winning seven Olympic medals (including two gold) and being on the podium on 13 occasions at World Championships. Aged 41, she is presently Minister of Youth, Sport, Arts and Recreation in her country and will take the office as IOC President on June 24, 2025.

“We are thrilled to working closely with you and the IOC to strengthen weightlifting’s standing in the Olympic Movement and ensure that, as one of the founding Olympic sports, it continues to make a valuable contribution to engaging people around the world in the Olympic values”, we can also read in the IWF letter.

“After the enormous success of the 2024 Paris Olympic Games, both for the entirety of the Olympic Movement and for the Weightlifting family, we are actively preparing the 2028 edition in Los Angeles. Under your guidance, we are sure that the IWF will continue providing a great contribution to the Olympic programme,” concluded the IWF message.

In **June 2025**, the IWF President was in Lausanne (SUI), for the President Handover Ceremony at the International Olympic Committee. Thomas Bach, IOC President since 2013, gave the symbolic key of the Olympic House, to his successor, Kirsty Coventry, elected in March as the 10th President in the history of the IOC. Ms Coventry is a two-time Swimming Olympic champion, and is the first woman and African to lead the IOC since its foundation in 1894.

In **October 2025**, the IWF leadership was 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.

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.

Following an extensive consultation process with the International Federations, the IOC invited their highest representatives for an in-person discussion on five key themes: 1. Athletes; 2. Olympic Games; 3. Olympic Movement; 4. Better World Through Sport; 5. Revenue, Engagement and Revenue Generation.

Finally, Mr Jalood, Mr Quiñones and Mr Tsogas were 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.

“It was a great week of exciting discussions and exchange of experiences! Meeting the IOC and so many colleagues from other International Federations is a great opportunity to better understand, promote and enhance Weightlifting at all levels. It was clear that the Olympic Movement in general highly respects our Sport. The recent addition of two bodyweight categories in the programme of the Olympic Games Los Angeles 2028 is the latest tangible example of this excellent perception. But we always want to do more and better, and that’s why we are always keen to learn and know about positive experiences others are also undertaking,” considered the IWF President.

Finally, in **November 2025**, 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.



15. Olympic Games Los Angeles 2028

In **April 2025**, the IWF acknowledged the 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).

In **September 2025**, after an important development on this matter, the IWF was 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.

Also in **September 2025**, and coinciding with this announcement, an IWF delegation was 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 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.

Finally, in **November 2025**, the IWF selected the bodyweight categories for the 2028 Olympic rendezvous in Los Angeles:

MEN: 65kg, 75kg, 85kg, 95kg, 110kg, +110kg

WOMEN: 53kg, 61kg, 69kg, 77kg, 86kg, +86kg

These Olympic bodyweight categories are included in the approved adjustments of IWF's 16 bodyweight categories (eight per gender).

These new categories will be enforced from August 1, 2026 and are to be used in all IWF competitions.

The new approved IWF bodyweight categories are:

SENIOR & JUNIOR

MEN: 60kg, 65kg, 70kg, 75kg, 85kg, 95kg, 110kg, +110kg

WOMEN: 49kg, 53kg, 57kg, 61kg, 69kg, 77kg, 86kg, +86kg

YOUTH

MEN: 55kg, 60kg, 65kg, 70kg, 75kg, 85kg, 95kg, +95kg

WOMEN: 45kg, 49kg, 53kg, 57kg, 61kg, 69kg, 77kg, +77kg

The new categories were proposed by the IWF Technical Committee, and were provisionally approved by the IWF Executive Board in its last meeting in Forde (NOR), with the occasion of the 2025 IWF World Championships. They became official after the ratification by the IWF Athletes Commission.

16. Institutional relations

Please find below some examples of institutional activities carried out by the IWF leadership in 2025:

In **January 2025**, the IWF President Mohammed Jalood had an intense week of activities, with visits to Kazakhstan and Armenia.

It all started in Astana, the vibrant capital of Kazakhstan, where the President of the Republic Mr Kassym-Jomart Tokayev received the IWF delegation, also comprising the President of the Asian Weightlifting Federation, Mr Mohamed Yousef Al Mana. The two IWF dignitaries were given the 2nd Degree Dostyk (Friendship) Order, awarded to individuals for the promotion of international and civil consensus in society and the promotion of peace, friendship, and cooperation between peoples.

Mr Jalood and Mr Al Mana had the opportunity to discuss the development of weightlifting in the country, a sport with a lot of tradition and good results in Kazakhstan.

The IWF President then travelled to Yerevan, the historical capital of Armenia, where he had the opportunity to attend the country's weightlifting federation's electoral session and congratulate the new President of the national body, Mr. Arayik Harutyunyan. This highly-respected official is well known within the weightlifting family, as he has been Chief of Staff of the Prime Minister's Office. In this quality, he had represented the highest authorities of the country, namely playing a decisive role in the award of the 2027 IWF World Championships to the city of Yerevan. A meeting with the President of the Republic of Armenia, Mr Vahagn Khachaturyan, was also organised.

In **February 2025**, more than 90 coaches, about 40 athletes, 20 national federation presidents from the Pacific region, the Samoan Prime Minister and several senior leaders from the IWF (including President Mohammed Jalood) were at the grand opening of a new continental headquarters for training athletes, coaches and technical officials in Apia, Samoa's capital.

"This is truly a historic day for weightlifting in Oceania," said Jerry Wallwork, who will be in charge of the new Oceania Weightlifting Institute/Academy, which is certified by the IWF. *"We are proud, we are united, we are strong."*

"This Institute will play a major role in Oceania weightlifters winning medals at the Olympic Games, the Commonwealth Games, World Championships at senior, junior and youth levels, and many other international events. We will bring the whole continent together. Our vision is firmly focused on success."

The Institute/Academy has 50 platforms, rooms for 50 people to stay for training camps, accommodation for four full-time coaches and their families – with room for more from other nations – and a purpose-built weightlifting stadium that holds 3,000 spectators.

Prime Minister Fiama Naomi Mata’afa, was among the speakers at the opening ceremony, as was the IWF President Mohammed Jalood, who later presented certificates to the 92 Oceania coaches who have gained IWF accreditation.

The IWF President said the stadium was “*one of the best in the world*”, thanked the Samoan government for their high level of support, and thanked the Oceania Federation general secretary Paul Coffa, who set up the original Oceania Institute 23 years ago to serve as a hub for athletes from a range of nations.

Marcus Stephen, Jose Quinones and Khaled Mehalhel, presidents of the Oceania, Pan American and African federations, were at the opening ceremony alongside Jalood and Sam Coffa. Asia was represented by AWF general secretary Mohammed Alharbi and board member Eshaq Ebrahim Eshaq.

In **June 2025**, the IWF President met ASOIF (Association of Summer Olympic International Federations) in the Maison du Sport International (where the IWF Headquarters are located in Lausanne), being received by its Executive Director James Carr. On the side of institutional partners, the IWF leadership also had a working lunch with Benjamin Cohen, Director General of the International Testing Agency.

In Mies (close to Geneva), Mr Jalood, Mr Quiñones and Mr Tsogas were guided by the FIBA General Secretary Andreas Zagklis for a visit to the siege of the International Basketball Federation.

Still in Lausanne, the IWF delegation was invited to visit the FIVB (International Volleyball Federation) headquarters, being received at the highest level by the FIVB President Fabio Azevedo.

In **September 2025**, 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.

In **November 2025**, some days after the presence of the IWF General Secretary José Quiñones and EB Member Matthew Curtain, it was the turn of IWF President Mohammed Jalood and IWF Vice-President Mohammed Al-Harbi to visit the 'Weightlifting Museum' in Shilong, Dongguan, China. During the visit, both Mr Jalood and Mr Al-Harbi donate some memorabilia to the Museum, thus enriching its international section's collection.

The IWF President donated a jacket used during the weightlifting competition at the 2012 Olympic Games in London, as well as the mascot of the Islamic Solidarity Games. Mr Al-Harbi contributed with a set of medals from the 2021 IWF World Junior Championships and from the 2023 IWF World Championships, both organised in Saudi Arabia.

For Mr Jalood, this was his second visit to the Museum, after being a distinguished guest during its inauguration, in October 2024.

In parallel with the visit to the Museum, both IWF responsible attended a weightlifting session at the 15th National Games, taking part in Shilong.

In the end of November, a successful weightlifting activation campaign took place 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. Moreover, 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.

Concerning the co-operation with FIBA 3×3, a similar activation campaign had taken place in Cangzhou (CHN), on October 18-19, during one of the legs of the basketball competition. Supported by the Chinese Weightlifting Association and IWF’s partner ZKC, two local lifters had provided an exhibition activity (showcasing the movements of snatch and clean & jerk), while inviting the fans of the event to join them on the platform.

Actively engaged in the implementation of this IWF-FIBA partnership, IWF General Secretary José Quiñones also underlined the very positive outcome of this initiative: *“Firstly, I would like to express IWF’s gratitude and appreciation to FIBA, but also to the National Federations of Bahrain and China, for making this possible. The 3×3 events are very popular and attract a lot of fans worldwide, and it was of course very positive for Weightlifting to be associated with this success. Besides the promotional purpose, it is also a precious learning experience for us on how to present our sport in a more innovative, younger, and urban way. It is an additional and important step forward in the direction we want to take our Sport!”*

17. Financial Reports

IWF Financial Reports can be found in the IWF website. These documents correspond to the audited version of the Financial Statements, duly approved by the IWF Congress.

Links to the most recent versions:

[2024](#)

[2023](#)

[2022](#)