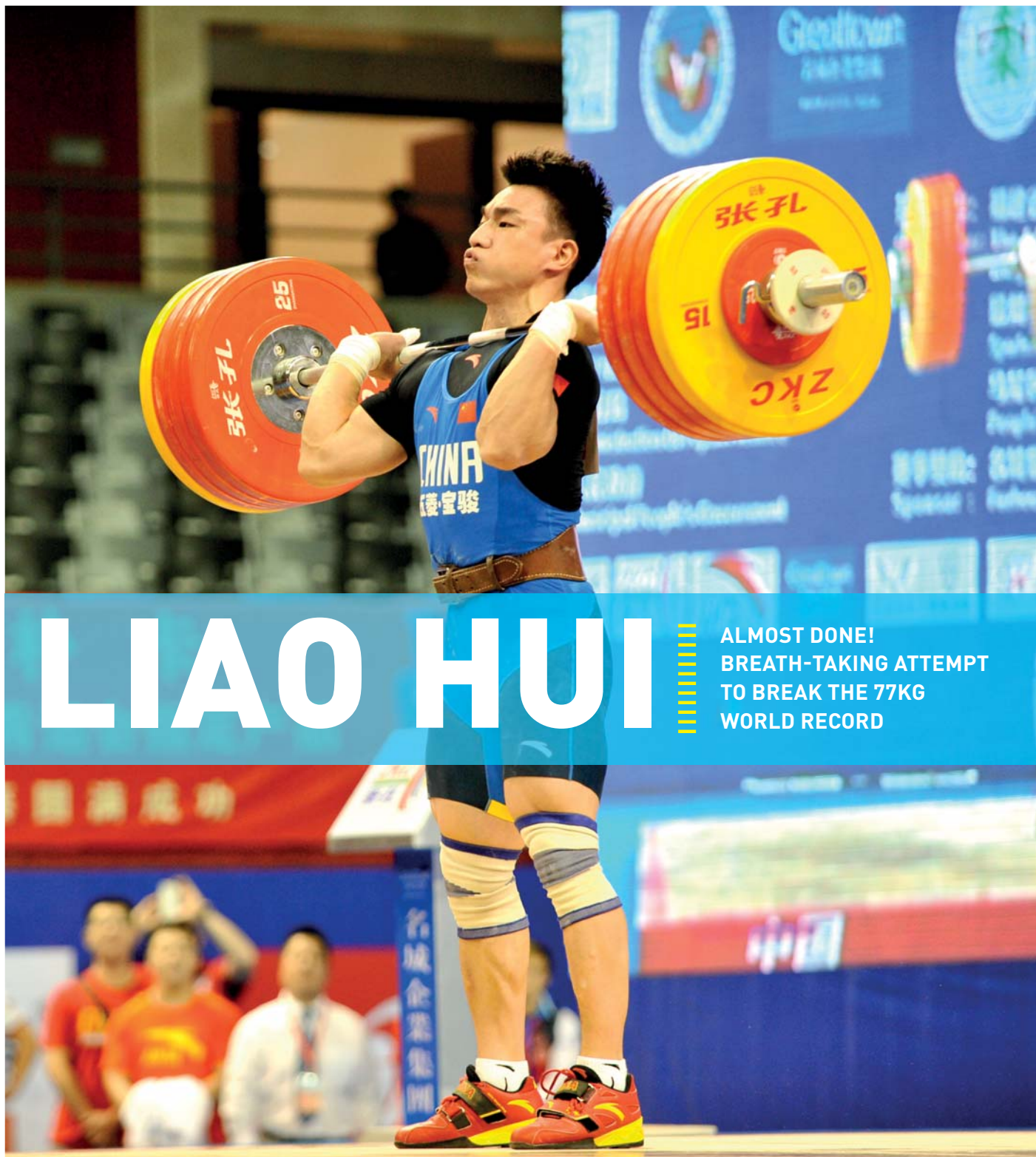


WORLD WEIGHTLIFTING

No.135

OFFICIAL MAGAZINE OF INTERNATIONAL
WEIGHTLIFTING FEDERATION



LIAO HUI

ALMOST DONE!
BREATH-TAKING ATTEMPT
TO BREAK THE 77KG
WORLD RECORD

PHOTO STEPHEN A. GALVAN



2015 IWF JUNIOR WORLD
CHAMPIONSHIPS, [WROCLAW](#)

ASIAN CHAMPIONSHIPS,
[PHUKET](#)

HOUSTON 2015
[PREVIEW](#)

IWF CHINA GRAND
PRIX, [FUZHOU](#)



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Published by
International Weightlifting Federation

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Printed by TypoNova

(www.typonova.hu)

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facebook.com/iwfnet
twitter.com/iwfnet
instagram.com/iwfnet
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ISSN 0230-3035



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FOREWORD

BY THE IWF PRESIDENT

Dear Friends, dear Readers, I look upon each and every World Championships as the prime event of the year. This applies with a special emphasis to the one now coming up in Houston. Not only because it is a main Olympic Qualification event but also because organizing world championships in America always means a big challenge to the International Federation concerned, a challenge to the National Federations both in terms of participation and in achieving success. And, of course, it is a challenge for the hosts as the conditions in the US are very different as regards publicity, marketing, television and applicable laws from an event held in other parts of the world. All in all, the Houston 2015 IWF World Championships are of crucial importance to our family. We have been working closely with the Organizing Committee for the last three years. The Houston Sports Authority, in particular Madam Janis Schmees Burke, CEO, expertly and devotedly manage and control all sports activities in the city hosting a major event every year beside the traditional games. For instance in basketball or football (American, of course), and this year it is weightlifting's turn to be the guest. I am indeed impressed by the professional team collected to tackle the task and I expect weightlifting to be given a big push in the USA following our World Championships. It was a long time ago that we had our last world championships in the USA; though the 1st Women's World Championships were held there, Junior and even Senior World Championships

have taken place, but not yesterday. Now, the stake is high: the right to enter a team to the Rio de Janeiro Olympic Games. The IWF Secretariat and our whole Federation is focusing on making Houston 2015 an outstanding success, hand in hand with the organizers.

Prior to the year's summit in September, we had a magnificent Grand Prix in Fuzhou, China. It has been my objective to carry out a series of IWF Grand Prix or you can name it World Cup – with not too many events but with an annual optimum. Actually, that is a long-time idea of mine. Indeed, we have already had some Grand Prix events; I must mention in first place the Russians who have been staging them systematically and regularly, every year, under the name "President's Cup". This challenge is mainly to be thanked to Alexander Gerasimenko, IWF Vice President. He and the Russian Weightlifting Federation take great care and make big efforts in the interest of the Cups. The events bear the title "President's Cup" and it is worth mentioning that a maximum of two sports events per year can be organized under the aegis of the President of the Russian Federation. One of those is reserved for weightlifting. The first edition was supported by Dmitry Medvedev, the next one in December will be held under the protection of Vladimir Putin. In fact, since Belgorod it will be the fifth edition this year, in Grozny. Both the China Grand Prix and the President's Cup are prize money events and it is important as they contribute to maintaining the pulse of the sport from January to December. Such competitions motivate the best weightlifters to take part and I am particularly happy about the awards because these athletes devote their whole life to the sport and deserve to be rewarded for their immense achievements. By means of the GP and World Cup we would like to achieve a change of mentality. We

need to create the competition opportunities, while our coaches and federation officials are reluctant to understand that they need to launch the best competitors several times in succession. Without their regular appearance we are unable to raise role models, stars to the sport and without stars one cannot manage the sport. Well, you cannot make someone a star if he or she pops up only once or maximum twice in a year, at the continental or world championships. Regular appearance is key to stardom. You do not need to lift world records every time but a high standard of lifting and participants shall be guaranteed. Organizing four World Cups or Grand Prix a year would be excellent. We have started recently with Russia, Azerbaijan and now China with its record-braking prize monies and a just-



missed world record. Olympic champion Liao Hui was very close to a historic mark and even though he missed it the television coverage meant enormous publicity to the sport. I am sure that is the right way ahead.

Thirdly, let me speak of the rebirth of our magazine! Respected Readers: I hope you can notice the revamped finish and image of **WORLD WEIGHTLIFTING**! In the last two years we have taken momentous steps to upgrade and refresh the whole image of the IWF. We have introduced new concepts and projects to reinforce the publicity of weightlifting. Beyond the well-elaborated Development Program we have produced an IWF movie "Lift The World" that was a big hit across all continents. Before Rio 2016 our next film will be up and ready. The new IWF logo has entailed the replacement of the image on our Technical Officials items, website, documents and of course the publications

At the age of 35 years **WORLD WEIGHTLIFTING** has also been given a facelift. The change involves its media appearance: we shall go online in English, Spanish and Russian. Copies will only be printed in English for distribution among the Congress delegates, the IOC, the International Sports Federations and those specifically requesting a hard copy. We hope you like the change and please feel free to write to the Editors **world.weightlifting@iwfnet.net** with your remarks and ideas promoting the revitalisation.



DR. TAMÁS AJÁN
IWF PRESIDENT



When you are holding the IWF Magazine in your hands, you can see that it has a new look and uses the new IWF logo. This is not a big change, but it symbolizes the spirit of IWF for innovation, progress and adaptation to new trend of times.

The IOC introduced the Olympic Agenda 2020, which opens a new era in the Olympic Movement. It also opens new horizons but at the same time imposes obligations on the IWF which constantly seeks ways for new development and new achievements, to keep the high status and prestige of the Olympic sport of weightlifting. To achieve this goal, it demands greater unity and hard effort from IWF, from National Federations and from Continental Federations. We must continue to concentrate on organizing high level international weightlifting events, fighting hard with doping, promoting weightlifting to communities and as a mass sport, developing IWF Marketing and supporting worldwide development of weightlifting.

I wish each one of us would be like the new World Weightlifting: fresh and open towards the development of weightlifting, and devoted to bring weightlifting and IWF a brighter future."



MA WENGUANG
IWF GENERAL SECRETARY

TEXT: KORNÉL JANCsó

PHOTO: BRUCE KLEMENS & JÓZSEF SZAKA

DESTINATION: RIO, VIA HOUSTON

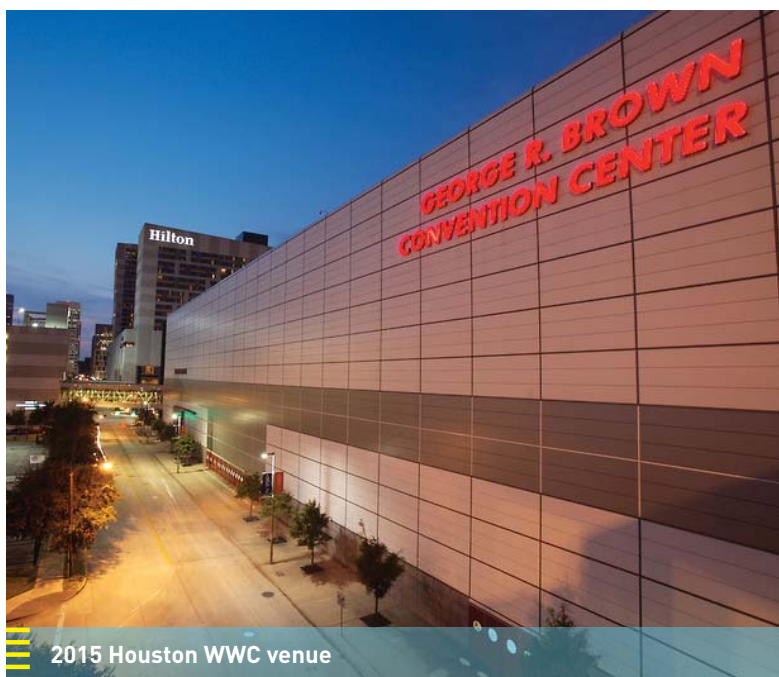


NEXT STOP: 82ND MEN'S AND 25TH WOMEN'S WORLD CHAMPIONSHIPS

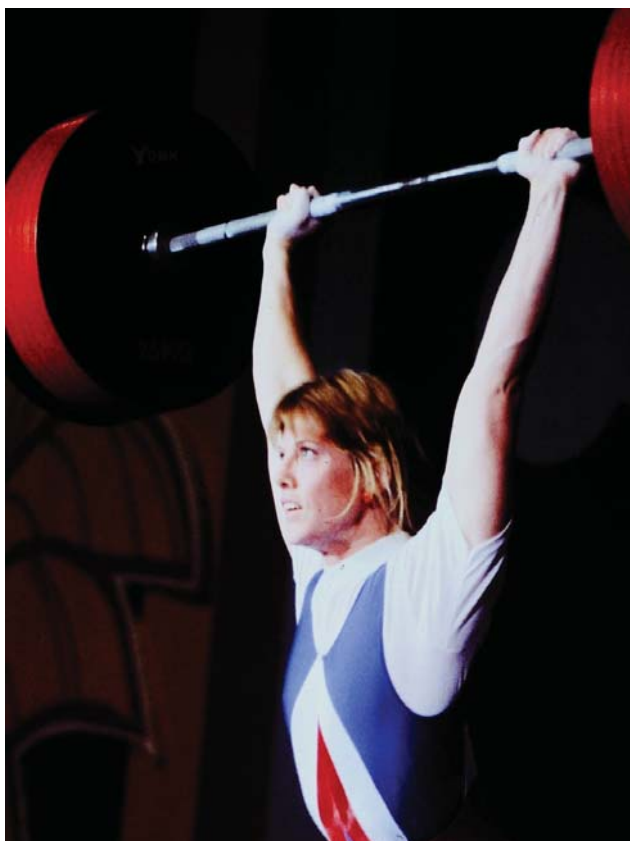
Houston – birthplace of Beyoncé, Dennis Quaid and Patrick Swayze, among others – will host the 2015 summit of the world's strongest athletes. The 2015 IWF WWC is not "simply" another World Championship but the most important milestone on the road leading to the Summer Olympic Games of 2016. Based on the preliminary entries, about 600 competitors from over 70 countries are expected to appear on the stage of the George R. Brown Convention Center in Houston, Texas, 20-28 November. Although the final and official numbers will become public only in the evening of 18 November, following the Final Verification of Entries, we should have no doubt that we are facing a particularly remarkable series of challenges both in quantity and in quality. Changes are allowed in the entries until the Final Entry deadline (20 October 2015), so the Russian Federation may decide to include their ace, **Tatiana Kashirina**, last year's Lifter of the Year and winner of all major world competitions at least once. Or, though her notorious challenger, **Zhou Lulu** is missing from the Chinese entry list, **Meng Suping** is there, the silver medallist of the 2014 Almaty World Championships in the +75kg category. Speaking of 2014, of those winning gold in Kazakhstan China is bringing **Deng Mengrong** and **Deng Wei**, but silver medal winner **Kang Yue** and third-placed **Li Yajun** are also expected to compete on the Houston stage. In the Chinese men's entry list we are currently missing Olympic and world champion **Liao Hui**, but in the lower categories we can read the names of two other titleholders, **Wu Jingbiao** and **Long Qingquan** – to check only a few names in a parade of stars. Surfing through the preliminary entries we might point at further superstars like **Behdad Salimikordasibi**, **Kianoush Rostami** or **Bahador Moulaei** of Iran; **Aleksei Lovchev**, **Alexandr Ivanov**, **Artem Okulov** from Russia; and last but not least **Ruslan Nurudinov** of Uzbekistan. DPR Korea is coming with its Olympic and world champions and Kazakhstan's line-up is expected to include two of their Olympic champions, **Maiya Maneza** and **Svetlana Podobedova**, whereby we know that last year's Best Lifter **Ilya Ilyin** does not want to interrupt his Olympic preparation with an appearance in Houston. The Texas statistics will only become final after going to

press; however, we know what numbers Houston has to exceed if it wants to break records: a year ago in Almaty there was a huge field of 538 competitors – 223 female and 315 male – coming from 72 countries. Another benchmark hard to surpass is the 12 world records born in Almaty. The 2014 medal tables listed 6 nations winning gold among the women and medals were shared by 11 countries in the seven bodyweight categories, whereas among the men 13 countries shared the medals of the 8 categories of which eight managed to capture gold.

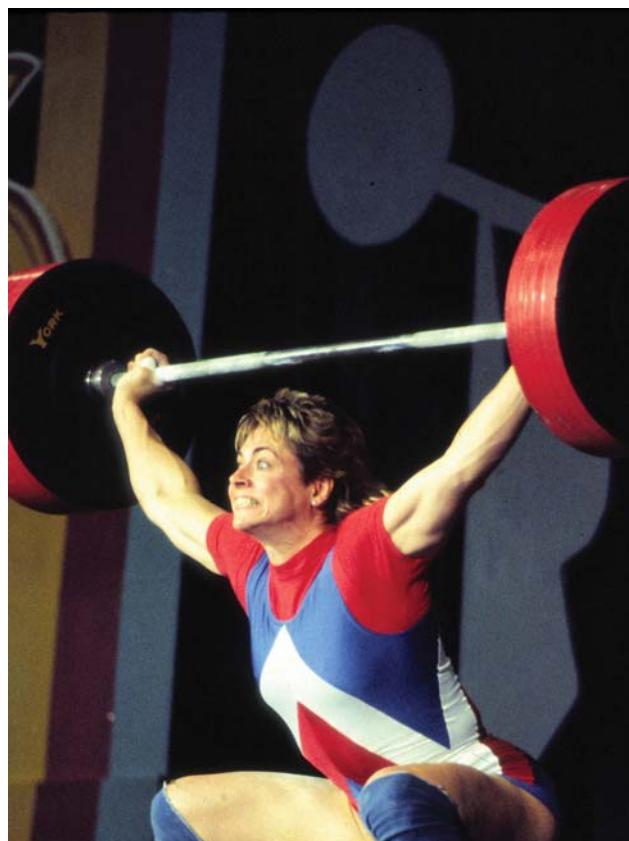
We should not forget that – the 2014 WWC being the first main qualification world championships to Rio 2016 – the best teams gained advantage in the point calculations; now in Houston they can add the other "half" to their qualification in order to guarantee the presence of squads of multiple lifters for the Olympic Games. For the ladies Houston will offer an opportunity to celebrate: it will be the 25th edition of the Women's World Championships, while the men have their 82nd meet. In the past, the USA used to count as a diligent organiser having hosted two Junior World Cham-



2015 Houston WWC venue



The first US medallist, Arlys Kovach, at the 1st Women's World Championships, 1987



USA's first woman world champion in total: Karyn Marshall in Daytona Beach

pionships (Fort Lauderdale 1989, Savannah 1999) and four senior men's (Philadelphia 1947, Columbus 1970, Gettysburg 1978 and Los Angeles 1984 – the latter Olympic Games then classified as world championships as well), and once the Women's. The latter being truly historic as it was the first time ever for the women to gather for World Championships in Daytona Beach in 1987. The Florida venue included 100 women from 23 countries and out of the total of 27 medals in the then 9 categories 22 were captured by the Chinese victorious in eight classes. The only exception was the 82.5kg where the host US triumphed thanks to **Karyn Marshall**. She snatched 95 and clean and jerked 125kg, making a 220kg total and sweeping the three gold medals, plus produced the absolute best result of the whole World Championships. The US had another success to be proud of: they took second place in the medal chart with 4, 7, 7 medals behind China (22, 4, 1). Another US gold-medal winner was **Arllys Kovach**, world champion in snatch in 67.5kg.

Still on Daytona Beach, let us mention the rest of the American medallists: **Sibby Harris** in 44kg, **Robin Byrd** in 48kg, **Rachel Silverman** in 52kg and **Becky Levi** in the plus 82.5kg.

Our statistics show altogether 1,710 medals having been distributed in World Championships to date for women, and 3,899 for men – meaning that we shall reach some round figures in Houston. The 2015 WWC 56kg snatch world champion will be awarded the 3,900th medal in history, while among the women the 1,750th medal will be allocated; both genders combined producing the owner of the 5,700th medal.



2014 Lifter of the Year, Tatiana Kashirina (RUS) is an absolute favourite in +75kg for the 2015 World Championships



Svetlana Podobedova (KAZ): Since the London Olympic Games, 75kg champion takes on the world stage for the first time at Houston



77kg Olympic and world champion Lu Xiaojun (CHN) is determined to collect the gold medals once again in Houston



After the silver in Almaty 2014, Behdad Salimikordasibi (IRI) wants to recapture the throne of +105kg

TEXT: LILLA ROZGONYI

PHOTO: GREGOR WINTER

WROCLAW



2015 IWF JUNIOR WORLD CHAMPIONSHIPS

Weightlifting's major Junior event returned to Poland for the 4th time. The country has proven to be an excellent host of major events on many occasions organizing three Junior World Championships in 1976, 1995 and 1996. As a testimony of their professionalism, they also showcased Senior World Championships six times already from 1913, 1959, 1969, 1996, 2002 and 2013. The talented and dynamic leadership of the Polish Federation - PZPC - under President Szymon Kolecki displayed clear vision and perspectives reaching beyond the borders of Poland. They once again proved great organizational skills and a warm hospitality. Altogether 236 athletes from 41 countries competed at the 2015 IWF Junior World Championships Wrocław, POL. The exact number was 96 Women from 29 countries against 135 Men from 35 countries. JIANG Huihua (CHN) was the only one setting records. Competing in the 48kg bodyweight category, she broke her compatriot's - TIAN Yuan's (CHN) - Youth World Records from the 2010 IWF World Championships Antalya, TUR in the Snatch as well as in the Total. She raised them to 92kg and 205kg respectively. According to the Team Classification, 1st six Women were the follows: CHN, RUS, MEX, TUR, EGY and USA, while for Men Teams it was: RUS, POL, COL, JPN, CHN and TUR. The IWF Media Trophy of Best Lifter within Women was awarded to AHMED Sara Samir Elsayed Mohamed (EGY) while for Men; the winner was the Russian KHUGAEV Khetag (RUS) - both of them also Youth Olympic Champions in 2014 Nanjing. Watch out cause we might even see more of these young athletes at the 2015 IWF World Championships in Houston, and witness these stars of tomorrow prior to their eventual participating in the Rio 2016 Olympic Games.





JIANG HUIHUA (CHN) WOMEN 48 KG

When on stage, I had no idea that I was breaking the World Record. I wasn't thinking about it, wasn't trying to make it, but when I have been told about it afterwards I became more and more excited. I lift the bar according to whatever has been decided by my coach. Whatever weight he asks for – I go for it!

MENG CHENG (CHN) MEN 56 KG

To succeed at competitions I work hard to be well prepared and well trained. The second most important thing is to control my bodyweight and be in a good physical condition. Third focus point is mental preparation. You shouldn't get too much pressure.

When competing I focus on nothing but the technical part.

I visualize how to make a successful move and lift it. I wasn't doing very well during the competition. I felt more relaxed in Nanjing being my home country. I got more motivation at the 2014 Youth Olympic Games and was more confident.

During my free time I do a lot of internet surfing, shopping, and I love watching series. Especially 3 Kingdoms - a popular history series.



CHAMPIONSHIPS



ELLIOT KIANA ROSE (AUS) WOMEN 63 KG (ON THE LEFT)

A background in gymnastics has provided a great base of body awareness for performance in weightlifting, as well as a few extra tricks, although I can't say I ever pictured myself as a weightlifter when I was doing gymnastics but I have grown to love the sport over my time doing weightlifting. Both sports are so centered on the individual and one's own performance, while gymnastics is founded on artistry and elegance, there is an art and beauty about the technique of movements of weightlifting.

➤ 2015 IWF JUNIOR WORLD CHAMPIONSHIPS WROCLAW

48 KG WOMEN

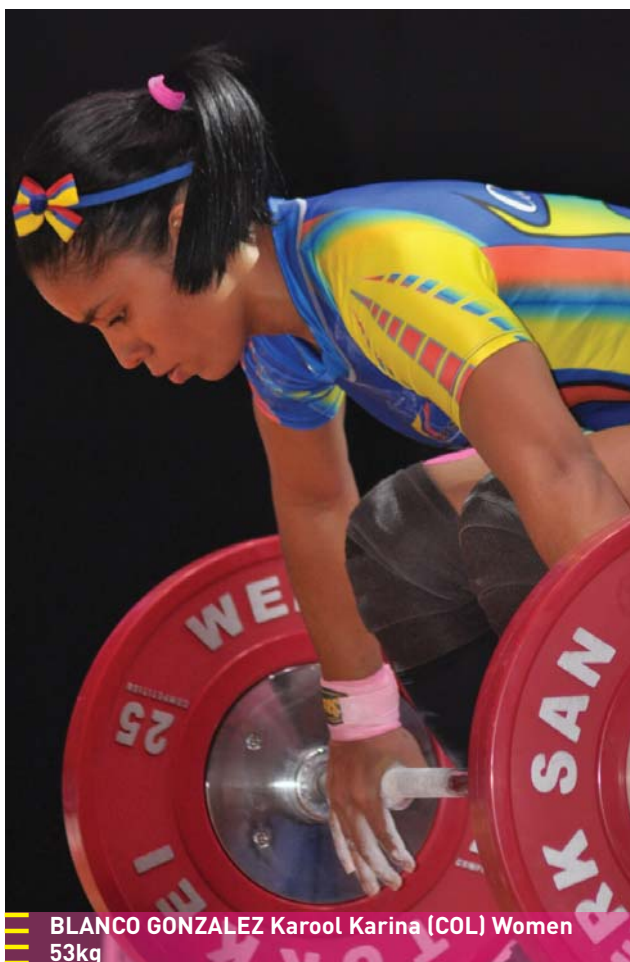
1. JIANG Huihua	22.01.1998 CHN	47.64	92	113	205
2. HOU Zhihui	18.03.1997 CHN	47.52	91	113	204
3. RI Song Gum	17.10.1997 PRK	47.24	77	104	181
4. AHMED Heba Saleh M.	03.07.1996 EGY	47.94	70	95	165
5. DE LA HERRAN M. A.	12.09.1996 MEX	47.62	74	85	159
6. RYZHOVA Daria	23.07.1996 RUS	47.44	73	85	158

53 KG WOMEN

1. LIU Quan	18.12.1995 CHN	52.90	95	115	210
2. PAKKARATHA R.	14.06.1997 THA	52.76	83	115	198
3. IBRAHIM Basma E.M. G.	27.06.1995 EGY	52.88	83	106	189
4. NGUYEN Thi Huong	17.12.1995 VIE	52.80	86	102	188
5. BLANCO G. K. K.	24.05.1996 COL	52.80	83	105	188
6. KOHA Rebeka	19.05.1998 LAT	52.70	85	102	187

58 KG WOMEN

1. SRISURAT Sukanya	03.05.1995 THA	57.64	105	125	230
2. ZHUO Jun	27.02.1995 CHN	57.94	96	128	224
3. RIM Un Sim	05.07.1996 PRK	57.44	95	115	210
4. CHIANG Nien-Hsin	29.04.1997 TPE	57.54	91	116	207
5. GOMEZ VALDIVIA J.	26.10.1995 MEX	56.98	86	105	191
6. NIEVAS Sasha Belen B.	04.06.1998 ARG	57.74	85	104	189



BLANCO GONZALEZ Karool Karina (COL) Women 53kg

63 KG WOMEN

1. WEI Lufan	16.07.1995 CHN	62.58	98	120	218
2. AHMED Esraa E. R. E.	21.11.1998 EGY	62.32	99	115	214
3. NGUYEN Thi Tuyet Mai	27.12.1996 VIE	62.32	91	121	212
4. TORRES WONG A.	27.11.1995 MEX	62.36	93	116	209
5. DURAN AYON Ana Lilia	16.11.1997 MEX	62.16	86	116	202
6. KOKHANENKO Olena	03.02.1995 UKR	62.82	89	113	202

69 KG WOMEN

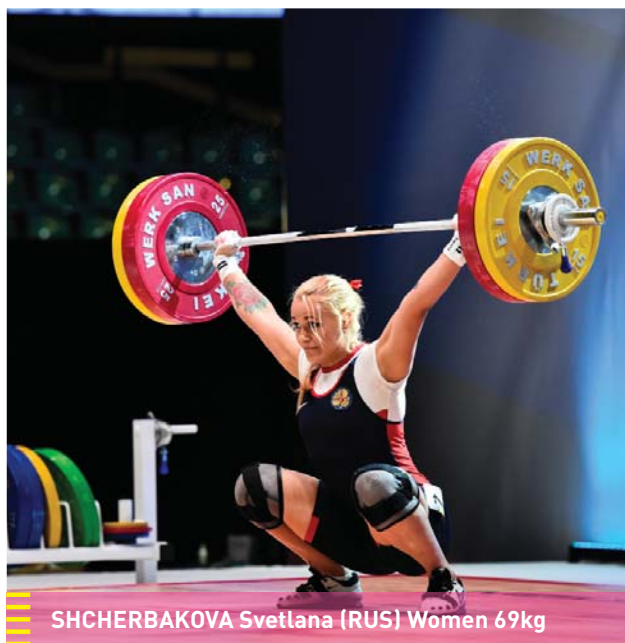
1. AHMED Sara S. E. M.	01.01.1998 EGY	67.50	102	130	232
2. NGARLEM Kristel	20.07.1995 CAN	68.88	93	116	209
3. AYNACI Duygu	26.06.1996 TUR	68.84	91	105	196
4. KASHIWAGI Maki	27.12.1996 JPN	66.32	86	106	192
5. LAYLOR Maya Celeste	04.07.1995 CAN	67.92	85	107	192
6. LING Meng-Shan	27.12.1995 TPE	68.44	85	106	191

75 KG WOMEN

1. PETROVA Mariia	13.01.1995 RUS	74.22	110	136	246
2. MIKHALENKA Anastasiya	08.12.1995 BLR	69.44	101	130	231
3. DEKHA Iryna	14.05.1996 UKR	74.52	109	115	224
4. SARGSIAN Ani	16.03.1995 RUS	69.02	100	122	222
5. HULPAN Florina-Sorina	07.03.1996 ROU	69.28	100	120	220
6. WIOR Jolanta Malgorzata	22.09.1995 POL	71.26	93	108	201

+75 KG WOMEN

1. NOGAY Nadezhda	20.05.1996 KAZ	97.66	125	150	275
2. CHAIDEE Duangaksorn	11.08.1997 THA	109.92	113	146	259
3. DHIEB Yosra	31.08.1995 TUN	116.72	111	140	251
4. ABBAS Halima A. S.	05.05.1995 EGY	122.18	108	141	249
5. KLINGSEIS Marissa E.	07.06.1995 USA	100.98	103	131	234
6. KO A-Rang	16.08.1997 KOR	120.20	102	132	234



SHCHERBAKOVA Svetlana (RUS) Women 69kg

53 KG WOMEN



**IBRAHIM BASMA EMAD
GOUDA MOHAMED (EGY)**

In the team we are like a big Family. My coach is like a father while the President of the Federation (Mahgoub) is like a grandfather.

I come from a weightlifting family.

My father was weightlifter, while my two brothers and two sisters are also competing. We often train together and it's a good motivation to overcome ourselves.



YUAN CHENGFEI (CHN)

Tattoo becomes very popular with the change and understanding of people in China. The ideology is adapting to the changing environment. Personally, I think that tattoo is an authentic way of self-expression. I have two, and usually people are curious in having the explanation of the meaning which is very personal.

I have the Olympic Rings on the chest, as a destination of my sporting career. Whenever I face difficulties in life or in training, it gives me the inspiration to move further and reach higher.

The second one is a totem right at the place of a previous injury. It symbolizes protection.

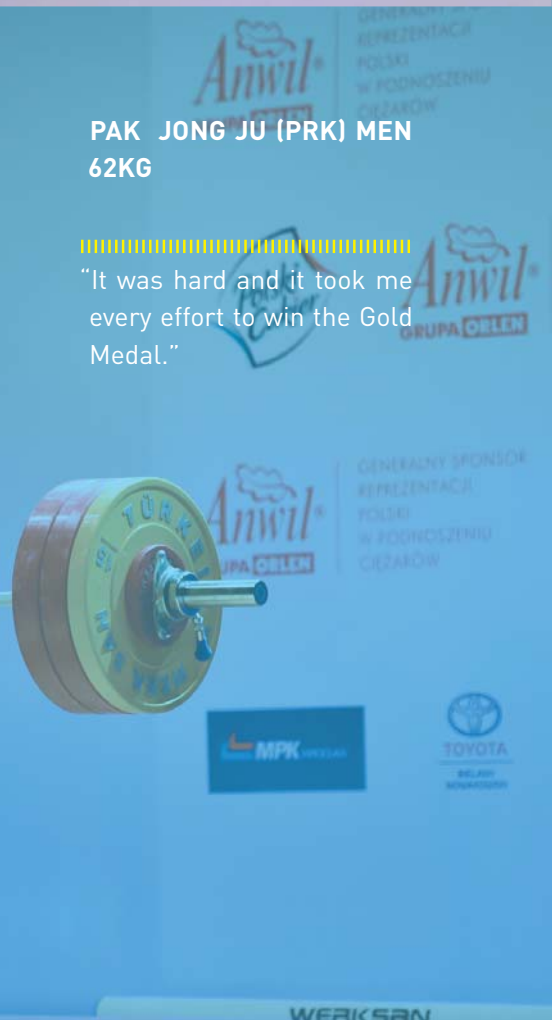


69 KG
MEN



PAK JONG JU (PRK) MEN 62KG

"It was hard and it took me every effort to win the Gold Medal."



VACHON NICOLAS (CAN) MEN

69 KG

I started weightlifting when I was 8 as my father was also a weightlifter. Since he ended his sport career, he was fond to continue with his kids. He showed me how a weightlifting competition looked like, he bought equipment, and it all started from there. It took me 3 years to truly appreciate what I was doing.

It was only after the first medals won at a provincial level that I became grabbed by it.

The beauty of it is that you always have to overcome your own limits, fight against yourself, persevere and surpass yourself. It asks from you to stay mentally and physically focused.

I love weightlifting because it's an individual sport. If I make a mistake, it's mine! I don't make a whole team pay for it.

My father is my coach. We easily differentiate the two roles, as he is my coach during training while at home he is my father. However, he has to be as severe with me as he is with all the others.

I have an athletic figure, and girls often approach me driven by curiosity – asking about what kind of sport I practice and so on.

It attracts and fascinates people as it is not very common. They often have preconceptions due to the limited information they access about the sport. In Canada, we consider hockey as number one and we are not as strong in Summer Olympic disciplines. I truly hope I will be able to change this.

I made my first steps on the international level in Glasgow at the 2014 Commonwealth Games where I was the youngest athlete competing. My ultimate goal is Tokyo 2020!

The road to the Olympics is long and tough, we cannot plan everything in advance, but I hope I'll be able to qualify. A medal to top that would be just incredible.



➤ 2015 IWF JUNIOR WORLD CHAMPIONSHIPS WROCLAW

56 KG MEN

1. MENG Cheng	18.11.1997 CHN	55.86 126 150 276
2. KRUAITHONG Sinpeth	22.08.1995 THA	55.72 126 142 268
3. SCARANTINO Mirco	16.01.1995 ITA	55.70 117 145 262
4. MINGMOON Witoon	10.02.1996 THA	55.88 109 146 255
5. KIM Young-Ho	09.10.1996 KOR	55.82 110 141 251
6. BOUHIJBHA Amine	28.02.1996 TUN	55.32 110 133 243

62 KG MEN

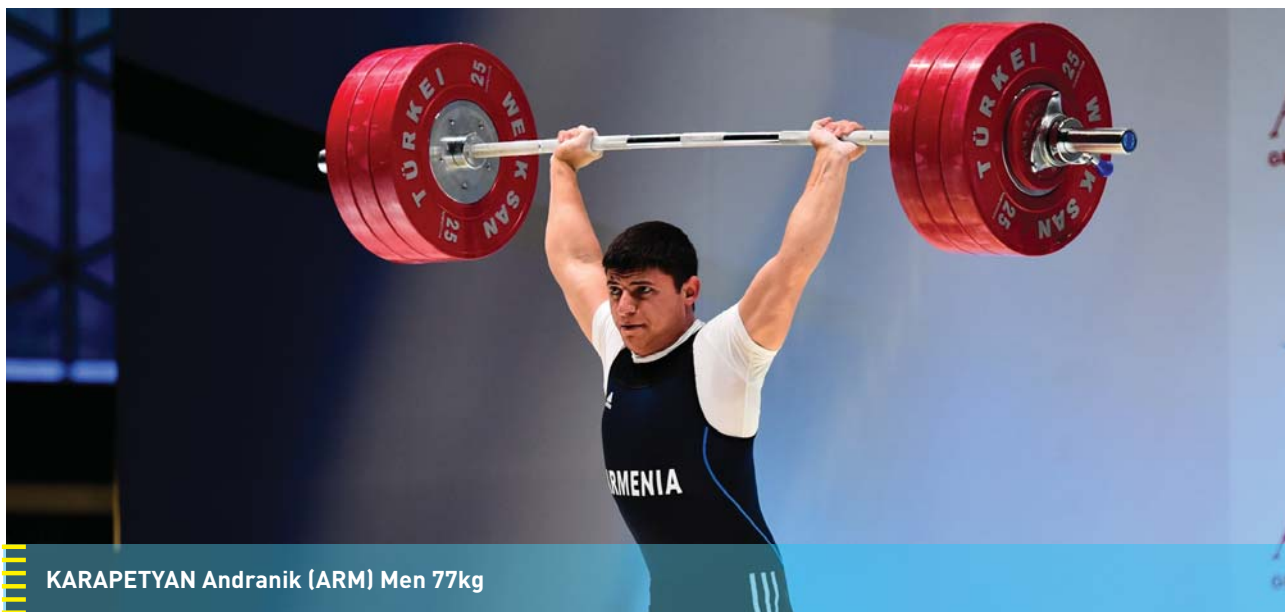
1. PAK Jong Ju	14.03.1997 PRK	61.78 124 156 280
2. ERGASHEV Adkhamjon	12.03.1999 UZB	61.82.124 151 275
3. AYDIN Emrah	24.06.1997 TUR	61.82 122 145 267
4. MOSQUERA LOZANO J. D.	09.10.1998 COL	61.74 120 145 265
5. KIM Young-Ho	09.10.1996 KOR	55.82 110 141 251
6. BOUHIJBHA Amine	28.02.1996 TUN	55.32 110 133 243

69 KG MEN

1. MOSQUERA LOZANO L. J.	27.03.1995 COL	67.88 151 187 338
2. YUAN Chengfei	14.07.1995 CHN	68.88 151 178 329
3. KWON Yong Gwang	14.01.1996 PRK	68.70 141 171 312
4. OKYAY Ahmet Turan	06.05.1996 TUR	68.28 140 160 300
5. MUNOZ MARTINEZ J. A.	10.11.1995 MEX	68.24 134 165 299
6. KONNAI Mitsunori	14.03.1996 JPN	67.80 124 157 282

77 KG MEN

1. KARAPETYAN Andranik	15.12.1995 ARM	76.80 155 180 335
2. MIRI Ali	01.08.1995 IRI	76.92 150 182 332
3. STOIAN Doru Ilie	06.07.1996 ROU	76.38 148 178 326
4. CHEPIK Roman	18.09.1995 RUS	76.48 145 180 325
5. MORENO TORRES J. E.	02.10.1995 COL	76.58 145 180 325
6. NABIEV Fayzullo	11.03.1995 UZB	76.64 145 170 315



KARAPETYAN Andranik (ARM) Men 77kg



MOSQUERA LOZANO Luis Javier (COL) Men 69kg

➤ 2015 IWF JUNIOR WORLD CHAMPIONSHIPS WROCLAW

85 KG MEN

1. ZHAO Yongchao	16.03.1995 CHN	84.40 156 197 353
2. ATNABAEV Ilia	03.08.1997 RUS	84.40 161 191 352
3. PIZZOLATO Antonino	20.08.1996 ITA	84.48 154 193 347
4. KONOTOP Ihor	21.07.1995 UKR	84.92 154 191 345
5. MOUSAVIJARAHI S.	21.04.1995 IRI	83.10 153 188 341
6. AVETISYAN Norayr	01.07.1996 ARM	82.52 145 188 333

94 KG MEN

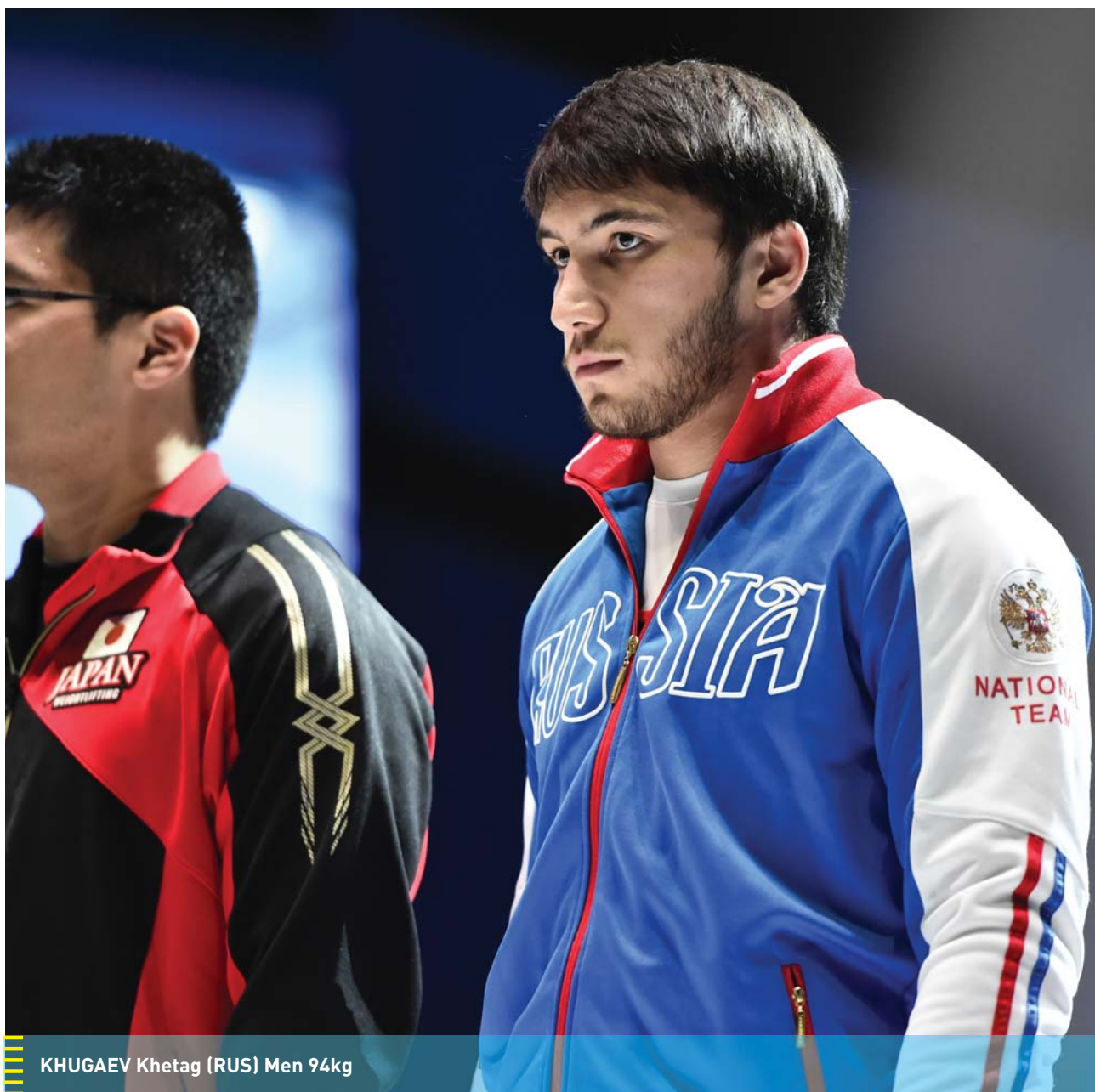
1. KHUGAEV Khetag	21.10.1997 RUS	92.84 172 202 374
2. HOZA Volodymyr	15.04.1996 UKR	93.76 173 193 366
3. JIN Yunseong	11.10.1995 KOR	93.62 165 191 356
4. PAREDES MONTANO L.	05.03.1996 COL	92.12 165 190 355
5. DEHDAR Reza	02.07.1995 IRI	90.62 154 186 340
6. DOBREA Valentin	14.04.1996 ROU	93.44 151 187 338

105 KG MEN

1. WU Changsheng	17.03.1995 CHN	104.52 169 212 381
2. GUYDYA Marchel	03.03.1995 RUS	104.04 168 211 379
3. JAN Peyman	04.01.1996 IRI	103.98 164 203 367
4. CHKHEIDZE Giorgi	03.10.1997 GEO	104.86 160 200 360
5. ROMAN Andrei-Mircea	29.05.1996 ROU	103.76 160 190 350
6. MEDINA ANDUEZA J. S.	15.06.1998 MEX	104.46 153 185 338

+105 KG MEN

1. SAVCHUK Antony	20.11.1995 RUS	137.62 186 229 415
2. MZHACHYK Aliaksei	30.06.1996 BLR	131.40 181 220 401
3. MURAKAMI Eishiro	08.08.1995 JPN	127.42 170 205 375
4. CHINEN Kosuke	06.01.1996 JPN	140.44 173 200 373
5. KENJAEV Davron	24.01.1995 UZB	124.02 173 195 368
6. KAJDOCI Tamas	21.07.1994 SRB	136.38 165 202 367



KHUGAEV Khetag (RUS) Men 94kg

TEXT: LILLA ROZGONYI
PHOTO: GREGOR WINTER

INTERVIEW

JOSE DAVID & LUIS JAVIER MOSQUERA (COL)

WW Have you ever competed together?

The 2015 IWF Junior World Championships here in Wroclaw is the first competition where we have the chance and opportunity to compete together. It already happened at the Pan-American level, but this is the internationally.

WW How do you feel about it?

LJ The most important is the fact that we are brothers. José David - as the younger - always wants to overcome me but not as opponent. We do not consider each other as challengers, but as motivation. It is an evolution that we reach side-by-side. As of today I am the one holding the better results, while JD is slowly but surely catching up with me in terms of achievements. We train constantly and tirelessly to become better and better. When we train at home, our brother is coaching us. When he was still active as weightlifter, he had quite good results on a national level.

WW How did you start weightlifting?

We are a family of 6 brothers and sisters and our two older brothers got into weightlifting first.

JD My brothers forced me to go to the training with them. I didn't like it at first. I only did it because of our father. I wanted to make him proud. He had great hopes for us and was glad to witness and be part of our success.

LJ I started with playing football which I did in parallel with weightlifting until my father told me to choose. I hesitat-

ed 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.

WE TRAIN CONSTANTLY
AND TIRELESSLY TO BE-
COME BETTER AND BETTER





WW What's your favourite team?

LJ Paris Saint-Germain!

WW What do you think about during the competition?

LJ As a matter of fact, I am strong mentally. I think about what I did in training, and when I walk to the platform, I do it just the same way. I tell myself it's training, and there is less pressure.

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 Will you compete in Houston?

JD No.

LJ Yes.

WW What are your plans for the future? How will your competition look like?

From now on, both of us will compete in the 69kg bodyweight category.

JD I am a bit taller, so with time I will move on to the 77kg. Our aim is to represent Columbia in 69kg together. It could take about three years, so let's place it to Tokyo 2020. But of course, first we have to overcome all the other Colombian athletes at the national level.

WW What do you think about Rio?

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

WW How does the training look like?

LJ We have some weights at home but usually for the World Championships I train with the National Team. We live in the same house but on different floors. It is relatively big, as we are 10.

I live on the second, and I have some weights too, but it cannot be dropped to the floor so we plan to accommodate a small training room on the first floor.

WW What is your goal for Houston?

LJ For Houston, I plan being on the podium. A third place would be good, and if I can end with 158kg Snatch and 195kg Clean and Jerk, I will be satisfied. If I can make these numbers, it means I reached my goal, and I would be happy even if that's only enough for the 4th place. I'm training hard for that with the National Team. We have 7-8 trainings a week, and on Thursdays I can be home with my family.

TEXT: REIKO CHINEN

PHOTO: NAT AREM AND MUHAMMAD NOUSSIER, COURTESY MOHAMMED JALOOD, AWF

PHUKET



2015 ASIAN CHAMPIONSHIPS

THAILAND'S RESORT AS LAST-MINUTE FILL-IN FOR NEPAL DELIVERED EXCELLENT EVENT

The 26th Senior Women's and 45th Senior Men's Asian Championships were held during 6-11 September 2015. Originally, these championships were scheduled to be held in Kathmandu, Nepal, however due to devastating earthquake in April, a new organizer had to be found. Despite the short 4-month preparation period, Thai Amateur Weightlifting Association (TAWA) successfully organized the traditional Continental Senior event in its famous resort, Phuket Island. The efforts of TAWA President Ms YODBANGTOEY Boossaba and IWF Vice President Maj. Gen.

YODBANGTOEY Intarat deserve praise and gratitude for having saved this event and carried it out at such a high standard. It was only two and half months prior to the main Olympic Qualification World Championships and no new continental or world record was established, however, strong competitions and high results were observed in many categories with the presence of many Olympians or past Asian / World medalists, such as LI Ping, MENG Suping, DING Jianjun, LIN Quingfeng (CHN), KHAMRSRI Panida, SIRIKAWE Pimsiri (THA), TRAN Le Quoc Toan (VIE), KIM Myong Huok (PRK), CHEN Shih-Chieh (TPE), MOULAEI Bahador (IRI) and so on.



Medals in +75kg: due finish to the Championships delivered excellently by the Thai Weightlifting Association, under the direction of Mrs Boossaba Yodbangtoey, President (middle)

➤ 2015 ASIAN CHAMPIONSHIPS

Fifteen gold medals in Total were widely distributed to 7 countries including historic two wins of Philippine athletes COLONIA Nestor Landag (Cat 56kg) and DIAZ Hidilyn Francisco (Cat 53kg). Both of them are junior Asian champions, Asian Games representatives, and DIAZ competed at Olympic Games twice, however, that was the “First ever senior Asian title” according to former Federation President and AWF Life Honorary President PUENTEVELLA Monico, the success turning his happy face to the happiest. DIAZ brought another history to the Philippines by being awarded as Best Female Athlete, while the Best Male Athlete trophy was given to KIM Myong Huok of D.P.R. Korea (Cat 69). China won the team classification both in women and men, followed by Thailand and DPR Korea in women and Thailand and I.R. Iran in men. The host Thailand couldn’t win any Total gold medals in either genders, although the men team impressed by grabbing 4 gold medals in Snatch or Clean & Jerk. Regarding participation – 56 women from 19 nations and 106 men from 27 nations competed at this Championships including representatives from nations under development such as Cambodia, East Timor, or Laos, and from earthquake victim Nepal. The total number of competing athletes was nearly the double of the 2011 edition (35 women from 13 nations, 59 men from 17 nations). If compared with the Continental Olympic Qualification 2012 Asian Championships (89 women from 27 nations, 150 men from 19 nations), the number of participating athletes is smaller but the scope of the nations was even wider this time. As we know the IWF has increased its support to the Continental Federations to USD 175,000 annually. The AWF has spent a part of this IWF contribution to encourage athletes’ participation in the event together with TAWA’s great cooperation. The support was extended to the Technical Officials who officiated diligently and expertly. Asia is very proud of its prominent position and great traditions in the sport of weightlifting and working hard to preserve and further elevate its standard and the popularity of the sport. Next year, we are going to Tashkent, Uzbekistan.



DIAZ Hidilyn (PHI), two-time Olympian became the best lifter of the Championships



Philippine team happy and proud, with AWF General Secretary Mohammed Jaloud

> 2015 ASIAN CHAMPIONSHIPS

48 KG WOMEN

1. VUONG Thi Huyen	22.06.1992. VIE	47.75	86	104	190
2. HUANG Yuezheng	23.01.1992 CHN	47.93	83	105	188
3. KHAMSRI Panida	13.01.1989 THA	47.83	80	107	187

53 KG WOMEN

1. DIAZ Hidityn	20.02.1991 PHI	52.97	96	118	214
2. KIM Su Ryon	24.10.1993 PRK	52.70	95	113	208
3. NGUYEN Thi Thuy	23.08.1990 VIE	52.28	84	112	196

58 KG WOMEN

1. LI Ping	15.09.1988 CHN	57.21	100	126	226
2. SRISURAT Sukanya	03.05.1995 THA	57.39	104	121	225
3. SADYKOVA Assem	02.08.1993 KAZ	57.92	95	122	217

63 KG WOMEN

1. ZHOU Wenyu	01.12.1988 CHN	62.08	105	135	240
2. SIRIKAEW Pimsiri	25.04.1990 THA	61.34	103	130	233
3. SIVANBAYEVA Faina	08.11.1992 KAZ	62.68	104	125	229

69 KG WOMEN

1. XIE Hongli	03.06.1992 CHN	66.57	107	140	247
2. PAEK Un Hye	07.07.1989 PRK	68.23	106	135	241
3. FAIZOLLAYEVA Maira	01.05.1995 KAZ	68.42	101	125	226

75 KG WOMEN

1. WANG Zhouyu	13.05.1994 CHN	74.46	115	135	250
2. YAO Chi-Ling	31.03.1993 TPE	74.73	101	126	227
3. KAMIYA Ayumi	28.03.1992 JPN	74.49	100	117	217

+75 KG WOMEN

1. MENG Suping	17.07.1989 CHN	118.44	130	180	310
2. KIM Kuk Hyang	20.04.1993 PRK	95.05	131	165	296
3. PULSABSAKUL C.	04.11.1993 THA	127.30	135	160	295

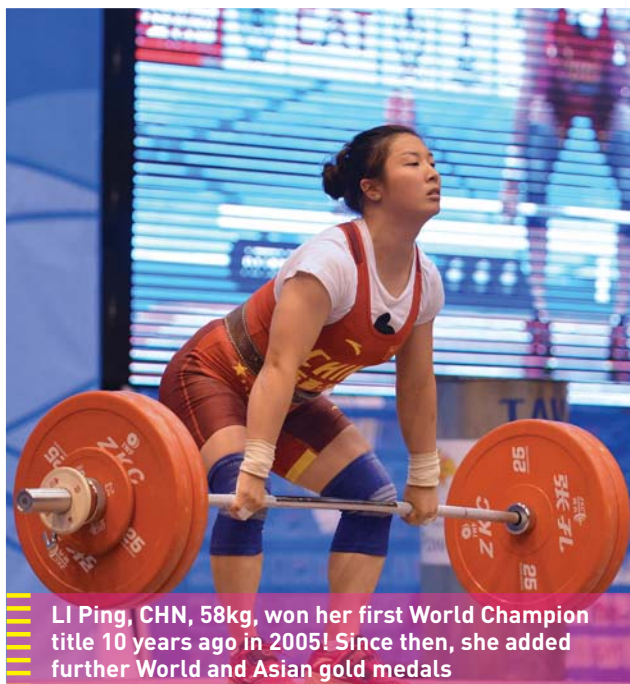


After the men, now Vietnam's women are also coming up: VUONG Thi Huyen, 48kg winner



Medals in 53kg

> 2015 ASIAN CHAMPIONSHIPS



56 KG MEN

1. COLONIA Nestor	16.02.1992 PHI	55.94 121 153 274
2. TRAN Le Quoc Toan	05.04.1989 VIE	55.83 120 152 272
3. KRUAITHONG Sinphet	22.08.1995 THA	55.72 122 146 268

62 KG MEN

1. DING Jianjun	06.10.1989 CHN	61.90 143 170 313
2. SIN Chol Bom	15.06.1990 PRK	61.84 128 169 297
3. ASKARI Majid	08.11.1991 IRI	61.60 130 166 296

69 KG MEN

1. KIM Myong Hyok	03.12.1990 PRK	68.86 152 186 338
2. LIN Qingfeng	26.01.1989 CHN	68.44 150 180 330
3. HUANG Wenwen	14.01.1994 CHN	68.68 146 183 329

77 KG MEN

1. KAZOV Aidar	21.02.1995 KAZ	76.56 156 194 350
2. JON Myong Song	19.08.1993 PRK	76.85 160 190 350
3. CHINNAWONG C.	19.07.1993 THA	76.77 158 191 349

85 KG MEN

1. OMIRTAY Yermek	03.08.1992 KAZ	84.46 161 203 364
2. SUN Wei	04.02.1993 CHN	84.13 161 202 363
3. LIM Young-Chul	18.11.1987 KOR	84.45 161 198 359



➤ 2015 ASIAN CHAMPIONSHIPS

94 KG MEN

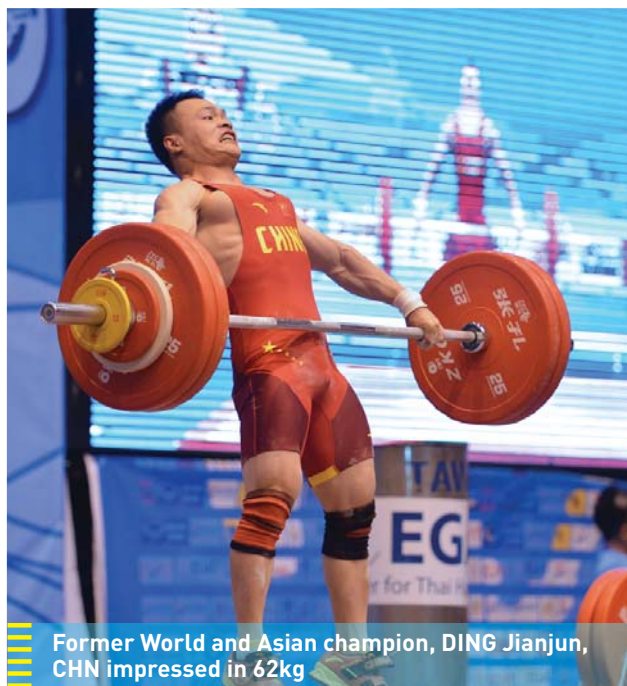
1. SYBAY Rustem	25.06.1993 KAZ	93.95 167 216 383
2. JUNG Hyeonseop	18.06.1985 KOR	93.03 167 209 376
3. HASHEMI Ali	01.11.1991 IRI	93.07 168 208 376

105 KG MEN

1. SEO Huiyeop	29.02.1992 KOR	104.42 170 211 381
2. JUGHELI Ahd	10.10.1982 SYR	105.00 162 201 363
3. TANAKA Taro	22.01.1994 JPN	103.97 153 193 346

+105 KG MEN

1. CHEN Shih-Chieh	27.11.1989 TPE	151.51 193 245 438
2. MOULAEI Bahador	21.03.1992 IRI	146.20 178 236 414
3. EFREMOV Ivan	09.03.1986 UZB	113.00 193 220 413



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TEXT: KORNÉL JANCsó
PHOTO: STEPHEN A. GALVAN

FUZHOU



2015 IWF GRAND PRIX CHINA

OLYMPIC & WORLD CHAMPION HUI NARROWLY MISSED EPIC WORLD RECORD

Putting an end to a rather long break, China hosted another world-scale weightlifting event. The city of **Fuzhou** in Fujian Province welcomed the participants of the **IWF Grand Prix** in September. The meet was organised in altogether ten bodyweight categories: five for men and five for women. Thanks to the China Weightlifting Association and the generous sponsor of the Grand Prix, prize monies in a record total value of 160 Thousand dollars were distributed among the winners of the tournament offering, by the way, an individual Olympic qualification opportunity. The gold medallist in each category received 8,000, the silver medallist 5,000 and the bronze medallist 3,000 dollars – figures hitherto unprecedented in weightlifting. Prominent lifters representing 13 countries of four continents, a total of 63 competitors were invited to the seat of Fujian Province, a city of over seven million inhabitants. Chinese National

Television reported live on all three days of the Grand Prix. It soon turned out that the main stake of the race held in the **Mawei Gymnasium** was whether any of the participants would be able to set a new world record. Beside the glory, such feat would have produced further benefit to its achiever, namely the GP regulation specified a bonus of 4,000 US dollars for a world record on an individual lift and 8,000 US dollars on the total. Finally, these funds were to remain in the pockets of the organisers as no world records were set. It should be added, however, that someone came very close to collecting the prize... Anyone watching the 77kg men's challenge – either in the venue or on TV – had every right to expect the GP world record to be born! As it was, Chinese Olympic and double world champion, originally 69kg lifter **Liao Hui** entered into a higher category and even at that he was getting ready to break the clean and jerk and total world records!



► IWF GRAND PRIX CHINA

In the snatch he was content with “just” winning with 170kg – ten kilos ahead of his compatriot, **Feng Lu-dong** – and he did it in quite an exciting manner. Having failed at the opening weight of 160kg and making it only in a correction, **Liao Hui** added 10kgs and succeeded.... In the second part of the game he caused no less bewilderment: after 190kg he asked for 211 to be loaded for a second attempt. It was an epic moment indeed. A jump of twenty-one kilograms in an attempt to extinguish a world record standing since 2001. Russian **Oleg Perepetchenov's** 210kg clean and jerk world record has withstood attacks for 15 years – and it survived once again. Although **Liao Hui** confidently cleaned the barbell he failed to jerk it, and the same happened in the third attempt. Had he been able to push the weight overhead he would have improved both the clean and jerk and the total world records, the latter still in the possession of another Chinese, equally Olympic and world champion, **Lu Xiaojun**, a “truly” 77kg lifter with 380kg, since the 2013 Wrocław World Championships. With or without the world records, **Liao Hui**, the champion of the 2008 Olympic Games and world champion in 2009 and 2013, became the hero of the Grand Prix as he was the only one making world record attempts.

As far as the women's contests went, not too surprisingly the Chinese captured all five titles. Most exciting to watch was the vibrant duel between both home favourites, **Li Ping** and **Chai Lina** in 58kg. World champion of 2005 and 2007 and 53kg snatch world record holder with 103kg, Li competed one category higher and scored 102kg, 128 in clean and jerk and so winning with 230kg in total. Her teammate Chai registered exactly the same results in snatch, jerk and total but her heavier bodyweight ranked her second.

Among the smallest of the women, 2013 junior world champion **Guan Chunying** scored an easy victory recording 190kg, 22kg more than the runner up, 2013 and 2014 European champion, **Genny Caterina Pagliaro (ITA)**.



IWF Training Centre Inaugurated

Our International Federation has a project to establish training centres at different points of the world,” – explained Dr Tamás Aján to WW. – “We have initiated the creation of such weightlifting centres with the leaders of several national Weightlifting Federations. Schools have been built in Azerbaijan, Kazakhstan; about fifteen years ago in Puerto Rico, Uruguay, Thailand, and now we could be part of the inauguration ceremony of the Weightlifting Centre in Fuzhou. There is no need to speak of the standard of Chinese weightlifting; it goes without saying that the level is very high and they have outstanding and qualified coaches. Within the framework of its Development Program, the IWF wishes to send competitors to the Fuzhou IWF Training Centre from the different countries of the world. We are planning to launch this project on the 1st of January, 2016. Naturally, we are looking forward to receiving the requests, applications from our members wishing to benefit from the help and expertise of the Chinese coaches to their preparation for major competitions.”



► IWF GRAND PRIX CHINA

48 KG WOMEN

1. GUAN Chunying	21.06.1993 CHN	47.58	80	100	180
2. PAGLIARO Genny C.	15.10.1988 ITA	47.72	75	93	168
3. ITOKAZU Kanako	07.11.1992 JPN	47.92	70	88	158

53 KG WOMEN

1. LI Yajun	27.04.1993 CHN	52.34	101	120	221
2. HOU Zhihui	18.03.1997 CHN	49.00	93	118	211
3. SUTANAN Kittima	20.05.1992 THA	52.78	86	103	189
4. CZKAN KONAK Sibel	03.03.1988 TUR	51.62	81	100	181
5. KING Morghan W.	08.10.1985 USA	50.20	82	97	179
- SAFITRI Dewi	10.02.1993 INA	52.74	--	--	---

58 KG WOMEN

1. LI Ping	15.09.1988 CHN	56.84	102	128	230
2. CHAI Lina	05.05.1994 CHN	57.70	102	128	230
3. DAENGSRU Nawaporn	28.06.1998 THA	57.78	90	116	206
4. BATCHELOR Cortney C.	09.05.1991 USA	56.94	83	100	183

63 KG WOMEN

1. CHEN Guiming	03.01.1994 CHN	59.80	100	135	235
2. KHLESTKINA Natalia	23.04.1992 RUS	60.44	101	119	220
3. SADUAKASSOVA Saule	04.08.1993 KAZ	59.00	90	118	208
4. PECK Mary-Kathryn M.	05.04.1990 USA	62.20	90	106	196
-- VEGA MORALES G.	22.07.1986 USA	62.12	--	---	---

69 KG WOMEN

1. ZHANG Wangli	27.05.1996 CHN	65.14	113	150	263
2. AHMED Sara Samir E. M.	01.01.1998 EGY	67.92	105	130	235
3. SADYKOVA Assem	02.08.1993 KAZ	63.04	95	120	215
4. STEPHENS Ariel Marie	15.08.1990 USA	68.64	78	98	176



LI Ping (CHN)



LIAO Hui (CHN)

56 KG MEN

1. PURKON Muhamad	23.04.1990 INA	55.36 120 138 258
2. SCARANTINO Mirco	16.01.1995 ITA	55.80 115 139 254
3. BARNES Darren Lamar	20.01.1994 USA	55.88 105 136 241

62 KG MEN

1. DING Jianjun	06.10.1989 CHN	61.88 143 166 309
2. IRAWAN Eko Yuli	24.07.1989 INA	61.60 143 161 304
3. HUANG Minhao	21.08.1992 CHN	62.00 147 152 299
4. ATAK Hursit	24.05.1991 TUR	61.90 120 155 275
5. KANGKEEREE Wattana	19.11.1994 THA	61.96 124 147 271
6. HUTCHINSON Sean M.	22.08.1987 USA	61.92 112 137 249

69 KG MEN

1. ZHANG Jie	26.08.1987 CHN	65.88 145 170 315
2. PETROV Sergei	17.02.1994 RUS	68.80 140 168 308
3. KIM Alexandr	26.04.1991 KAZ	68.92 141 167 308
4. WON Jeongsik	09.12.1990 KOR	68.92 140 167 307
5. KHARKI Farkhat	20.04.1991 KAZ	67.40 130 160 290

77 KG MEN

1. LIAO Hui	05.10.1987 CHN	73.72 170 190 360
2. PAVLOV Kirill	13.09.1986 KAZ	76.96 157 193 350
3. KAZOV Aidar	21.02.1995 KAZ	76.28 155 192 347
4. HERNANDEZ OLIVA L.	19.10.1987 USA	77.00 145 180 325
5. KHOMIAKOV Dmitrii	31.05.1992 RUS	77.00 145 172 317
6. TATUM James Richard	06.02.1989 USA	76.88 148 168 316

85 KG MEN

1. LU Haojie	03.08.1990 CHN	78.00 165 200 365
2. YUFKIN Alexey	11.01.1986 RUS	84.16 163 199 362
3. LINDER Semen	22.08.1997 KAZ	84.02 158 193 351
4. RAHIMOV Nijat	13.08.1993 KAZ	77.80 160 190 350
5. ZHONG Guoshun	05.08.1987 CHN	78.90 160 190 350
6. POMPONIO Anthony R.	12.11.1987 USA	84.56 152 185 337

TEXT: KORNÉL JANCÓS, LILLA ROZGONYI
PHOTO: STEPHEN A. GALVAN

INTERVIEW

LIAO HUI LOOKING AHEAD TO RIO

He rises even above the many outstanding Chinese weightlifters, not with his body size but with his power, technique, brilliant – and often adventurous – competitive potential and his enthralling record of successes. He has the world records of the 69kg in snatch (166), clean and jerk (198) and total (359). 28 years of age, Olympic champion at Beijing 2008, world champion two times, in 2009 and 2013. He has plans for Rio 2016 to make an encore. In 2007 he won the IWF World Cup with 335kg only to triumph at the Beijing Olympics with 348kg. He earned his first world champion title with 346kg and the second with 358kg. We interviewed Liao Hui and his coach Yu Jie on the closing day of the China Grand Prix when he had proved to be the absolute best lifter of the event.

WW What did you expect from this competition at Fuzhou? Are you satisfied with your result?

LH I came to lift a world record. I know that it would be hard but I wanted to try anyway.

WW Then, why did you open with 190kg and why not higher?

LH I wanted to secure my first position but the elimination of my teammate made my situation more difficult. Obviously, if I fight with Lu it could have been more exciting.

WW You seemed to be all right with your first attempt at 211kg as you cleaned it very well, then the jerk was unsuccessful...

LH Finally I failed because on the one hand I had to wait too long before being able to take 211, on the other hand the difference of 21 kilos indeed proved to be too much.

WW Have you ever been able to lift that weight in training? That means: have you ever made an “in-training world record”?

LH No, never. That’s why the Grand Prix in Fuzhou was a special challenge, because my teammate, also Olympic and world champion and world record holder Lu Xiaojun was not participating in 77kg. Another reason why it was an exceptional test

for me was that I knew if I, a normally 69kg lifter, set up a world record in 77kg and break a mark that is unshaken for many years, I could have become a legend...

WW Was this change of categories just for a single occasion or you are going to take part in this higher category in the future?

LH For me 69kg is better. That’s where I feel at home.

before. Even Lu has not, although he has been trying for years. Had Hui done it he could have given an extra push to Lu, a motivation to go even further.

WW And how did Lu react to the attempt at the world record?

YJ Well, - master and pupil laughed together – we heard that he was so extremely nervous that he just couldn’t watch it on TV... That was clearly a

TO ME THE
WORLD RECORD
IS LIKE AN ELIXIR

WW Was turning to the coach: how did the idea come for Hui to venture into the category of another athlete of yours, Lu’s?

YJ We were targeting the 77kg in order for Hui not having to lose weight for Fuzhou. Again, it was our common plan that he should try to clean and jerk 211kg, a weight no-one has lifted

matter of prestige, if not for other reasons then because Hui, in his own category, owns all the three world records, while Lu holds the snatch and the total records in his respective category. If Hui had succeeded in breaking the clean and jerk and at the same time the total world records it may have opened new horizons for the entire Chinese weightlifting.



WW Russian Perepetchenov's 210kg world record has been standing for fifteen years. Who and when can improve it?

YJ As for Hui, who is a 69kg lifter: it's not his job. On the other hand, it is a mission for Lu, and he will do it sooner or later.

WW What does a world record mean to you, Hui?

LH To me the world record is like an elixir, the essence of life. It motivates me to wanting even more, becoming better and better and achieving new goals. What I want is to outlift my previous best by one kilo at each and every competition. This drives me on as long as I keep on lifting.

WW Now that you're mentioning it: when are you planning to stop?

LH In about two years' time. Yes, time may come for me to retire in approximately two years...

WW You have won the Olympic Games, twice the world champion titles and practically the only piece missing from your impressive collection is the Asian Games gold. Is it really missing?

LH Hard to tell. One thing I know is that I shall continue until Rio, the 2016 Olympic Games, because I want to win the gold medal there again. The Olympic Games take priority now, and on the road leading to Rio the next important stop is the Chinese Qualification Event next April.

WW A final question to you both: Who do you think is the best lifter of the world today?

YJ Of course, Hui; he has no weak points.

LH Well, who else but me...?



TEXT: KORNÉL JANCsó
PHOTO: IWF



RIO 2016 UPDATE

IWF DIRECTOR GENERAL EXPECTS SUCCESSFUL AND MEMORABLE OLYMPIC GAMES

INTERVIEW WITH ATTILA ÁDÁMFÍ

WW Less than a year to go and the Summer Olympic Games will open in Rio de Janeiro. Weightlifters started to collect qualification points last year, at the Almaty World Championships, and in this coming November, Houston 2015 will decide the core issue: which nations and with teams of how many men and/or women can take part in the Games to be held in Brazil. We were having a discussion with Attila Ádámfi, Director General of the IWF, one of the Technical Delegates to Rio2016, touching on the qualification process, the key subjects and the current situation. The first question is obvious: what is the current status of qualifications, where are we now, on the Road to Rio?

ÁÁ We are facing the main qualification World Championships in the United States and before the end of those competitions nobody has qualified given the two-step qualification process. On the other hand, everyone can follow up on the momentary status of qualifications on the IWF's web page. Everything worth knowing about the Games is available and permanently updated on our website; among others the status of qualifications based on the first main event, the Almaty 2014 World Championships, or the actual special Ranking List for the individual qualification slots.

WW How does the men's and women's team qualification look now?

ÁÁ If the games were to begin today, those qualified to be represented in Rio with a full team of six men would be China, North-Korea, Kazakhstan, Russia, Belarus and Egypt, i.e. the top six nations. For the women we can speak of four-member teams and the top nine are as of today: China, Russia, Kazakhstan, Thailand, North-Korea, Chinese Taipei, Colombia, Ukraine and Japan. I wish to underline that this is the temporary situation and it does not mean anything yet as it can change a lot, because the top ranks are very crowded and fierce fights are to be expected in Houston. The competition is the lowest quota obtainable from the

the two World Championships is still more than you can win through the Continental or the individual qualification.

WW Let's make it clear: based on the two World Championships – Almaty plus Houston – what is the team quota the countries can win?

ÁÁ Six men and four women at the most, meaning a maximum of 10 competitors per nation, and judging from the current situation CHN, KAZ, PRK and RUS would be able to send these full teams to Rio. The lowest qualification quota for men is three and for women it is two; so the combined minimum quota from WWC is five for a country that manages to make the



Brazil's hopeful Fernando Reis with his father looks forward to welcoming the world to his home and taking on the challenge



Attila Ádámfi with Rio2016 officials: Roberto Siviero, Head of Sports, Pedro Meloni, Weightlifting Manager and Agberto Guimaraes, Executive Director of Sport

qualification for both genders. Of course, you can qualify with women only or with men only, however, even the lowest obtainable quota from the two main events (two for women) is more than a nation can win from the next step, the Continental Championships. The logic behind this – what we introduced in London – that the maximum quota is one slot from the Continental Qualification Events. The question whether a country is represented in the Olympic Games or not can be – with some exaggeration – a matter of life or death. Therefore, the difference between having a single quota slot or zero is far more significant than the difference between one or two athletes. Our reasoning is that it is better to have more countries represented at the Olympic Games with one slot each than having less nations with two competitors each.

WW Speak of the individual qualification possibilities, especially now, in the light of the China Grand Prix in September in Fuzhou and the President's Cup in December in Grozny, as both offer individual qualification opportunities.

AA First of all, let me call your attention again to the fact that the results of these events are included in a special Ranking List containing the results from all the qualification events. After each event the List is upgraded and coaches, athletes can check their position on the website of the IWF, whether an individual qualification slot is in sight or not. For the men it means if you are in the top 15 in your category and for the women it's being ranked in the top 10. The Ranking List is not final until the end of the last

qualification event, yet I believe it is a good help to be able to follow the progress as it can also be used for a kind of orientation. Let me emphasize, however, that the individual qualification is an option only for the lifters of those countries which have not been able to win a qualification quota through the team qualification event, yet I believe it is a good help to be able to follow the progress as it can also be used for a kind of orientation. Let me emphasize, however, that the individual qualification is an option only for the lifters of those countries which have not been able to win a qualification quota through the team qualification processes!

WW Let's jump over – at least virtually – to Brazil. There we are, in Rio de Janeiro: what is awaiting the competitors and the weightlifting family in the Olympic city?

AA Despite plenty of criticism and complaints constantly flowing, we can say that we can await the Olympic show of our sport in a relaxed and confident manner. Weightlifting will take place in the immediate vicinity of the Olympic Village; both the competitions and the training will be held in RioCentro which is very close to the

Athletes' Village. I have visited the sites and I believe we shall not be affected by problems and concerns eventually arising in other sports.

WW It's good to hear since we have already read about construction delays, sudden changes of venues, environmental damage or long distances and excessive transportation-times for certain sports. Such worries can therefore be dismissed in weightlifting?

AA Our venue already exists. So, we have no issues with the construction. Our hall is ready, you only have to set it for weightlifting. From this point of view I foresee no problems.

WW What is the situation with the Test Events?

AA The RioCentro hosted the 2007 Pan-American Games, and in 2016 it will accommodate a total of four sports, including weightlifting. Therefore, a multisport event has already taken place in this venue complex. The Olympic Village next door is now being built, so it will be completely new. The Weightlifting Test Event will be organized at the beginning of April next year. I paid a visit a few months ago and I think everything will be fine for weightlifting; I'm not worried. Regarding the whole of the Games I expect that concerns and eventual problems will be overwritten by the positive sides: the fantastic atmosphere and the "Brazil experience". Not only was I reassured by what I saw for weightlifting, there is the sea, the sand, the sunshine, the music, the people smiling, dancing in the bar, and though I'm sure there will be problems the Olympic Games will run successfully and everyone will leave happy. I expect the first ever Olympic Games in South America to be successful and memorable.



Rio panorama

TEXT: PAUL COFFA/OWF

PHOTO: COURTESY OF BOWEN STUART (AUSTRALIAN WF)



PORT MORESBY

XV PACIFIC GAMES



Weightlifting was undoubtedly one of the most successful sports at the Pacific Games in Port Moresby, Papua New Guinea. And for the very first time in Pacific Games history, Australia and New Zealand took part in the sport of weightlifting. In fact it was an Oceania Games for our sport.

- 21 Countries competing
- 240 competitors
- National & International TV coverage
- Huge crowds
- IWF President attending
- World class set-up

The crowd was large, extremely enthusiastic and in some categories like the 53kg and 94kg, it was standing room only.

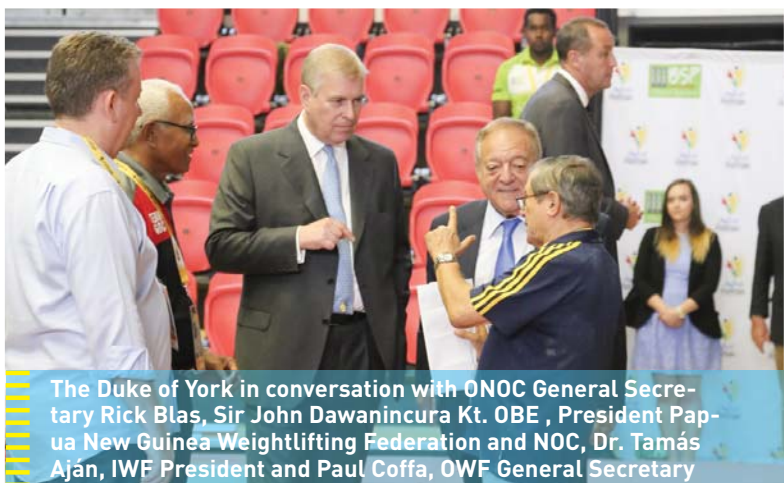
For the first time in Games history, we had the pleasure of having the President of the International Weightlifting Federation, Dr. Tamás Aján from Hungary in attendance. Also from Malaysia, we had the IWF Vice President and the President of the Commonwealth Weightlifting Federation, Dato Ong Poh Eng, together with Attila Ádámfi, the IWF Director General. We were also honoured with the attendance of Prince Andrew, Duke of York during the 48Kg category on the first day of the Games. The venue was of World Championships standard. The warm up area had 10 platforms – all ZKC equipment. All other facilities were provided in close proximity to the warm up area, such as the weigh-in, rest rooms, saunas, etc.

At the opening ceremony, 50% of the countries' flag bearers were weightlifters. Dika Toua was the final baton runner and she lit the torch. The loaders, with the assistance of the Institute lifters did a tremendous job for the four day dura-

tion. It was nice to see that Jerry Wallwork, OWF 1st Vice President, at the conclusion of the Games was awarded the best coach of the Games.

Every day we witnessed great battles, with many of the categories decided on the bodyweight. Many thanks must go to the Government of PNG, the PNG National Olympic Committee, and the Minister for Sport the Hon. Justin Tkatchenko

Weightlifting has grown in leaps and bounds in this region especially in the Pacific Islands. This developmental success in the last 15 years must be attributed to ONOC/IOC, the IWF and the Oceania Weightlifting Institute for taking the sport to the high levels of participation and growth. Their collective contribution whether through funding, guidance, and the provision of opportunities that the Institute in New Caledonia has provided, has made weightlifting what it is today.



The Duke of York in conversation with ONOC General Secretary Rick Blas, Sir John Dawanincura Kt. OBE, President Papua New Guinea Weightlifting Federation and NOC, Dr. Tamás Aján, IWF President and Paul Coffa, OWF General Secretary

> XV PACIFIC GAMES

56 KG MEN

1. TULO Manueli	25.03.1990 FIJ	55.66 107 127 234
2. BRECHTEFELD Elso	02.03.1994 NRU	55.64 100 120 220
3. QAQA Poama	12.03.1997 FIJ	55.81 92 121 213

62 KG MEN

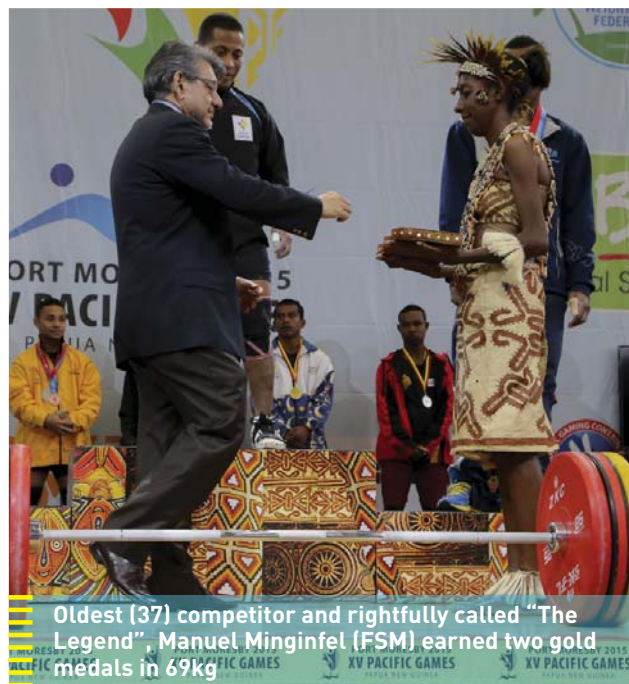
1. BARU Morea	15.04.1990 PNG	61.85 121 155 276
2. IOANE Vaipava Nevo	14.04.1988 SAM	61.92 115 156 271
3. BROWN Ramoaka	02.02.1988 SOL	60.25 95 120 215

69 KG MEN

1. MINGINFEL Manuel	28.09.1978 FSM	68.87 120 156 276
2. PASIA Patrick	23.05.1995 SAM	68.31 116 152 268
3. TAWAI Tevita Wanono	26.02.1992 FIJ	68.63 110 157 267

77 KG MEN

1. UDIA Toua	07.12.1992 PNG	76.83 130 172 302
2. ETOUNDI Francois	06.10.1984 AUS	76.42 135 166 301
3. TABAROUA Taretiita	29.11.1994 KIR	75.81 117 155 272



Oldest (37) competitor and rightfully called "The Legend", Manuel Minginfel (FSM) earned two gold medals in 69kg



Oceania Weightlifting Federation President Marcus Stephen in the middle



Toua Udia (PNG) won the 77kg by a small margin of one kilo



All medal winners had a reason to celebrate

85 KG MEN

1. OPELOGE Petunu	27.06.1994 SAM	84.79 138 173 311
2. CHAMOUN Malek	03.01.1989 AUS	84.81 139 172 311
3. LARKINS Liam Peter	12.09.1993 AUS	84.99 126 158 284

94 KG MEN

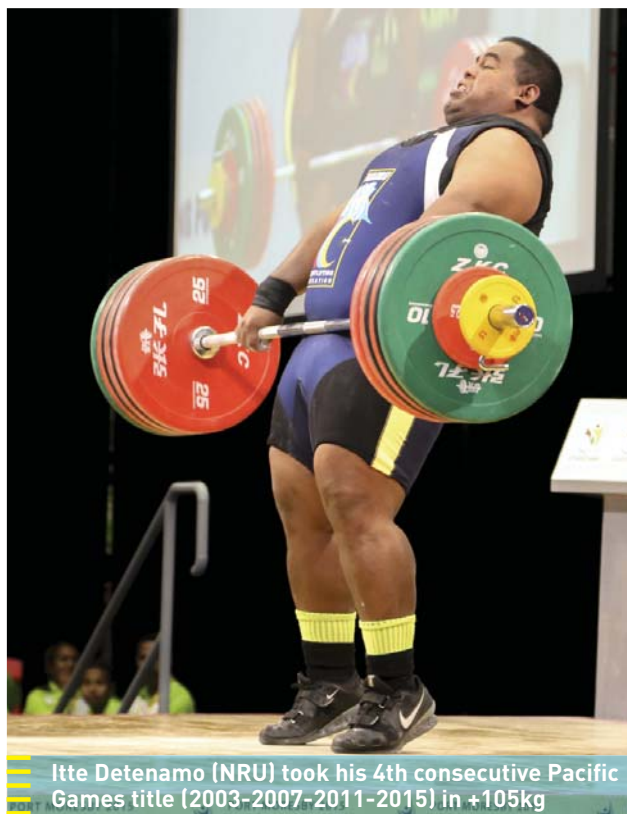
1. KARI Steven Kakuna	13.05.1993 PNG	92.94 140 204 344
2. LEUO Siaosi	26.10.1992 SAM	92.00 150 193 343
3. JUNGBLUT Tanumafili M.	10.06.1990 ASA	92.75 132 155 287

105 KG MEN

1. KATOATAU David	10.07.1984 KIR	102.95 141 200 341
2. TAYLOR Rory Phillip	17.03.1990 NZL	103.81 139 178 317
3. GRGUREVIC Zac Adam	20.02.1991 AUS	104.83 141 176 317

+105 KG MEN

1. DETENAMO Itte	22.09.1986 NRU	168.94 167 203 370
2. LUI Lauititi	04.12.1995 SAM	134.08 160 202 362
3. LITI David Andrew	11.07.1996 NZL	144.47 140 181 321



> XV PACIFIC GAMES

48 KG WOMEN

1. TOUA Thelma Mea	30.03.1991 PNG	47.85	70	90	160
2. BARTER Mary	16.08.1987 AUS	46.99	59	75	134
3. MALANI Seruwaia	01.03.1993 FIJ	47.03	58	70	128

53 KG WOMEN

1. YAMASAKI Erika Y. I.	02.09.1987 AUS	52.74	82	97	179
2. LIFU Mary Kini	15.10.1994 SOL	52.75	63	85	148
3. MOSS Charlotte	05.09.1995 NZL	52.55	59	70	129

58 KG WOMEN

1. WINI Jenlyn Tegu	09.06.1983 SOL	57.37	83	110	193
2. TOOMEY Tia-Clair	22.07.1993 AUS	57.62	76	98	174
3. ROBERT Mathlynn	25.12.1996 MHL	57.64	75	97	172

63 KG WOMEN

1. MALONE Philippa Kate	06.08.1989 AUS	62.55	86	102	188
2. AKO Sandra	03.03.1994 PNG	62.58	80	103	183
3. ELLIOTT Kiana Rose	27.07.1997 AUS	62.73	83	98	181

69 KG WOMEN

1. GUBA Hale Mea	07.06.1986 PNG	68.77	83	105	188
2. LUI Vanissa	08.10.1991 SAM	68.45	82	105	187
3. ANDERSON-HORELL R.	11.04.1984 NZL	64.95	76	100	176

75 KG WOMEN

1. OPELOGE Mary	24.01.1992 SAM	74.44	106	125	231
2. VAIVAI Apolonia	05.02.1991 FIJ	74.71	94	110	204
3. FOGAGNOLO Camilla U.	31.05.1986 AUS	73.03	82	101	183

+75 KG WOMEN

1. OPELOGE Ele	11.07.1985 SAM	134.26	113	131	244
2. LAMBRECHS Tracey	27.08.1985 NZL	106.90	98	125	223
3. PETERS Luisa Fatiaki T.	27.06.1993 COK	99.97	94	113	207



Thelma Toua (PNG) won 3 gold medals in 48kg



Erika Yamasaki (AUS) dominated the 53kg



Medal bearers in traditional costumes added to the colourful setting



The proud 53kg medal winners

TEXT & PHOTO: ANIKÓ NÉMETH-MÓRA

PRAGUE



VISEGRÁD 4 CUP

The Czech Weightlifting Federation, under the leadership of Petr Krol, President, hosted the inaugural edition of the “Visegrad 4 Cup” in Prague, beautiful capital of the Czech Republic. History, geography and a thousand other threads bind the four countries involved in this originally political conglomeration called the “Visegrad 4”: Czech Republic, Hungary, Poland and Slovakia. The four Weightlifting Federations concerned initiated the V4 Weightlifting Cup among the first to demonstrate their cooperation also in the field of sport. Both the IWF and the EWF embraced the new concept of the Cup and their support was symbolized by the presence of IWF President Dr. Tamás Aján and EWF General Secretary Hasan Akkus. Among the 4 teams Hungary excelled taking both the Team Trophy and the individual Male Best Lifter Cups (Péter Nagy, +105kg). The best Female Lifter of the V4 Cup became Lenka Kenisová, CZE, +75kg.



Péter Nagy (HUN) dominated the Cup



Czech Federation President Petr Krol and Vice President Laszlo Pasztor flanking the IWF President



CZECH WEIGHTLIFTING GIRLS FIGHT PREJUDICE

“Are you really a weightlifter? I thought all weightlifters were big, fat and masculine, not as pretty and feminine as you are!” – Members of the Czech female weightlifting team got fed up with such questions and decided to fight old and false preconceptions about women lifters and published calendars featuring weightlifting women to show the world what they are like: strong but slender, muscular but feminine. Visit their website: www.vzperacky.cz



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TEXT: DAVID COLÓN ARROYO

PHOTO: IAIN DOUGLAS & DIEGO GERMAN

TORONTO



2015 PAN AMERICAN GAMES WEIGHTLIFTING AT ITS BEST!

America's preparation for Rio 2016 Olympic Games occurred with a blast of Pan Am records, exchange of crowns and the establishment of Colombia as the number one power in weightlifting. **Toronto 2015** received 121 carefully selected athletes from 24 countries, large and small alike. Cultural and athletic diversity was evident, but the

medal distribution was tilted towards South America and the Caribbean in a most repetitive and predictable manner. The following paragraphs will describe what happened during this Pan American feast through the eyes of someone who could appreciate the competition from all possible angles.



56KG - COLOMBIA DOUBLES AT THE ONSET

The first day of competition took no one by surprise. The Oshawa Sports Centre was ready for a battle of strength between the best lifters from North, Central and South, mostly concentrating in two typical powerhouses...COL and DOM. After a disappointing start from hopeful Edouard JOSEPH, HAI, who could not dominate 110, or 111kg twice in the snatch, having to leave the competition too early. Luis GARCIA, DOM, with 110kg, forced Habib DE LA SALAS and Carlos BERNA, both from COL, to increase their opening snatches to 113 and 114kg after missing their first attempt. The end result of this first part placed these three with a one kilo difference to each other, having DE LA SALAS in front over BERNA and GARCIA, 117, 116 1st 115kg, respectively. BERNA took the lead for just a moment in the jerk with 144kg for DE LA SALAS responded with a 152kg lift in his last with 256kg.

1. DE LAS SALAS Habib	19.04.1987 COL	55.90 117 152 269
2. BERNA GONZALES C. A.	21.01.1990 COL	55.98 116 149 265
3. GARCIA BRITO Luis A.	19.04.1995 DOM	55.95 115 141 265

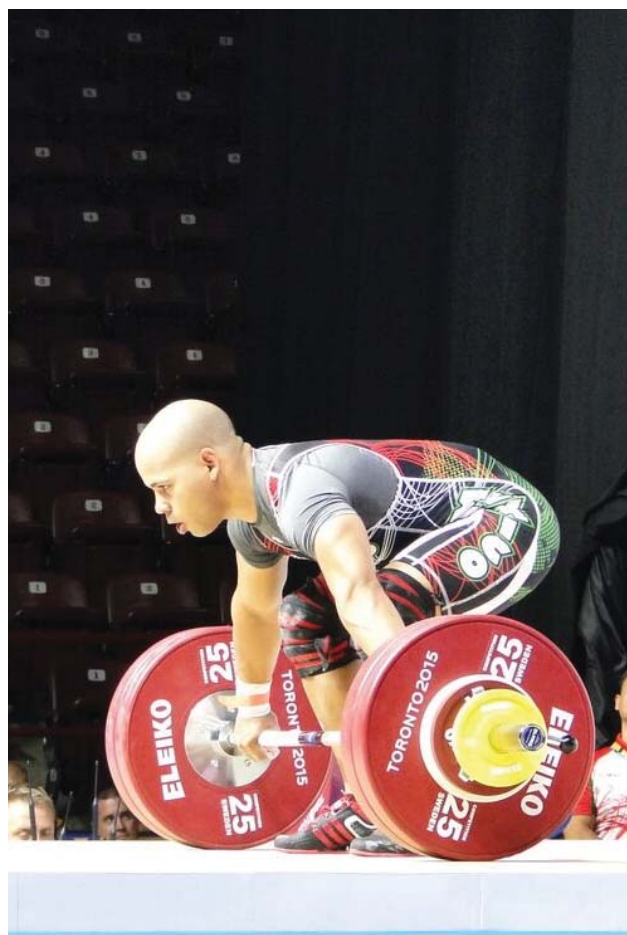
62KG - EXPERIENCE OVER YOUTH... COLOMBIA BEATS COLOMBIA

The fact that there were only five competitors in this session was no indication for lack of excitement, all the opposite, these gentlemen gave a show worthy to remember. Once again COL presented two talented lifters, the veteran Oscar FIGUEROA, Olympic medalist in Beijing 2008 and London 2012, and young upcoming star Francisco MOSQUERA, a name we will continue reading about through the rest of this competition. Jesus LOPEZ, VEN and Julio SALAMANCA, ESA, had already finished in the snatch when FIGUEROA and MOSQUERA started with 130kg each, having MOSQUERA as the lucky starter over a miss by FIGUEROA with that same weight. After the proper correction by FIGUEROA, they both ended with 135kg leaving the rest of the group in search of a third place. The next part of this category only saw a well balanced confrontation between the two countrymen opening with 170kg each. But at the end experience overpowered youth when FIGUEROA easily cleaned and jerked 175kg to equal his own Pan Am record in his second attempt while MOSQUERA could not handle this weight in his second or third attempt and remained in second place with a total of 305kg while FIGUEROA earned the gold medal with 310kg. Third was Lopez with 283kg.

1. FIGUEROA MOSQUERA O. A.	27.04.1983 COL	61.99 135 175 310
2. MOSQUERA VALENCIA F. A.	01.04.1992 COL	61.66 135 170 305
3. LOPEZ SANCHEZ Jesus A.	17.12.1984 VEN	62.00 125 158 283

69KG - MOSQUERA...A NAME ASSOCIATED WITH SUCCESS

A field of 13 lifters lined up for this category with nine countries fighting for the three precious medals. MEX, VEN and PER doubled their efforts presenting two lifters each in this group, but it was COL once again that demonstrated quality over quantity. Luis MOSQUERA, COL, started the snatch when all other competitors were already warming up for the jerk. Bredni ROQUE, MEX, had a 137kg in his first and only successful attempt that did not even come close to the record breaking snatch of 150kg that MOSQUERA achieved in his second attempt. In the second part, ROQUE made it a fair duel when he lifted 180kg in his third attempt, but MOSQUERA was ready to lift 181kg in his second attempt, another meet record, to keep the lead and earn the gold medal with a total of 331kg, leaving ROQUE with second place with his total of 317kg. A total of four Pan Am records were established in MOSQUERA's route to victory. For the pleasure of the local crowd, Francis LUNA GRENIER stayed quiet in third place with 299kg while all others in the group could not surpass this total. Veteran Israel RUBIO, VEN, bronze medalist in Beijing 2008 earned fifth place while Alex LEE, USA had to leave early failing to get a result in snatch.



1. MOSQUERA LOZANO Luis J.	27.03.1995 COL	68.41 150 181 331
2. ROQUE Bredni	11.11.1987 MEX	68.14 137 180 317
3. LUNA-GRENIER Francis	24.05.1987 CAN	68.86 132 167 299

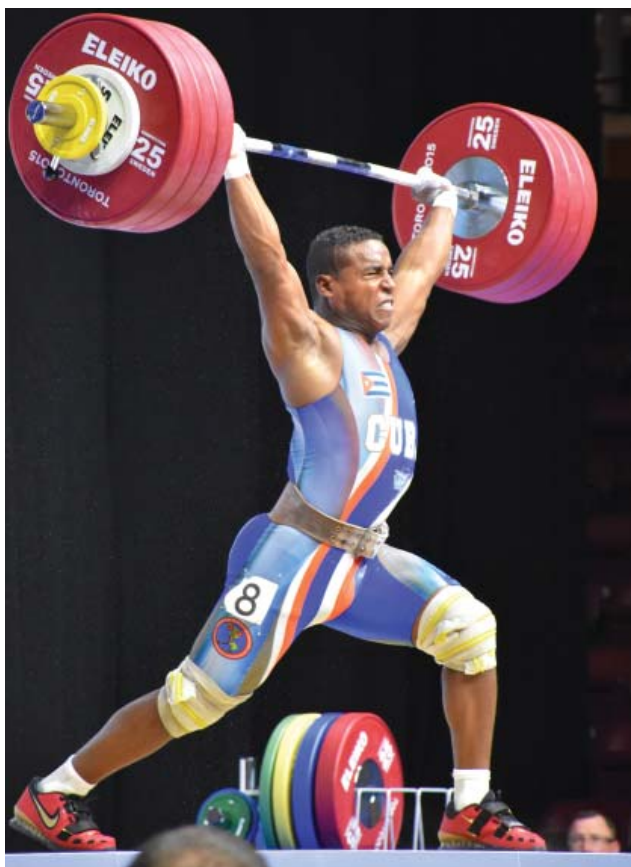
➤ 2015 PAN AMERICAN GAMES

77KG CUBA COMES ALIVE AGAIN BY

SMALL MARGIN

For some time now and finally in this session we see a Cuban lifter approach the platform at these Pan American Games, Toronto 2015. A good sign, because Cuban athletes are fierce warriors when it comes to defending their colors. In a field of eleven competitors from ten different countries we had adversaries of all shapes and capabilities. Among these, Junior SANCHEZ, Venezuela's precious jewel, and the up and coming Colombian hopeful, 19-year old, Jhor MORENO, were just waiting for this confrontation to start. Travis COOPER, USA started the snatch with 140kg, followed by MORENO with 142kg, but Cuba's new addition to their national team, Addriel LA O, separated from them by starting with 148kg while SANCHEZ responded with 150kg to take an early lead in the snatch. LA O could not master 156kg in his last snatch attempt, allowing SANCHEZ to stay ahead with 155kg. MORENO and COOPER trailed in third place with 146kg as we went into the second part of this 77kg session. The situation got tight when Cooper missed 179kg in his opener, while SANCHEZ and MORENO assured 178kg each to stay close to LA O who started aggressively with 180kg. They all improved in their second attempt, but third attempts were to no avail leaving LA O ahead by one kilo, 338kg vs. 337kg by SANCHEZ, leaving MORENO in a distant third place with 328kg.

1. LA O GARCIA Addriel	10.02.1992 CUB 75.61 153 185 338
2. SANCHEZ RIVERO J. A.	01.06.1989 VEN 75.13 155 182 337
3. MORENO TORRES J. E.	02.10.1995 COL 76.75 146 182 328



85KG - CUBA VS. CUBA...A WIN-WIN SITUATION

A team leader must feel confident when he has a world class lifter in his team. Just imagine when there are two upper class men in the same category! This was the situation in the 85kg bodyweight category at the Toronto 2015 Pan Am Games. Cuba's world medalist Yoelmis HERNANDEZ came accompanied by Yadier NUÑEZ to face Juan RUIZ, COL, and local favorite Pascal PLAMONDON, who gave the crowd ample reasons to cheer. 150kg started RUIZ, PLAMONDON and BALZA, VEN into the snatch, while NUÑEZ did 155kg and HERNANDEZ lifted 156kg with absolute ease. Things stayed even for the first three above mentioned, while NUÑEZ started to separate from the others with 163kg in his third attempt. This lift equaled the current Pan Am record, therefore, HERNANDEZ had no other choice but ask for 164kg to break this recent record and stay ahead. This was a most expected moment that made true the first record in this session. For the second part, the athletes stayed very close in contention. Young Boady SANTAVY, 17 years of age, kept the crowd satisfied with very good lifts while the others waited their opportunity to perform. NUÑEZ raised the stakes with a tremendous lift of 201kg in his third attempt and opened the gate for HERNANDEZ to try a new Pan Am record in clean and jerk. And that he did! A lift of 206kg erased all previous records engraving his name in the record books for the next four years. A total of 370kg was accomplished by HERNANDEZ with NUÑEZ in second place with 364kg. RIOS and PLAMONDON were a little separated, but managed to reach third and fourth place respectively. Besides five Pan American record changes in this category, it is to be noted that in the snatch, out of 18 possible attempts we saw 17 good lifts. An efficiency of 94.4% must be a testament to the quality of the competition in this category.

1. HERNANDEZ PAUMIER Y.	25.04.1986 CUB 84.48 164 206 370
2. NUNEZ Yadiel	01.01.1991 CUB 83.86 163 201 364
3. RUIZ Juan	23.10.1986 COL 84.34 157 190 347



➤ 2015 PAN AMERICAN GAMES

94KG - USA'S NATIONAL ANTHEM

IS FINALLY HEARD

It's been quite a while since we last heard the USA's national anthem in a Pan American competition. The once superpower of this Continent had a dry spell for so many years that to listen to its anthem now in Toronto 2015 must have felt like a blessing for the North Americans. It was Kendrick FARRIS who helped raise the flag of stars and stripes followed by countryman Norik VARDANIAN who captured the two most precious medals here in Toronto 2015. Herbys MARQUEZ, VEN, set the pace with 160kg in snatch with Javier VANEGA, CUB, following immediately with 166kg in his second attempt. FARRIS started slow with 157kg, but went progressing steadily until reaching 163kg, just three kilos behind VANEGA. IN the second part it was FARRIS with a 198 and 203kg performance that helped him gain the lead that he never relinquished. VARDANIAN did not look so sharp at the beginning, but brought some of his heritage to the platform and kept the second place under control. By only one kilo did VANEGA miss a silver medal by failing to jerk 200kg in his third attempt. It was due time for FARRIS to step into the highest level of the podium, for his pleasure and for the honor of his mentor, and IWF Coaching and Research Committee Member, Dr. Kyle Pierce.

1. FARRIS Kendrick James	15.05.1987 USA	92.27	163	203	366
2. VARDANIAN Norik	15.05.1987 USA	93.52	160	202	362
3. VANEGA RIOS Javier E.	02.08.1986 CUB	92.74	166	195	361

105KG - GONZALEZ SATISFIES LOCAL CROWD

WITH THIRD ATTEMPT

Some lifters compete to gain recognition, to defend the colors of their flag or to boost their own egos. But Jesus GONZALEZ, VEN, seems to do it for fun and to please the public in the competition venue. With strongman Jorge ARROYO, ECU in this group it was not an easy task to stay in front. Add to this the fact that at the end of the snatch these two lifters were tied with Mateus GREGORIO, BRA with 175kg each. This triple tie was immediately dissolved when GONZALEZ started the second part with 202kg leaving ARROYO behind with 200kg. MACHADO could only produce 202kg to stay in second place, while GONZALEZ nailed first place with a jerk of 206 in his second attempt. Several other lifters in these Pan Am Games decided to decline a third unnecessary attempt when feeling they were solidly ahead with the gold medal in their pockets. But GONZALEZ decided to go forward and grant the public a third attempt of 210kg that although was not necessary to retain the gold medal, it was a bonus that the crowd appreciated greatly with a huge round of applause.

1. GONZALEZ BARRIOS J. A.	22.04.1991 VEN	104.51	175	210	385
2. GREGORIO MACHADO M. F.	05.07.1993 BRA	104.51	175	202	377
3. ARROYO VALDEZ Jorge D.	23.09.1991 ECU	104.38	175	200	375

+105KG - NO MAN STRONGER THAN REIS

If you start when all others have finished and in the process establish four Pan American records, you must be the strongest man in your category. This is the way we describe Fernando REIS, BRA, after his brilliant performance in the last session at Toronto 2015. Local hero George KOBALADZE, CAN, tried to no avail to come close to REIS, but he remained out of reach from him and the others. It was a battle for second place with Fernando SALAS, ECU started with 165kg forcing KOBALADZE to jump to 168kg. After both missing their third attempts, the score stayed 170 to 168kg favoring SALAS for the moment. Then came REIS and snatched 180kg as his opener and followed with a jump to 192kg, a new Pan Am record, leaving all others far behind. KOBALADZE took command with a start of 208kg over 195kg by SALAS, obviously consolidating a second place, but when all were backstage taking off their lifting boots, REIS started his own show with 221kg followed by 235kg, another record in his pocket. A third attempt was declined, given that he himself rewrote his own Pan American records to new heights. A total of 427kg tells us that he will be a strong contender in Houston 2015 and in Rio 2016.



1. SARAIVA REIS Fernando	10.03.1990 BRA	150.78	192	235	427
2. KOBALADZE George	24.05.1976 CAN	138.65	168	208	376
3. SALAS MANGUIS F. F.	10.02.1988 ECU	157.70	170	200	370



TEXT: DAVID COLÓN ARROYO
PHOTO: BRUCE KLEMENS

INTERVIEW

MIEL MCGERRIGLE: HAS SHE DISCOVERED THE FOUNTAIN OF YOUTH IN WEIGHTLIFTING?

It took me a full day to realize that the person working as a volunteer loader for weightlifting at the Toronto 2015 Pan American Games had such a familiar face of a long remembered female lifter that I approached her in the certainty that I would be talking to the daughter of this lifter that she so much resembled. I asked her if she was in any way related to Miel McGerrigle, one of the original members of the first female Canadian National weightlifting team that started to represent this country so successfully in the mid 90's. I was left speechless when her answer was: "I am Miel!!!" After a few seconds of disbelief, I noticed that this young lady has not changed a single bit since I last saw her in the Santo Domingo 2006 World Champs. How has she maintained her bodyweight and appearance almost untouched along the years? Only drinking from the mythical fountain of youth!

DCA When did you start weightlifting competitively?

MM When living in Vancouver in 1994. Now I live in Ontario.

DCA Did you come from another sport before becoming a weightlifter?

MM Yes. I was a gymnast for ten years before I tried WL. From there on it was all about the weights.

DCA What category did you compete in?

MM When I started, women competed in the same categories as men, so I started in 54kg. When the women's categories were officially established right about the mid to late '90s, I competed in 58 and 63kg.

DCA What countries have you visited?

MM I visited many countries in my career. Jr. Worlds, Poland. There I won a silver medal in C&J. Jr. Worlds, South Africa, another silver medal in snatch. Finland Worlds 1998. Pan Am Games, Winnipeg 1999, Greece, Vancouver Worlds 2003, Dominican Republic Worlds 2006, Australia and several others. Also several University Champs: Tel Aviv, Pavia and Maryland.

DCA Who were the other athletes with whom you shared these early experiences in international WL?

MM Nancy Niro, Paulette Manon, Theresa Brick, Julie Malenfant, Maryse and Karine Turcotte. I went to many competitions with Maryse and because we were in the same bodyweight category it was a small competition among us both most of the time.



Miel McGerrigle at the 2003 World Championships

DCA How about your achievements in the field of education?

MM I received my B.A. with honors. I also hold a Law Degree.

DCA What are you doing now?

MM I am currently a lawyer for the Regional Municipality of Peel, which is a municipal government. I am part of the Business Law Group.

DCA Are you actually involved in WL?

MM I am a level 2 Technical Official. I also coach weightlifting once a week. I would like to coach more, but I have a 3.5 year old son who takes most of my time. I hope to coach him in weightlifting when he gets older.



Miel McGerrigle with David Colón-Arroyo Pan Am Correspondant

"I could not resist the temptation to have a photograph taken with Miel during the busy moments of the Pan Am competition, more for my satisfaction than for this exclusive interview. It is not every day that you run into a very distinguished weightlifter that looks just as you remember her from 20 years ago. A living legend with all these positive qualities is hard to find. In Ontario lives one by the name of Miel McGerrigle." (DCA)



48KG - A NEW CARIBBEAN QUEEN IS CROWNED

If the crowd wanted to see new Pan American records, this was the place and the right category for it. With nine competitors from eight countries, cultural diversity was very well represented and justified in the performances of the ladies of the lightest category. But this kind of description of the circumstances curtailing this category only scratches the surface of the enormous passion these young women bring to the stage. Among them the reigning Pan Am champion, Lely BURGOS, PUR and well known Ana SEGURA, COL had to fight decisively to stay in contention against a most able field of opponents. SEGURA jumped to a fast lead with 103kg in her second attempt leaving VASQUEZ second in jerk with 100kg and PIRON third with 95 kg. The end result located VASQUEZ ahead of SEGURA by one kilo 181, 180kg and PIRON third with 175kg as her total. This time it was DOM who ambushed COL taking gold and bronze, while COL, so successful in men, had to take home a valuable silver medal. In the process KING, PIRON, VASQUEZ and SEGURA managed to establish six Pan Am records during this most interesting category.

53KG STRATEGIC MOVE...VILLAR EDGES RODRIGUEZ WITH PAN AM RECORD

Once again, as in the previous category, seven nations were duly represented by eight competitors, one of them needing to establish a new Pan Am record to regain the lead and earn the gold medal. The battle for first place was even closer than any person in the local crowd could anticipate. No other than Yuderki CONTRERAS, the reigning queen from DOM was in the impressive lineup. After a series of apparent bad luck, only RODRIGUEZ could make three good lifts to end ahead in the snatch with 92kg, while VILLAR and DOS REIS trailed her with 86 and 82kg, respectively. The second part really came to flames when RODRIGUEZ placed herself in first place with 106 kg and 109 kg lift in her second and third turns, forcing VILLAR to a record breaking attempt of 115kg in order to win. VILLAR covered herself with her usual national pride and lifted this weight with her soul more than with her arms and legs. She earned the gold medal. CONTRERAS had no result in this competition, for she could not lift 88kg in three snatch attempts, therefore conceding her crown to the new queen.



1. VASQUEZ HERNANDEZ C.	02.12.1992	DOM	47.90	81	100	181
2. SEGURA SEGURA Ana I.	26.07.1991	COL	47.73	77	103	180
3. PIRON CANDELARIO B. E.	27.02.1995	DOM	47.90	80	95	175

1. VILLAR BARBOZA R.	28.03.1983	COL	52.56	86	115	201
2. RODRIGUEZ GOMEZ G. L.	17.07.1994	VEN	52.97	92	109	201
3. SILVESTRE VELGAR Y.	06.01.1995	DOM	52.73	80	103	183

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58 KG - RIVAS WINS AFTER MAJOR

DISAPPOINTMENTS

Sad but true. Two of the best lifters in this part of the world had to retire for different reasons leaving the door open to other equally worthy contenders in this bodyweight category. A solid start of 92kg in snatch by Yineisy REYES, DOM was followed by five consecutive incorrect attempts sending her home with no total. On the other hand, current Pan Am champion and total record holder, Alexandra ESCOBAR, ECU, suffered a slight elbow dislocation that took her out of the competition. Therefore the door was open for the other four ladies in this group to fight for the three available medals. Quisia GUICHO, MEX, Yusleidy FIGUEROA, VEN and Lina RIVAS, COL stepped forward as the true contenders. RIVAS immediately left the other two behind with her only good snatch of 97kg, while FIGUEROA followed with 93kg. The second part started to equal forces. In the end, it was GUICHO who had the courage to ask for 125kg in order to win the gold through a possible tie and a lower bodyweight. The stadium was silent and tense. Even a feather touching the floor could be heard. The attempt by GUICHO was courageous, but to no avail, leaving RIVAS at the top with 215kg, FIGUEROA gaining the second medal with 209kg and GUICHO enormously happy with a bronze medal and the recognition of the Canadian crowd.

1. RIVAS ORDONEZ Lina M.	24.04.1990 COL	57.91	97	118	215
2. FIGUEROA ROLDAN Y. M.	09.01.1993 VEN	57.69	93	116	209
3. GUICHO RECIO Quisia Y.	12.09.1987 MEX	57.85	85	118	203

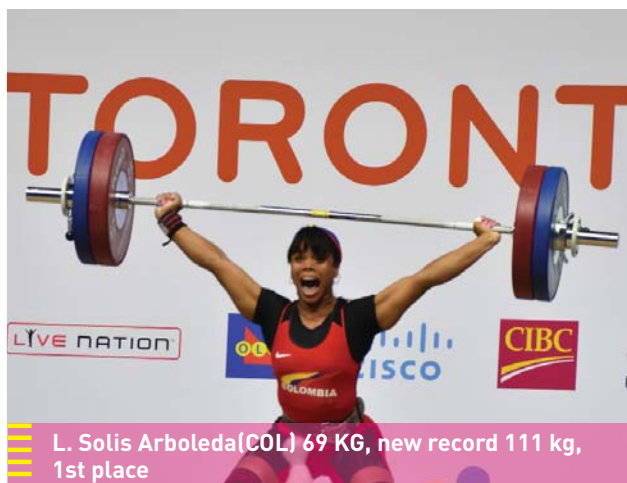
63KG - PEREZ...TOO STRONG FOR THIS GROUP.

CUBA PRODUCES A PLEASANT SURPRISE

Two viewpoints rise apparent in this category, the regular athletes compete against each other and a superior one competes against herself. Bruna NASCIMENTO, BRA, Massiel ROJAS, CHI, and Lesbia CRUZ, GUA, competed in a group that could only expect a second or third place medal. In the meantime, Mercedes PEREZ, COL, waited for her chance to excel. Also as a pleasant surprise appeared newcomer Marina RODRIGUEZ, CUB, in a very first appearance for her and her country in the women's competition in these Toronto 2015 Games. Perez just allowed the others to finish in order to start her own show coming out with 95 and then 103kg to end this part way ahead of the rest of the competitors. The Clean and Jerk was no surprise for the public that saw Rodriguez slightly outbid NASCIMENTO and ROJAS who made 112kg against RODRIGUEZ's 114kg. As these three girls waited backstage, PEREZ came out all by herself to clear the atmosphere with an opener of 120kg. Her jump to the second attempt was astonishing...12kg! A successful lift of 132kg helped her capture the gold medal with no problem and no need for a third attempt. Something for Cuba to celebrate in the years to come!

1. PEREZ TIGRERO Mercedes I.	07.08.1987 COL	62.74	103	132	235
2. RODRIGUEZ Marina	02.03.1995 CUB	62.25	89	114	203
3. NASCIMENTO PILOTO B. L.	07.12.1990 BRA	62.15	90	112	202

69KG - SOLIS...WORLD CLASS PERFORMANCE



L. Solis Arboleda(COL) 69 KG, new record 111 kg, 1st place

There are lifters that belong to a country within a Continent, and then there are others that belong to the world. Such is the case for Leidy SOLIS, COL, who came to Toronto 2015 to improve her status as a highly ranked lifter in the IWF World Ranking List. Competition was not an issue for SOLIS. Enough enthusiasm was produced by the also-ran athletes that we almost forgot about SOLIS who waited patiently for her chance to perform. DAJOMES took the lead in the snatch with 100kg with FUENTES trailing with 98kg. Then came SOLIS with three consecutive good lifts, 102, 109, 111kg to place remain out of reach from there on. The clean and jerk followed the same pattern, evening the bar for DAJOMES and FUENTES who finished the session with 125kg each. And then came another personal show for SOLIS. Her progression was 132, 140 and 145kg, each a Pan Am record in this individual lift as well as in total. With a total of 256kg no doubt this was a world class performance by the Colombian girl.

1. SOLIS ARBOLEDA L. Y.	17.02.1990 COL	68.91	111	145	256
2. DAJOMES BARRERA N. P.	12.05.1998 ECU	68.58	100	125	225
3. FUENTES ZAVALA Aremi	23.05.1993 MEX	68.44	98	125	223



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75KG - VALOYES - NO NEED FOR THIRD ATTEMPTS

A small field of competitors with two local hopefuls and representatives from North, Central, and South America all in one session should be enough to cause some stir. FERREIRA took an immediate lead over VALDES in the snatch to reach second place with 105kg while VALDES trailed with a five kilo disadvantage. Then comes VALOYES to do her thing as only she can. Opening with an effortless 107kg good attempt, she goes then to 112kg, also very easily. Then she tries a new Pan Am record of 114kg, but decided to let the barbell fall as if losing concentration. Solidly in the lead, she allows her competitors to battle for the silver medal as VALDES regains the lead with a 131kg lift, while ANTONIA loses ground lifting only 125kg. Here comes VALOYES once again pleasing the crowd with an easy opener of 130kg followed by another breeze of 135kg. But when it came to a possible new Pan Am record of 139kg, she decides to let the barbell return the platform just after passing the knees. It happens that the Pan Am records, 113kg, 138kg and total of 251kg belong to no other than VALOYES herself. So, why bother? Maybe in the IWF World Championships Houston 2015 in November she will do better.

1. VALOYES CUESTA U.	06.07.1982 COL	74.56	112	135	247
2. VALDES PARIS Maria F.	17.03.1992 CHI	74.79	100	131	231
3. ANTONIA FERREIRA J.	05.03.1987 BRA	74.55	105	125	230

+75KG - IT WAS ALL "AREPAS" IN THIS SESSION



Each Pan American country is characterized by its music, cultural habits and its food. And speaking of food, there must be something special about the Venezuelan **arepas** that help build such strong female athletes. Yaniuska ESPINOSA and Naryury PEREZ made sure that their nutritious typical food was not taken in vain. Despite the attacks by the more experienced Seledina NIEVE, ECU, and Tania MASCORRO MEX, the two Venezuelan girls conquered one and two in this category. The total for ESPINOSA was 263kg, while PEREZ was only 5 kilos behind in second place. NIEVE had to wait with her fingers crossed in order not to lose her third place, but eventually ended up earning the bronze medal.

1. ESPINOSA Yaniuska I.	05.12.1986 VEN	110.68	115	148	263
2. PEREZ REVERON N. A.	29.09.1992 VEN	98.28	112	146	258
3. NIEVE ARROYO Oliba S.	25.11.1977 ECU	92.51	115	142	257

TEXT: ÉVA MOSKA

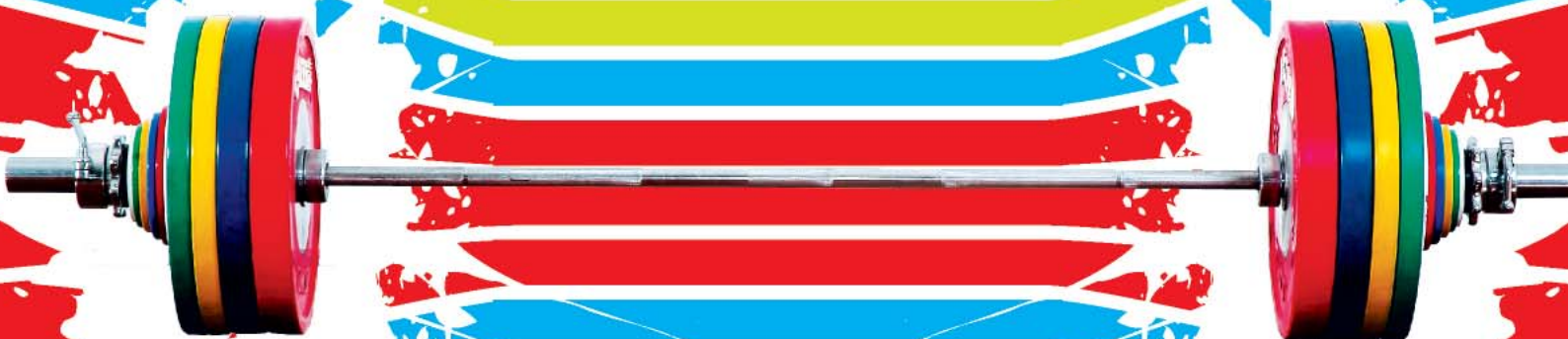
FAREWELL TO A FRIEND



At the beginning of my years with the IWF it was still strange to hear the expression "IWF Family" and call some colleagues "my friend". Since then, I have learnt and understood a lot and now I can only say that unfortunately, once again we – I – have lost a friend. **Eddie Suarez**, Member of the Venezuelan Federation's Executive Board and General Secretary of the Pan American Weightlifting Federation lost his life under tragic circumstances. Those who knew him are sorely aware of the magnitude of our loss through his departure. He devoted his whole life to weightlifting, worked 24/7 through all competitions – mainly Pan American – and he was almost always smiling and kind to everyone. He was the first person in my life with the IWF for whom I was interpreting at a meeting and I shall never forget the unconditional confidence he so graciously advanced to me. He "saved my life" more than once with a chocolate bar or just a friendly word on the most exhausting days – and I am sure I am not alone with that. My dear Friend, Eddie: Rest in Peace; many of us will miss you!



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TEXT: ÉVA MOSKA

A FEW WORDS ON SPORTS DEVELOPMENT

Developing the sport is a primary task of the IWF, being an International Sports Federation. Having said that, what does “development” really mean? How can we best assist our affiliated Federations in their work while keeping all stakeholders satisfied and the positive change to be viable for all parties? There are certain aspects/conditions/circumstances that must be taken into consideration by all means when speaking of development, which apply to the International Federations, but not only to the IFs: the International Olympic Committee and the Olympic Solidarity included. It is important:

- that the national Member Federations should also undertake their own share of the investment needed for the development, both financially and morally; and not only sit around waiting for the support from the IWF or from the IOC. Their contribution to the sport must be visible.
- That each Federation should have a long term Development Plan, and the annually required development supports should have their proper place and objective in it.
- In each case the support should be tailored to the requirements of the Federation receiving it. Let us just think what enormous help two sets of barbells can be for a

small African or Oceanian country, while the Chinese or the Russian Federations at the most ridicule a “development” donation of two barbells.

For a good number of years recently, the IWF is a leader in terms of funds spent on the development of the sport, since the Continental Federations receive an annual contribution of USD 175,000 and the National and Regional Federations have a total value of USD 350,000 available every year to apply for. In their case the maximum support per year is USD 6,000 (for MFs) and USD 10,000 (for RFs).

Fortunately, we can boast with many outstanding and successful projects in recent years, whilst several National Federations have been using the weightlifting sports equipment received through the Development Program. Among the projects it is worth mentioning the Anti-Doping, the Coaching and the Technical Officials’ Courses, but we are pleased to note that more and more National Federations employ the support to launching their own Education Program, to widen the knowledge of their athletes and coaches.

The next opportunity to send applications to the Development Program is coming soon and the new term starts early in 2016.



PHOTO: GETTY IMAGES

APIA, SAMOA



2015 COMMONWEALTH YOUTH GAMES

Young people mostly aged 14-18 from 65 nations and territories joined with a cast of 2000 volunteers and a host of VIPs including the Samoan Head of State and senior international guests for a spectacular Samoan-style Closing Ceremony which formally ended what new Commonwealth Games Federation President Ms Louise Martin has already billed "the warmest, friendliest Youth Games ever". New Commonwealth friendships forged on the tiny Pacific island of Samoa, host to this great event, featuring weightlifting as a core sport, early in 2016.



Rebekah Tiler of England



Eyenga Mbo'ossi Gaelle Jeanne of Cameroon



Eileen Cikamatana, Fiji





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