

MEDIA GUIDE



INTERNATIONAL
WEIGHTLIFTING FEDERATION



WEIGHTLIFTING



RIO 2016 OLYMPIC GAMES

SCHEDULE

4 AUGUST / THURSDAY

18:00 VERIFICATION OF THE
FINAL ENTRIES
20:00 TECHNICAL CONGRESS
21:00 TECHNICAL OFFICIALS
MEETING

5 AUGUST / FRIDAY

OPENING CEREMONY

6 AUGUST / SATURDAY

19:00 W48KG A

7 AUGUST / SUNDAY

10:00 M56KG B
12:30 W53KG B
15:30 W53KG A
19:00 M56KG A

8 AUGUST / MONDAY

10:00 M62KG B
12:30 W58KG B
15:30 W58KG A
19:00 M62KG A

9 AUGUST / TUESDAY

10:00 M69KG B
12:30 W63KG B
15:30 W63KG A
19:00 M69KG A

9 AUGUST / TUESDAY

21:30 TECHNICAL OFFICIALS
MEETING

10 AUGUST / WEDNESDAY

10:00 M77KG B
12:30 W69KG B
15:30 W69KG A
19:00 M77KG A

11 AUGUST / THURSDAY

REST DAY

12 AUGUST / FRIDAY

10:00 M85KG B
12:30 W75KG B
15:30 W75KG A
19:00 M85KG A

13 AUGUST / SATURDAY

15:30 M94KG B
19:00 M56KG A

14 AUGUST / SUNDAY

19:00 W+75KG A

15 AUGUST / MONDAY

15:30 M105KG B
19:00 M105KG A

16 AUGUST / TUESDAY

15:30 M+105KG A
19:00 M+105KG A

QUOTA BY NOC

| NOC | M | W | TOTAL | NOC | M | W | TOTAL |
|-----|---|---|-------|-----------|------------|------------|------------|
| ALB | 1 | 1 | 2 | KGZ | 1 | 1 | 2 |
| ALG | 1 | 1 | 2 | KIR | 1 | | 1 |
| ARG | | 1 | 1 | KOR | 4 | 3 | 7 |
| ARM | 5 | 2 | 7 | KSA | 1 | | 1 |
| ASA | 1 | | 1 | LAT | 1 | 1 | 2 |
| AUS | 1 | 1 | 2 | LTU | 1 | | 1 |
| AUT | 1 | | 1 | MAD | | 1 | 1 |
| BEL | 1 | | 1 | MAR | 1 | 1 | 2 |
| BLR | 5 | 3 | 8 | MAS | 1 | | 1 |
| BRA | 3 | 2 | 5 | MDA | 2 | 1 | 3 |
| CAN | 1 | 1 | 2 | MEX | 1 | 3 | 4 |
| CHI | 1 | 1 | 2 | MGL | 1 | 1 | 2 |
| CHN | 6 | 4 | 10 | MHL | | 1 | 1 |
| CMR | 1 | 1 | 2 | MLT | 1 | | 1 |
| COK | | 1 | 1 | MRI | | 1 | 1 |
| COL | 5 | 4 | 9 | NCA | | 1 | 1 |
| CRO | 1 | | 1 | NGR | | 1 | 1 |
| CUB | 1 | 1 | 2 | NRU | 1 | | 1 |
| CYP | 1 | | 1 | NZL | 1 | 1 | 2 |
| CZE | 1 | | 1 | PER | 1 | 1 | 2 |
| DOM | 1 | 2 | 3 | PHI | 1 | 1 | 2 |
| ECU | 1 | 2 | 3 | PNG | 1 | | 1 |
| EGY | 6 | 3 | 9 | POL | 4 | 1 | 5 |
| ESA | 1 | | 1 | PRK | 4 | 3 | 7 |
| ESP | 3 | 1 | 4 | PUR | | 1 | 1 |
| EST | 1 | | 1 | QAT | 1 | | 1 |
| FIJ | 1 | 1 | 2 | ROU | 2 | 2 | 4 |
| FIN | 1 | 1 | 2 | SAM | 1 | 1 | 2 |
| FRA | 4 | 1 | 5 | SEY | 1 | | 1 |
| GBR | 1 | 1 | 2 | SOL | | 1 | 1 |
| GEO | 3 | 1 | 4 | SRB | 1 | | 1 |
| GER | 4 | 1 | 5 | SRI | 1 | | 1 |
| GHA | 1 | | 1 | SVK | 1 | | 1 |
| GRE | 1 | | 1 | SWE | | 1 | 1 |
| GUA | 1 | | 1 | SYR | 1 | | 1 |
| HAI | 1 | | 1 | THA | 5 | 4 | 9 |
| HON | 1 | | 1 | TKM | 1 | 1 | 2 |
| HUN | 1 | | 1 | TPE | 3 | 4 | 7 |
| INA | 5 | 2 | 7 | TUN | 1 | 1 | 2 |
| IND | 1 | 1 | 2 | TUR | 1 | 3 | 4 |
| IRI | 5 | | 5 | UAE | | 1 | 1 |
| IRQ | 1 | | 1 | UKR | 4 | 4 | 8 |
| ISR | 1 | | 1 | URU | | 1 | 1 |
| ITA | 1 | 1 | 2 | USA | 1 | 3 | 4 |
| JPN | 3 | 4 | 7 | UZB | 5 | | 5 |
| KAZ | 5 | 3 | 8 | VEN | 1 | 3 | 4 |
| KEN | 1 | | 1 | VIE | 3 | 1 | 4 |
| | | | | 94 | 156 | 104 | 260 |

FOREWORD

Dear Ladies and Gentlemen,

The highlight in each and every sports calendar is the Olympic Games, and it is not otherwise for the International Weightlifting Federation.

This year, Rio 2016 promises to be a unique experience giving all competing weightlifters, officials and fans the chance to being associated within the captivating dynamics of the Olympic gathering.

Participating in an Olympic Games is making history and inspiring those who witness athletes' dedication for their sport. In weightlifting, according to our inclusive Qualification System 260 athletes representing a record number of 91 NOCs have the opportunity to compete for their country and give fans unforgettable moments while beating the overwhelming pressure of the road leading to victory. I truly hope they will give inspiration, emotion and motivation to all those passionate weightlifting supporters following the Rio 2016 Olympic Games.

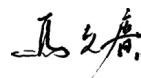
This leaflet aims to enhance your Olympic experience in Rio, first South American city to host the Olympic Games. It contains key information about the Weightlifting event, the athletes and the participating NOCs.

I wish all participants great results and unforgettable moments to all spectators as well as a successful work to the Technical Officials in the exciting weightlifting arena, Riocentro.



DR. TAMÁS AJÁN

INTERNATIONAL WEIGHTLIFTING FEDERATION PRESIDENT
INTERNATIONAL OLYMPIC COMMITTEE HONORARY MEMBER



MA WENGUANG

IWF GENERAL SECRETARY



THE TWO LIFTS



THE SNATCH



The barbell is pulled in a single movement from the platform to the full extent of both arms above the head.



THE CLEAN AND JERK



First part, the Clean
The barbell is pulled in a single movement from the platform to the shoulders

Second part, the Jerk
The barbell is lifted from the shoulders to the full extent of both arms above the head
The lifter is allowed three attempts in both lifts

THE TOTAL



The best Snatch and Clean and Jerk results are combined to create the Total, the highest total wins the competition

ORIGIN OF WEIGHTLIFTING

RECORDS SHOW THAT MEN IN ANCIENT EGYPT LIFTED WEIGHTS AS A MEANS OF DETERMINING **STRENGTH AND POWER**. HOWEVER, IT TOOK UNTIL THE MID-1800S FOR THE PRACTICE TO DEVELOP INTO A SPORT.

COMPETITION STARTED IN GERMANY AND SPREAD QUICKLY.

By 1890 the Osterreichischer Athleten Bund was recognised as the first national governing body for weightlifting.

A year later seven athletes from six nations gathered in London for the first weightlifting world championships.

Great Britain's Levy Lawrence EDWARD was crowned inaugural world champion.

THE SPORT'S RISE WAS METEORIC AND IN 1896 IT WAS ONE OF JUST 9 SPORTS ON THE PROGRAMME OF THE FIRST MODERN OLYMPIC GAMES IN ATHENS.

DURING THE 20TH CENTURY THE RULES AND REGULATIONS OF WEIGHTLIFTING BECAME MORE CLEARLY DEFINED, AND THE **INTERNATIONAL WEIGHTLIFTING FEDERATION (IWF)** WAS FOUNDED IN 1905.

WEIGHTLIFTING TODAY

THE IWF HAS 192 AFFILIATED MEMBERS IN FIVE CONTINENTS AND IT REGULATES COMPETITIONS ALL OVER THE WORLD FOR BOTH GENDERS, IN A RANGE OF AGE GROUPS.

THE FIRST WOMEN'S WORLD CHAMPIONSHIPS WERE HELD IN 1987, WITH WOMEN'S WEIGHTLIFTING JOINING THE OLYMPIC PROGRAMME AT THE SYDNEY 2000 GAMES.

Elite level junior competition started in 1975 with the first junior men's world championships. A first junior women's edition followed 20 years later, in **1995**.

In a sport in which technique is combined with raw strength, the **top athletes** are able to lift more than three-times their bodyweight.

INTERNATIONAL WEIGHTLIFTING COMPETITIONS HAVE BEEN DOMINATED BY **SEVERAL NATIONS** AT DIFFERENT TIMES. CHINA, THE FORMER SOVIET UNION, USA AND IRAN ARE AMONG THOSE COUNTRIES TO HAVE ENJOYED PROLONGED PERIODS OF SUCCESS.

WEIGHTLIFTING AT THE OLYMPIC GAMES

Two weightlifting events were contested at the Athens 1896 Games – one-hand snatch and two-hand clean and jerk formed the program for six athletes from five countries. **Viggo Jensen (DEN) was the first Olympic Champion with 111,5kg.**

The events and weight categories have varied considerably in the 24 Olympic Games at which weightlifting has featured. Both are now standardised.

THE EVENTS AND WEIGHT CATEGORIES HAVE VARIED CONSIDERABLY IN THE 24 OLYMPIC GAMES AT WHICH WEIGHTLIFTING HAS FEATURED. BOTH ARE NOW STANDARDISED.

WEIGHTLIFTING WAS AGAIN ON THE OLYMPIC GAMES PROGRAMME AT THE ST LOUIS 1904 AND ANTWERP 1920 OLYMPIC GAMES, AND HAS FEATURED AT EVERY OLYMPIC GAMES SINCE.

BODYWEIGHT ADVANTAGE WAS FIRST INTRODUCED AT THE PARIS **1924** OLYMPIC GAMES.

CHINA BECAME FIRST WITH **4 GOLD** AND **2 SILVER** MEDALS IN LOS ANGELES 1984.

The most successful country in Berlin 1936 was **Egypt** with 2 Gold, 1 Silver and 2 Bronze medals.

AT THE **1948** LONDON OLYMPIC GAMES, COUNTRIES SUCH AS TRINIDAD AND TOBAGO, IRAN AND KOREA STEPPED IN THE MEDAL LIST OF MEDAL WINNING COUNTRIES.

THESE **120 YEARS** OF OLYMPICS BROUGHT AT LEAST ONE GOLD MEDAL TO **38** COUNTRIES.

UNTIL TODAY, THE FORMER USSR WON THE MOST MEDALS IN WEIGHTLIFTING MEN AND WOMEN COMBINED: 62 ALTOGETHER WITH 39 GOLD, 21 SILVER AND 2 BRONZE.

THEY ARE FOLLOWED BY **CHINA** WITH 50 (29, 13, 8) AND **USA** WITH 43 (16, 16, 11) MEDALS.

COUNTRIES WINNING 1 GOLD:
AUS, BEL, BLR, COL, CRO, DEN, EST, FIN, GBR, GDR, GEO, MEX, NOR.

After the abolition of the two-hand press, competitions at the 1976 Montreal Olympic Games only featured two lifts: Snatch, Clean & Jerk with two hands.

TURKEY'S NAIM SULEYMANOGLU AND HALIL MUTLU, AND GREECE'S PYRROS DIMAS AND KAKHI KAKHIASVILIS, HAVE ALL WON **THREE GOLD MEDALS.**

ALL OF THEM WON **THEIR MEDALS** AT CONSECUTIVE OLYMPIC GAMES; SULEYMANOGLU (1988, 1992, 1996); MUTLU (1996, 2000, 2004); DIMAS (1992, 1996, 2000); AND KAKHIASVILIS (1992, 1996, 2000).

In addition to the gold medals, **DIMAS** won a bronze medal as well at Athens 2004 Games.

Hossein REZAZADEH of the Islamic Republic of Iran lifted the heaviest individual weight in Olympic competition when he clean-and-jerked **263.5kg** at the Athens 2004 Games.

WOMEN'S WEIGHTLIFTING WAS ADDED TO THE OLYMPIC PROGRAMME IN SYDNEY IN 2000. THE FIRST WOMAN TO BECOME OLYMPIC CHAMPION WAS TARA NOTT (USA) IN THE 48KG BODYWEIGHT CATEGORY.

China's **CHEN Yanqing** and **LIU Chunhong** have both won **TWO GOLD** medals.



MIYAKE Hiromi (JPN)

Her father Yoshiyuki Miyake won a bronze medal in weightlifting at the 1968 Olympic Games in Mexico City, and has coached the Japan national team. Her uncle Yoshinobu Miyake won Olympic medals in weightlifting in 1960 (silver), 1964 (gold) and 1968 (gold). Her older brother Toshihiro Miyake has coached the sport. She became the first female Japanese weightlifter to win a medal at the Olympic Games, when she claimed silver in 2012 in London. It also made her and father Yoshiyuki the first Japanese father and daughter to have won a medal at the Olympic Games.

FIRST EVER FEMALE OLYMPIC GAMES IN SYDNEY WAS SO IMPRESSIVE THAT ENCOURAGED ME TO START WEIGHTLIFTING. I ENJOY WEIGHTLIFTING BECAUSE TOUGH EFFORT NEVER BETRAYS ME AND GIVES ME RESULTS BACK. REPEATING LIFTING LIGHT WEIGHTS IS MOST IMPORTANT TO LEARN WEIGHTLIFTING TECHNIQUE. IN RIO I WANT TO LIFT AS MUCH AS POSSIBLE THROUGH EVERY PREPARATION OR EXPERIENCE WHAT I HAVE DONE OR GAINED, AND COMPLETE THE COMPETITION WITH A BIG SMILE.



ROOS Anna Angelica Ulrika (SWE)

What do you enjoy most about weightlifting?

When you do a really nice lift and it feels sooooo easy, that is an amazing feeling. But there is almost always something you can do better next time, it's a challenge and that is fun.

What's the hardest thing in this sport?

Haha, I think almost everything is hard. Not eat to much? Haha, I do also love food.

Do you have any superstitions or lucky charms that you carry with you to events?

Hmm, actually I don't have any specific lucky charm. All my lucky charms use to be something you can eat. Haha! Well, I always have chocolate with me to a competition. But that's of course new chocolate every time.

What was your most memorable weightlifting moment?

One is from the European championship 2015. That was the first time a really felt and understood that I was one the top lifters in Europe, and that a medal was so close.

What do you expect from Rio?

I will lift as much and as good as i can. My expectation is that this will be a really good competition, in many ways.

How does it feel to represent your country at such an important competition?

I feels awesome, amazing, cool and fantastic, and I think this will be so fun.

How did you get ready?

Eat, train, sleep, laugh and, maybe most important, be around fantastic people.

YOU NEED POWER, STRENGTH AND TECHNIQUE, AND IT'S GOOD IF YOU HAVE MOBILITY, TIMING, COORDINATION AND SO ON.



KOHA Rebeka (LAT)

In 2016, Rebeka Koha won Bronze medal at the IWF European Championships in Forde. As a seventeen-year-old, she is the youngest competitor.

She is coached by Eduards Andruskevics, who has also been coaching Olympic medalists Arturs Plesnieks and Viktors Scerbatihs.

She started with Bronze medal in Nanjing (2014), at Youth Olympic Games. Rebeka finished with a total of 165 kilograms . Riocentro awaits for Rebeka. A capacity of almost 6 000 will be silent. The future of weightlifting is coming.

Never afraid of facing the stronger opposition, this Latvian girl is heading to her first ever Olympic trip.

WE ARE NOT MACHINES, THAT CAN BE PROGRAMMED. WE ARE HUMANS. WE GET SICK. WE DO NOT GET ENOUGH SLEEP. AND WE SHOULD BE READY FOR ANY CHALLENGE.



TILER Rebekah Jade (GBR)

Tiler is sponsored by a butcher, in Riddlesden, West Yorkshire, who offered to support her Olympic dreams when there were deep funding cuts in British weightlifting two years ago. Ian Hewitt, the butcher, proudly supplies Tiler with as much meat as she needs to eat. She is now one of the most surprising Olympians in Rio – and a potential gold medal winner in 2020.

RIO IS JUST ABOUT EXPERIENCE AND GETTING USED TO THE OLYMPIC ATMOSPHERE. I WANT TO DO WELL BUT NEXT TIME I AM AIMING TO WIN GOLD.

DENG Wei (CHN)

Why and how did you choose weightlifting?

I was chosen by the weightlifting coach of the local sport school accidentally. I did not know anything about weightlifting and decided to go for fun.

What do you enjoy most about weightlifting?

Enjoy the moment every day to challenge my extreme, the moment breaking through my extremes.

What is the perception of people around you (family friends) about the fact that you practice weightlifting?

They support me very much for practicing weightlifting.

What is the most important technique or skill for a weightlifter to learn?

Every technique and each detail of the technique is very important and crucial for a weightlifter and need to be learned carefully.

What is going through our mind as you prepare to lift?

I will think over my movement again in my mind and remind me of the details needed to pay attention to.

What was your most memorable weightlifting moment?

The most memorable moment was the time when I first became champion and stepped on the highest podium.



What do you expect from Rio?

To win the Gold medal at the Rio Olympic Games.

How does it feel to represent your country at such an important competition?

I feel happy and proud to compete representing my motherland. I will cherish the opportunity and try my best to win.

How did you prepare for Rio?

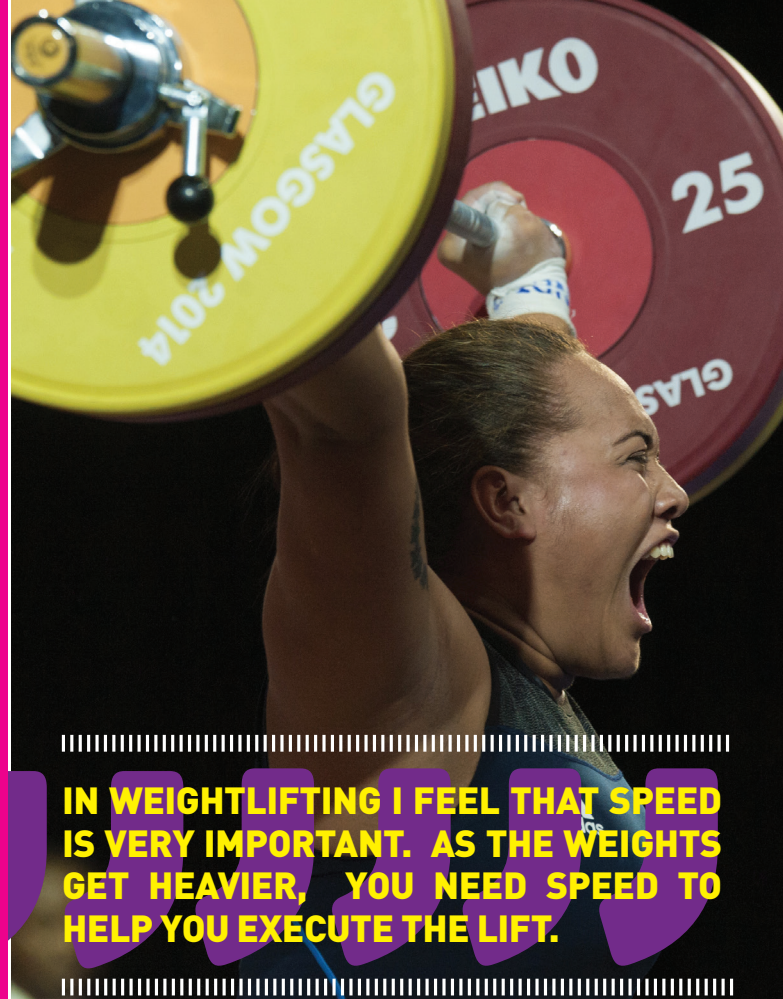
To cooperate well with my coach, train hard at each training lesson and work hard on my each lift.

PETERS Luisa Fatiaki Taitapu (COK)

I chose the sport of weightlifting to show the girls in my island nation that it is not only a sport for boys. But that girls can also compete and do well. I enjoy competing in different competitions in the region and around the world and doing my best.

My most memorable moment was attending and competing in my first Olympic Games in London 2012. This is my second Olympics and I am very much looking forward to my competition. To do the best I possibly can and enjoy the sporting atmosphere. I feel incredibly privileged to be representing my tiny nation of Cook Islands at the world's biggest sporting event. Because to represent your country at the Olympics is the pinnacle of any athlete's career.

I am a resident at the Oceania Weightlifting Institute in New Caledonia with fellow pacific island lifters. To prepare for Rio has been a long journey, training hard twice a day, six days a week. In order for me to get the best coaching and have access to the best facilities, I need to be away from my family. That is probably the hardest part for me.



IN WEIGHTLIFTING I FEEL THAT SPEED IS VERY IMPORTANT. AS THE WEIGHTS GET HEAVIER, YOU NEED SPEED TO HELP YOU EXECUTE THE LIFT.



VALENTIN PEREZ Lidia (ESP)

"To be a great lifter, there are three fundamental things that can't fail and they are the athlete's mental state, the physical state and technique"

Lidia started weightlifting by chance, when she was 11 years old. She was very sporty and the weightlifting coach saw her and suggested to try the sport. Her mother was opposed to it as it was a very manly sport and she just turned 11, but after she saw that she really enjoyed it, she accepted it.

A 2-time European Champion (2014, 2015), a Bronze medal winner at the 2013 IWF World Championships, she also has 3 Silver and 3 Bronze medals from Europeans.

IF THE VOICE INSIDE YOU SAYS "YOU CANNOT LIFT", THEN BY ALL MEANS LIFT AND THAT VOICE WILL BE SILENCED



OM Yun Chol (PRK)

Olympic Champion in 2012, OM is also 3-time World Champion and heads to Rio as favorite to claim another Olympic title.

He became the fifth lifter ever to lift three times his own bodyweight. For him, the key to effective goal-setting is "being realistic about what you can accomplish".

OM holds the Olympic Record in the Clean and Jerk with 168kg. His achievement at London 2012 was even more impressive considering he was competing in the B group. He was ranked 11th prior to the Games.

I AM GOING TO PROTECT MY TITLES. I WILL WIN IN THE 2016 OLYMPICS.

IRAWAN Eko Yuli (INA)

His father worked as a paddle rickshaw driver and his mother a vegetable trader. As a boy he used to work herding goats, which he says taught him how to be responsible. "If I lost a goat, I had to pay for it. We were poor. We had to be careful doing our job."

After winning a bronze medal in the 56kg at the Beijing 2008 Olympic Games, the Indonesian government rewarded him with 75 million Indonesian rupiah [approximately 8,000 USD at the time]. He uses any winnings from weightlifting to support his family. All the bonuses received went to building the home shop, buying land and rice fields for his parents.



MOSQUERA LOZANO Luis Javier (COL)

WW How did you start weightlifting?

LJ I started with playing football which I did in parallel with weightlifting until my father told me to choose. I hesitated at first, but went for weightlifting as it was a much cheaper option. Training and competing was free while in football you had to pay – and in the end, I was not so passionate about football at all. I still play sometimes, but only for fun on the streets.

WW Your child knows you are a weightlifter?

LJ Yes, he watches me on TV and knows that I am a weightlifter. He even knows that I'm a World Champion. There are photos in our house, and when friends come over he shows the pictures saying "papa, papa".

WW What do you think about Rio?

LJ For the Rio Olympic Games, I'll have to train hard.



LYU Xiaojun (CHN)

What specific skills does someone need to excel in weightlifting?

To be a good weightlifter you need specific skills that you may achieve only by conscientious training. You also need to have great power in specific muscles that you strengthen in the daily routine. This requires comprehensive snatching and jerking skills and a steady success rate. Each time you try you should be successful. Technique is very important – as well as the physical and mental skills. Strength alone is not enough.

What are the mental aspects of weightlifting?

Such is the thirst to succeed, the capability to fight stress, and the ability to challenge your own physical limits. You also need to have a clear mind. It is important to be able to focus on one thing and close out the world; not let anything to disturb the concentration on the movement.

What are your thoughts about competing at the Rio 2016 Olympic Games? What are your targets for the future?

I will continue my training and practice hard for the 2016 Olympic Games. I hope success and glory can knock on my door again in Rio. I think I am still young; I enjoy weightlifting more and more each year. Once there is someone of the same level as I am in the 77kg, I will think about retiring, but until that time I will do my best to stay on top – as long as until Tokyo 2020.

WHEN I FIRST HOLD THE BAR AFTER LONDON 2012, I WAS ALREADY IN THE PREPARATION PERIOD FOR RIO. WHAT I EXPECT IS TO ACHIEVE MY DREAMS AND GET A SECOND OLYMPIC GOLD MEDAL! I DO NOT WANT TO REGRET; I LOVE WEIGHTLIFTING DEEPLY AND DEVOTE MYSELF TO IT.



ROSTAMI Kianoush (IRI)

What are your plans for the Rio Olympics?

The Rio Olympic Games is going to be my Olympics. I could not do well enough in London and I promised myself to do my best in Rio. Even breaking records there is an idea in the back of my mind.

What is your dream achievement as a weightlifter?

At the moment I am only thinking about breaking records. I tried to set new records both in Houston and in the Paris World Championships. But I was not successful. My dream is to set new records.

How does your family think about your sport? Your achievements?

My family is very much supportive. They always pray for me and help me concentrate on my job. They understand my situation that it involves constant trainings and try to provide a good background for me to be able to focus very well only on my duty. I am not only supported by my family but also by the whole population in my city, Kermanshah. When I get medals at different championships I receive hero welcome in my city. A large number of people, many of them I don't even know, come to the airport to take me home. Then thousands of people gather in front of my parents' house and carry me on their hands. I am very thankful for their kindness and the way they always respect me there. So the best way I could express my gratitude is to get my city's first gold medal at the Olympic Games.

ZIELENSKI Adrian Edward (POL)

He has launched a project called 'Work For Success' ['wypracujMysukces'] where any company that supports him on his way to the 2016 Olympic Games in Rio de Janeiro will also get him to work for them for one day after he returns from Rio de Janeiro. "It will be interesting experience. I have never had a main sponsor, and I've always worked hard for all my successes. That's why I really appreciate support from each company. To be honest, I'm very curious how I get by with new roles."





BEDZHANYAN David (RUS)

I believe that each weightlifter has only one opponent – the barbell. You lift it and you are a champion. You don't lift and you are not. Like all children, I tried many sports. Karate, kickboxing... Only one day. I went to kickboxing and the coach made me run cross-country with the adults. I ran straight home. So, I just didn't come back to the gym and told my dad: "Dad, I will not go there again." Why weightlifting? My dad used to be a weightlifter and coached a little bit. He actually preferred freestyle wrestling. But in Bolshoy Kamen, the city where I was born, there was no good coach and he started coaching me. That's how I ended up in weightlifting.

TALAKHADZE Lasha (GEO)

Lasha Talakhadze reads a lot and he loves hunting. He accepts every challenge. He loves watching old comedies starring Adriano Celentano. Goes to the cinema with his little sister, where she sleeps and Lasha watches the Pixar. He loves wearing red and white. Respects his head coach Olympic Champion Giorgi Asanidze. Admires another giant, Georgian Rugby star Mamuka Gorgodze. And Talakhadze, current World Champion in the +105 kg, is ready to get more jewels in his crown. He is ready to become Olympic Champion. He will do his best.

Why and how did you choose weightlifting?

Well, my first choice was football. I was scoring a lot of goals. And once, my Dad, a former weightlifter, just asked me to join him in the gym. Casual training it was. And I got poisoned by weightlifting. In a good way. Weightlifting became a big part of my life. When you train, you love every morning, you love the running you do, and you love the pace of the training. And later, when good is not enough; you want to be the best. That's pretty cool. To be the best, I mean. Just set your goals high.

What do you enjoy most about weightlifting?

Bravery. You fight the steel every given day. For me, it's like, everyone has a will to win, but it's the will to prepare you to win that matters.

What is the most important technique or skill for a weightlifter to learn?

Well, for me, snatch has always been the hard one. Clean and jerk, come on, that's easy. Now I know that my biggest strength is not my physical ability. It's my mind.



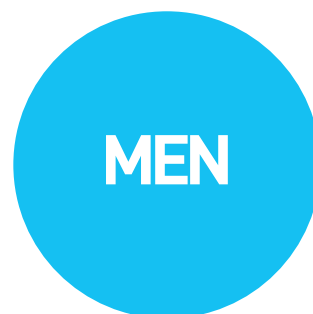
What was your most memorable weightlifting moment?

My first Gold Medal won at the European Championships in Spain. The moment, that I got the medal, I told myself, that one day I may not win it all, but I never quit. For me, the champion is the one who wins, when he should not.

What do you expect from Rio?

Hot weather, a lot of Brazil, my first Gold Medal. I plan to win Summer Olympics. I trust myself. I know that if I fail at the first try, I will never give up. You stand on the podium and you hear your national anthem. I will die for that.

OLYMPIC RECORDS



56 KG

| | | | | | |
|--------------|--------|-------------|------------|-----|--------------------|
| Snatch | 137 kg | MUTLU Halil | 14.07.1973 | TUR | 16.09.2000, SYDNEY |
| Clean & Jerk | 168 kg | OM Yun Chol | 18.11.1991 | PRK | 29.07.2012, LONDON |
| Total | 305 kg | MUTLU Halil | 14.07.1973 | TUR | 16.09.2000, SYDNEY |

62 KG

| | | | | | |
|--------------|--------|---------------------------------|------------|-----|--------------------|
| Snatch | 153 kg | KIM Un Guk | 28.10.1988 | PRK | 30.07.2012, LONDON |
| Clean & Jerk | 177 kg | FIGUEROA MOSQUERA Oscar Albeiro | 27.04.1983 | COL | 30.07.2012, LONDON |
| Total | 327 kg | KIM Un Guk | 28.10.1988 | PRK | 30.07.2012, LONDON |

69 KG

| | | | | | |
|--------------|--------|-----------------|------------|-----|--------------------|
| Snatch | 165 kg | MARKOV Georgi | 12.03.1978 | BUL | 20.09.2000, SYDNEY |
| Clean & Jerk | 196 kg | BOEVSKI Galabin | 19.12.1974 | BUL | 20.09.2000, SYDNEY |
| Total | 357 kg | BOEVSKI Galabin | 19.12.1974 | BUL | 20.09.2000, SYDNEY |

77 KG

| | | | | | |
|--------------|--------|-------------|------------|-----|--------------------|
| Snatch | 175 kg | LU Xiaojun | 27.07.1984 | CHN | 01.08.2012, LONDON |
| Clean & Jerk | 207 kg | ZHAN Xugang | 15.05.1974 | CHN | 22.09.2000, SYDNEY |
| Total | 379 kg | LU Xiaojun | 27.07.1984 | CHN | 01.08.2012, LONDON |

85 KG

| | | | | | |
|--------------|--------|----------------|------------|-----|---------------------|
| Snatch | 185 kg | RYBAKOU Andrei | 04.03.1982 | BLR | 15.08.2008, BEIJING |
| Clean & Jerk | 215 kg | DIMAS Pyrros | 13.10.1971 | GRE | 22.09.2000, SYDNEY |
| Total | 394 kg | RYBAKOU Andrei | 04.03.1982 | BLR | 15.08.2008, BEIJING |

94 KG

| | | | | | |
|--------------|--------|------------------|------------|-----|--------------------|
| Snatch | 187 kg | BAGHERI Kouroush | 01.01.1977 | IRI | 24.09.2000, SYDNEY |
| Clean & Jerk | 233 kg | ILYIN Ilya | 24.05.1988 | KAZ | 04.08.2012, LONDON |
| Total | 418 kg | ILYIN Ilya | 24.05.1988 | KAZ | 04.08.2012, LONDON |

105 KG

| | | | | | |
|--------------|--------|----------------|------------|-----|---------------------|
| Snatch | 200 kg | ARAMNAU Andrei | 17.04.1988 | BLR | 18.08.2008, BEIJING |
| Clean & Jerk | 236 kg | ARAMNAU Andrei | 17.04.1988 | BLR | 18.08.2008, BEIJING |
| Total | 436 kg | ARAMNAU Andrei | 17.04.1988 | BLR | 18.08.2008, BEIJING |

+105 KG

| | | | | | |
|--------------|--------|-------------------|------------|-----|--------------------|
| Snatch | 212 kg | REZAZADEH Hossein | 12.05.1978 | IRI | 26.09.2000, SYDNEY |
| Clean & Jerk | 263 kg | REZAZADEH Hossein | 12.05.1978 | IRI | 25.08.2004, ATHENS |
| Total | 472 kg | REZAZADEH Hossein | 12.05.1978 | IRI | 26.09.2000, SYDNEY |

Subject to the currently ongoing result management procedures due to the 2008 and 2012 reanalysis.

OLYMPIC RECORDS



48 KG

| | | | | | |
|--------------|--------|---------------|------------|-----|---------------------|
| Snatch | 97 kg | TAYLAN Nurcan | 29.10.1983 | TUR | 14.08.2004, ATHENS |
| Clean & Jerk | 117 kg | CHEN Xiexia | 08.01.1983 | CHN | 09.08.2008, BEIJING |
| Total | 212 kg | CHEN Xiexia | 08.01.1983 | CHN | 09.08.2008, BEIJING |

53 KG

| | | | | | |
|--------------|--------|--------------------|------------|-----|--------------------|
| Snatch | 100 kg | YANG Xia | 18.11.1977 | CHN | 18.09.2000, SYDNEY |
| Clean & Jerk | 131 kg | CHINSHANLO Zulfiya | 25.07.1993 | KAZ | 29.07.2012, LONDON |
| Total | 226 kg | CHINSHANLO Zulfiya | 25.07.1993 | KAZ | 29.07.2012, LONDON |

58 KG

| | | | | | |
|--------------|--------|--------------|------------|-----|---------------------|
| Snatch | 108 kg | LI Xueying | 15.05.1990 | CHN | 30.07.2012, LONDON |
| Clean & Jerk | 138 kg | CHEN Yanqing | 05.04.1979 | CHN | 11.08.2008, BEIJING |
| Total | 246 kg | LI Xueying | 15.05.1990 | CHN | 30.07.2012, LONDON |

63 KG

| | | | | | |
|--------------|--------|------------------|------------|-----|--------------------|
| Snatch | 115 kg | BATSIUSHKA Hanna | 24.10.1981 | BLR | 18.08.2004, ATHENS |
| Clean & Jerk | 135 kg | SKAKUN Nataliya | 03.08.1981 | UKR | 18.08.2004, ATHENS |
| Total | 245 kg | MANEZA Maiya | 01.11.1985 | KAZ | 31.07.2012, LONDON |

69 KG

| | | | | | |
|--------------|--------|--------------|------------|-----|---------------------|
| Snatch | 128 kg | LIU Chunhong | 29.01.1985 | CHN | 13.08.2008, BEIJING |
| Clean & Jerk | 158 kg | LIU Chunhong | 29.01.1985 | CHN | 13.08.2008, BEIJING |
| Total | 286 kg | LIU Chunhong | 29.01.1985 | CHN | 13.08.2008, BEIJING |

75 KG

| | | | | | |
|--------------|--------|---------------------|------------|-----|--------------------|
| Snatch | 131 kg | ZABOLOTNAYA Natalya | 15.08.1985 | RUS | 03.08.2012, LONDON |
| Clean & Jerk | 161 kg | PODOBEDOVA Svetlana | 25.05.1986 | KAZ | 03.08.2012, LONDON |
| Total | 291 kg | ZABOLOTNAYA Natalya | 15.08.1985 | RUS | 03.08.2012, LONDON |

+75 KG

| | | | | | |
|--------------|--------|-------------------|------------|-----|--------------------|
| Snatch | 151 kg | KASHIRINA Tatiana | 24.01.1991 | RUS | 05.08.2012, LONDON |
| Clean & Jerk | 187 kg | ZHOU Lulu | 19.03.1988 | CHN | 05.08.2012, LONDON |
| Total | 333 kg | ZHOU Lulu | 19.03.1988 | CHN | 05.08.2012, LONDON |

Subject to the currently ongoing result management procedures due to the 2008 and 2012 reanalysis.

FROM YOG TO RIO



MEN



THACH Kim Tuan (VIE) 2010 YOG gold medallist

RAHIMOV Nijat (KAZ) 2010 YOG gold medallist

OKULOV Artem (RUS) 2010 YOG gold medallist

CHINNAWONG Chatuphum (THA) 2010 YOG silver medallist

MINASYAN Gor (ARM) 2010 YOG silver medallist

BUNSUK Tairat (THA) 2010 YOG 5th place

BEN HNIA Karem (TUN) 2010 YOG 8th place

MUELLER Nico (GER) 2010 YOG –

MARTIROSYAN Simon (ARM) 2014 YOG gold medallist

CACEIDO PIEDRAHITA Andres Mauricio (COL) 2014 YOG bronze medallist





WOMEN

DENG Wei (CHN) 2010 YOG gold medallist

ZHAPPARKUL Zhazira (KAZ) 2010 YOG gold medallist

SAFITRI Dewi (INA) 2010 YOG bronze medallist

KIM Kuk Hyang (PRK) 2010 YOG bronze medallist

AHMED Sara (EGY) 2014 YOG gold medallist

KOHA Rebeka (LAT) 2014 YOG bronze medallist

MUNKHJANTSAN Ankhtsetseg (MGL) 2014 YOG 4th place

HULPAN Florina-Sorina (ROU) 2014 YOG 5th place

POGHOSYAN Sona (ARM) 2014 YOG 6th place

CUEVA URIBE Fiorella Francesca (PER) 2014 YOG 8th place



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TO LIFT ITSELF**