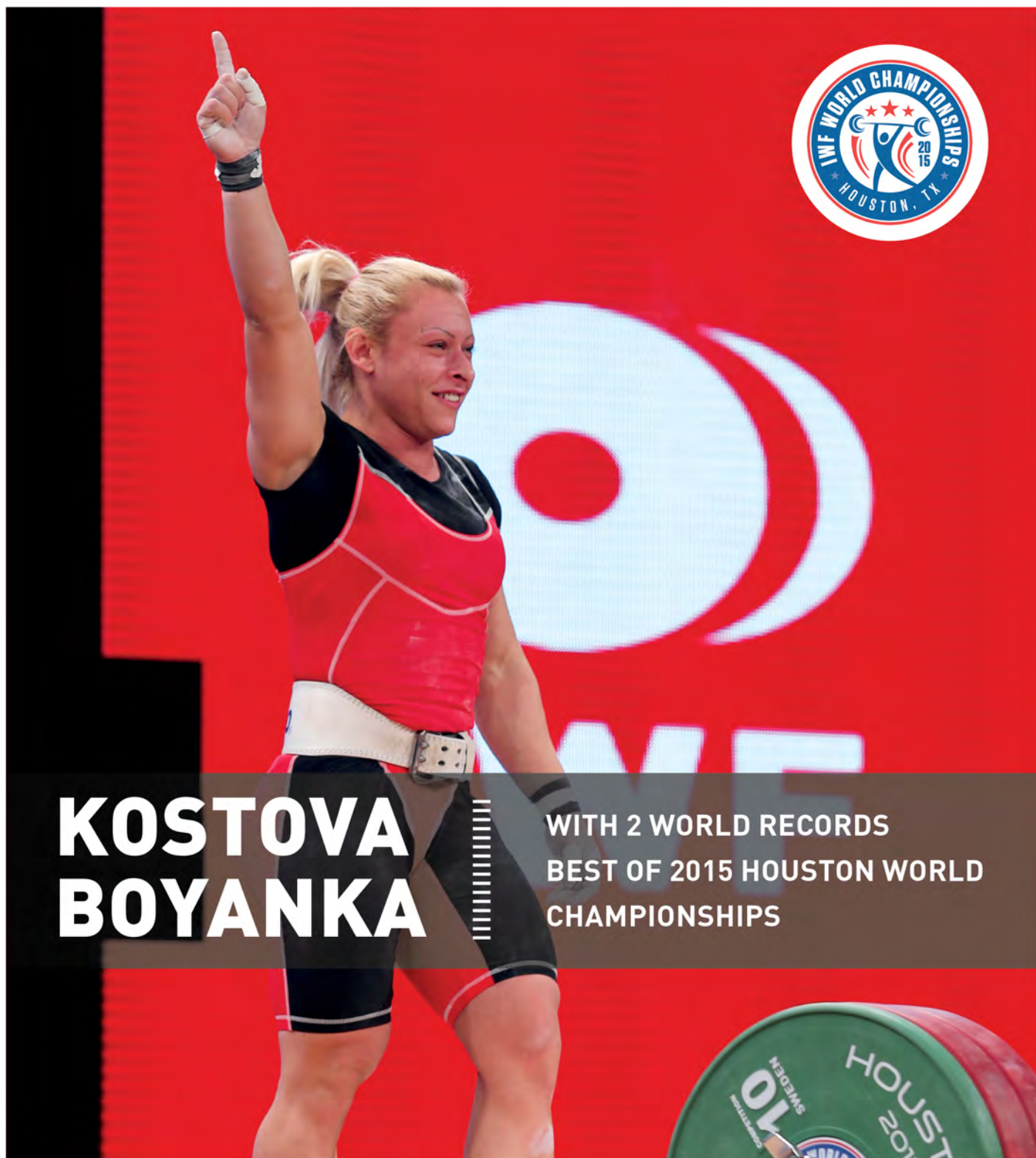


WORLD NR.136 OFFICIAL MAGAZINE OF INTERNATIONAL WEIGHTLIFTING FEDERATION

WEIGHTLIFTING



**KOSTOVA
BOYANKA**

WITH 2 WORLD RECORDS
BEST OF 2015 HOUSTON WORLD
CHAMPIONSHIPS

PHOTO JÓZSEF SZAKA



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FOREWORD

BY THE IWF PRESIDENT

Dear Friends,
dear Readers,
I look back on the year of 2015 as a very successful one in weightlifting. The focus was undoubtedly on the second main Olympic Qualification event, the World Championships in Houston. From many points of view, Houston 2015 was one of the most successful in history and certainly it was the most spectacular ever held. That should be recognised since the staging of this World Championships will serve as a benchmark for all future organisers and we owe gratitude to the American hosts in Houston. The level of the performances on stage equalled the presentation: we saw many outstanding lifters and results. The World Championships, our "crown jewel" event, was hosted by the United States last year. I have been speaking my conviction for decades that by elevating the standard of weightlifting in the US, if that country achieved better results the whole sport would gain a lot. Success and popularity of weightlifting in the US would enhance weightlifting on a global scale in its presentation, marketing, communication, TV broadcasting, etc. A good event in the US may have an impact and the US Federation can contribute significantly. The fact that the number of countries broadcasting the WWC exceeded all previous records is remarkable. What is, however, regrettable for me is that I'm afraid USA Weightlifting is unable to draw due benefit from having hosted such a successful major event. They cannot ride on the waves

created, albeit it might give a powerful impetus to the popularization and spreading of weightlifting in North-America. The problem seems to me the lack of a dedicated senior official in the USA Weightlifting Federation, someone who would consider it as a life mission. I am slightly disappointed because I thought that the success of Houston 2015 would motivate the leaders of the American Federation to be active internationally, ultimately perhaps making their way to the leadership of the International Federation in the next elections. To my regret, in contrast, shortly after the conclusion of the World Championships even the Chief Executive Officer – whom I had regarded as a potential international candidate – left the Federation and at the moment I cannot see who can fill the void, who will guide the vessel of the USAW forward on the wind raised by the world event. The other subject I need to address is Rio de Janeiro. We have a number of

important landmarks in our calendar but there should be absolutely no doubt about it: the Olympic Games are the ultimate summits in our life. Rio 2016 has to face high expectations. The Southern part of the Pan-American continent has never hosted the Olympic Games before; eventually, this fact shifted the ballot heavily towards Rio when the IOC decided about the Games organiser in Copenhagen. In the present context of expectations and delivery, we can say that weightlifting is lucky because the venue situation is settled. Our venue, an Exhibition Hall is ready, waiting for the weightlifting stage to be set alongside some other sports. We also have a very capable colleague in place with Pedro Meloni, Weightlifting Sport Manager of Rio 2016. Pedro has been very active, busy coming to all our major events for the last three years, learning constantly, who has truly become an expert in weightlifting events. I know he and his staff



Dr. Tamás Aján with Ms. Janis Burke, CEO of Houston County Sports Authority and the "head-and-heart" of the organisation



will their best to secure the best conditions. And of course he has the backing and the advice from both Technical Delegates of the IWF: Sam Coffa, Vice President and Chairman of our Technical Committee, and Attila Ádámfi, Director General. So, I am not worried about the weightlifting events in Rio. I am saying this knowing that the Organising Committee is rationally reducing the budget and the costs, but I believe what we need for weightlifting we shall get; therefore our sport will not be affected by the budget cut as gravely as eventually and regrettably some other sports might be. In order to establish the final entry list for Rio 2016 – now past the Almaty and Houston Qualification World Championships – Continental Qualification events will take place on each of the five continents, as some additional slots are still “on sale”. The IWF devotes equal and great atten-

tion to each of these competitions and makes sure they are staged as per the required standards. In Europe Norway, in Africa Cameroon, in Oceania Fiji, in Pan-America Colombia and in Asia Uzbekistan will be the organisers. All of them have the potential to meet the qualification event’s requirements. There are two further opportunities for individual lifters to earn their tickets to Rio through the ranking list: the Russian President’s Cup in March in Kazan and the International Fajr Cup in Teheran at the end of May. The IWF is trying to be fair and enables all those athletes deserving to get to the Olympic Games. Everybody has a chance to win eligibility to participate this summer. To make sure that happens the IWF relies on the collaboration of the five Continental Federations, the five host Federations as well as with the hosts of both primary Grand Prix: Russia and Iran.

Tamás Aján
DR. TAMÁS AJÁN
 IWF PRESIDENT



The IWF President opening the 2015 IWF WWC



Dikembe Mutombo, NBA legend, retired Houston Rockets star lit the flame at the Opening Ceremony and familiarized with IWF leaders



TEXAS STAGES BIG WORLD CHAMPIONSHIPS

2015 IWF WWC - HOUSTON

Qualification Weightlifting World Championships in the USA? In a country where – excuse my words – you have to add the attribute “Olympic” to the sport discipline’s name to differentiate it from its better known relatives, e.g. powerlifting? And why in Houston, Texas, of all places, where this sport has no real traditions? Those were justified questions when the IWF Executive Board allocated 2015’s peak event, the last major stop prior to the 2016 Olympic Games, to the USA Federation and to the city of Houston, in particular. However, the IWF is not afraid of challenges, and – luckily – those who undertook the organisation of the 2015 IWF WWC expressly like challenges; moreover, they are inspired to create something that did not exist before. And once they are doing something in the US they want it to be the biggest ever, the most successful ever. Indeed, the creative team under the baton of Ms Janis Burke, CEO of the Houston County Sports Authority and of the Organising Committee did manage to produce something unprecedented and leave a legacy for the sport in one of the “most American” States. Right from the moment they started to design the event in collaboration with USA Weightlifting, their ambition was “to make the Dream come true”. We can state with appreciation and at the same time with gratitude that Houston managed to bring into being an unprecedented event with

its spectacular and amazing presentation, marketing, media response, television broadcasting and, last but not least, a new record in the number of countries participating (94). The compact location of the spacious competition and training venue, the George R. Brown Convention Center, and the 5-star accommodation next door with quality meals made it possible for athletes to bring their maximum onstage. Against the coulisse of the astonishing gigantic led walls spectators could enjoy exciting competitions with world records. Thank you to Houston, thank you to USA!



At the Congress two new Members were inducted to the Weightlifting Hall of Fame: Karyn Marshall, 1st USA World Champion 1987, and Tara Cunningham-Nott, USA, the 1st Female Olympic Champion

➤ 2015 IWF WWC - HOUSTON

As in combination with the 2014 Almaty WWC altogether 108 precious men's and 67 women's Rio 2016 spots were on offer, the stake was high and some countries and athletes took risks they should not have. The IWF conducted very strict, all-embracing and sophisticated anti-doping testing in Houston and identified 24 so-called Adverse Analytical Findings, i.e. possible anti-doping rule violations. Among those are, unfortunately, champions, medallists and world record makers. Azerbaijan's **Boyanka Kostova** deservedly became the Best Female Lifter with her two world records in 58kg (112kg snatch, 252kg total) and Chinese **Deng Wei** also improved the 63kg clean and jerk mark to 146kg. Most regrettably, however, some of the 6 senior and 1 junior world records established by the men may have to be cancelled; among those the historic ones set by **Aleksei Lovchev**, Russian superheavyweight.



2015 Houston Best Female Lifter Boyanka Kostova, AZE received the IWF Media Trophy from Editor-in-Chief Kornél Jancsó, as well as an ELEIKO bar

On the following pages **WORLD WEIGHTLIFTING** Editor-in-Chief **Kornél Jancsó** gives a summary of each category's competition, illustrated with photos by our staff photographer **József Szaka**. Please note that here we publish only the top 20 (and some important bombers) in each category but you can look up the full results on the IWF website www.iwf.net.

Since the doping result management is still not finished, the results have not yet been updated but an **asterisk (*)** indicates those lifters who are facing disqualification and a cancellation of their performance.



In a glamorous Opening Ceremony OC Member Miss Texas Sarah Blanton sang the US Anthem



VIETNAM'S FIRST WC MEDALS BORN

The Houston World Championships opened with Chinese triumphs thanks to junior world champion **JIANG Huihua** having pocketed the snatch and total gold medals, yet **VUONG Thi Huyen** probably stole the show making history having won Vietnam's first ever Women's World Championships medals. With **VUONG** Vietnam was registered as the 38th country winning medals in women's World Championships. **JIANG** started the snatch with a quite hopeless sequence of one miss, then a correction on 88kg, finally another failure on 91kg. Nevertheless, she could record a 3kg lead on the Vietnamese who had not gotten past her opening weight; on Japanese **MIYAKE Hiromi**, Olympic silver medallist (85kg), as well as South-Korean **IM Jyoung Hwa** lifting in Group B. In clean and jerk, the merely 17-year old Chinese competitor excelled with three impeccable lifts, though her 110kg was worth only the silver as DPR Korean **RI Song Gum** achieved the same result with a lighter body-weight. The latter had to be happy with the clean and jerk gold because poor snatching placed her only second in

total (191kg). The Chinese finally took the overall honours with 198kg, preceding the Vietnamese (194kg) and **MIYAKE** this time amassing 193kg. In the rest of the field we spotted one of the most renowned representatives of European weightlifting, **TAYLAN Nurcan**, but she failed to bring her past brilliance on stage. The 32-year old Turkish woman – by the way to date the holder of the category's clean and jerk world record with 121kg – 2004 Olympic champion, 2010 world champion and three times European champion, and in 2015 still European silver medallist, this time registered only two valid lifts (77kg and 95kg) and finished in the lowly 20th position.

48 KG WOMEN

1. JIANG Huihua	22.01.1998	CHN	47.95	88	110	198
2. VUONG Thi Huyen	22.06.1992	VIE	47.41	85	109	194
3. MIYAKE Hiromi	18.11.1985	JPN	47.73	85	108	193
4. RI Song Gum	17.10.1997	PRK	47.39	81	110	191
5. CHEN Wei-Ling	04.01.1982	TPE	47.46	83	105	188
6. RYANG Chun Hwa	12.06.1991	PRK	47.65	80	108	188
7. IM Jyoung Hwa	07.12.1986	KOR	47.87	85	103	188
8. OZKAN KONAK Sibel	03.03.1988	TUR	47.97	83	103	186
9. MIRABAI Chanu Saikhom	08.08.1994	IND	47.40	81	102	183
10. AGUSTIANI Sri Wahyuni	13.08.1994	INA	47.91	78	104	182
11. PIRON CANDELARIO B. E.	27.02.1995	DOM	47.54	80	100	180
12. KHAMSRI Panida	13.01.1989	THA	47.68	75	105	180
13. RANAIVOSOA Marie H. R.	14.11.1990	MRI	47.96	80	100	180
14. KHUMUKCHAM Sanjita C.	02.01.1994	IND	47.25	81	98	179
15. MICHEL Anais	12.01.1988	FRA	47.32	78	99	177
16. SEGURA SEGURA Ana Iris	26.07.1991	COL	47.97	79	98	177
17. DIACHENKO Iana	16.01.1990	UKR	47.57	78	96	174
18. LORENTZ Manon Camille	17.07.1991	FRA	47.52	80	93	173
19. CSENGERI Monica-Suneta	21.03.1996	ROU	47.88	80	93	173
20. TAYLAN Nurcan	29.10.1983	TUR	47.37	77	95	172



Ireland's **NGUYEN Tham** was the first athlete to perform a lift on Houston 2015 stage

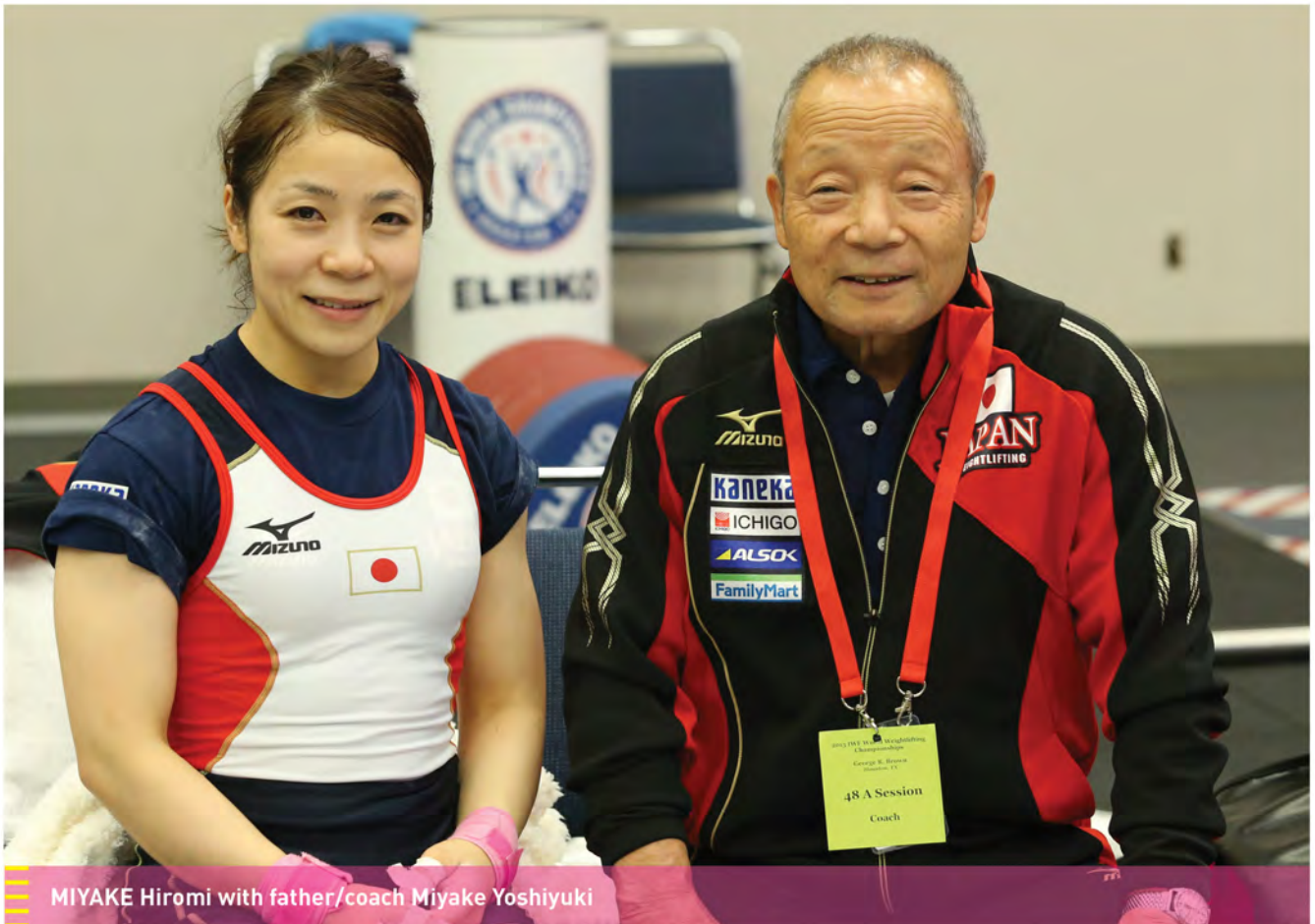
> 48 KG WOMEN



JIANG Huihua, CHN



First women's medals for Vietnam by VUONG Thi Huyen



MIYAKE Hiromi with father/coach Miyake Yoshiyuki



AFTER BIG FIGHTS SCALE PRONOUNCES VERDICT

Following the snatch it looked most likely that another Chinese winner would be listed but things took a different course. After a fierce battle the glory went to Chinese Taipei...

In the snatch, 2011 junior world champion **CHEN Xiaoting** approached the world record at a mere 2 kilos' range and outscored her main rival, **HSU Shu-Ching** (TPE) by 5 kilos. The setup changed in the clean and jerk when **CHEN** performed poorly, failing twice at 120kg and saving the barbell only in the last attempt. London's silver medalist **HSU**, in turn, took her chance and made a good 120kg in a correction and asked for 125kg for her third which she lifted well. Thanks to 0.17kg lower bodyweight, the Taiwanese grabbed not only the clean and jerk gold but also the honours in the total. Both she and **CHEN** had 221kg

and the scale decided in the former's favour. **HSU**'s victory nonetheless failed to come as a surprise since she is the world record holder of the 53kg in total, with 233kg, since September 2014. As for the third place overall, **TANASAN Sopita** had the highest odds, but this time the Thai woman could not make it to the dais. After fourth and fifth positions in snatch and jerk, respectively, she was unable to medal with the final score of 210kg. Surprising but by no means unworthy third-place winner in snatch, clean and jerk and total is **DIAZ Hidilyn**, last year's Asian champion. With her three bronzes for scores of 96kg, 117kg and 213kg, **DIAZ** entered her country, the Philippines, into the weightlifting annals, having become its first ever female World Championships medal winner.



Strange but effective style: CHEN Xiaoting, CHN

► 53 KG WOMEN



HSU Shu-Ching, TPE made it again



TANASAN Sopita, THA



Philippine's first female medals: DIAZ Hidilyn

53 KG WOMEN

1. HSU Shu-Ching	09.05.1991	TPE	52.61	96	125	221
2. CHEN Xiaoting	11.01.1991	CHN	52.78	101	120	221
3. DIAZ Hidilyn	20.02.1991	PHI	52.97	96	117	213
4. TANASAN Sopita	23.12.1994	THA	50.34	95	115	210
5. PAKKARATHA R.	14.06.1997	THA	52.97	89	116	205
6. YELISSEYEVA Margarita	20.07.1992	KAZ	52.82	90	112	202
7. SISOEVA Marina	30.05.1993	UZB	52.66	88	112	200
8. PARATOVA Iuliia	07.11.1986	UKR	52.72	90	108	198
9. LEMOS ROBLEDO Ana M.	24.04.1986	COL	52.74	85	109	194
10. KOHA Rebeka	19.05.1998	LAT	52.49	87	105	192
11. RODRIGUEZ GOMEZ G. L.	17.07.1994	VEN	52.90	87	105	192
12. COBAN BASOL Aysegul	16.12.1992	TUR	52.38	80	111	191
13. YAGI Kanae	16.07.1992	JPN	52.46	84	107	191
14. VILLAR Barboza R.	28.03.1983	COL	52.72	82	108	190
15. ACARTURK Sema	09.01.1993	TUR	52.36	82	106	188
16. YOON Jin Hee	04.08.1986	KOR	52.42	83	105	188
17. SIERRA FIGUEROA M. J.	01.03.1995	VEN	52.53	80	105	185
18. ANGGRAINI Syarah	19.08.1994	INA	52.59	84	101	185
19. MATSA Santoshi	10.03.1994	IND	51.84	78	106	184
20. TOUA Loa Dika	23.06.1984	PNG	52.81	80	103	183



Youngest in the category, KOHA Rebeka, LAT



KOSTOVA UPDATES WORLD RECORDS AND BECOMES HOUSTON 2015'S BEST

A brilliant field gathered for the challenge of the 58kg including defending world champion **DENG Mengrong** (CHN), as well as 2013 world champion **KUO Shing-Chun** (TPE), 2014 snatch world champion **SRISURAT Sukanya** (THA), 2012 Olympic fourth, former WC silver medallist **GULNOI Rattikan** (THA) and, last but not least, **KOSTOVA Boyanka** (AZE), who, prior to 2011, had become youth Olympic and world champion and European Championships silver medal winner as a Bulgarian before turning Azeri and so winning the European title in 2012 and in 2015, plus a fifth place in the London Games. The splendid lineup notwithstanding, it soon became evident in Houston that nobody else but 22-year old **KOSTOVA** was to harvest the best of the medal crop of this World Championships – despite a failure on her opening attempt at 109kg. She made a quick correction and requested 112kg which she snatched easily, improving the world record by a kilogram. **DENG** snatched

108kg as her best, **SRISURAT** recorded 106, **KUO** 104kg as their score, while **GULNOI** dropped out with three no lifts at 95kg. The **KOSTOVA** Parade continued in the clean and jerk with the Azerbaijani reaching 140kg, one kilo short of the current world record, and her total exceeding the previous mark. The new world record is 252kg, deleting the previous one set by **CHEN Yanqing** (CHN). Thanks to her two new world records the Azeri competitor became the Best Female Lifter of the Houston 2015 World Championships and won the first women's WC medals for Azerbaijan. **DENG** jerked 137kg and totalled 245, collecting two more silver medals, whereas the bronzes were pocketed by **KUO** (133/237kg). **SRISURAT** from Thailand was preceded in total by 34-year old **NOVIKAVA Nastassia** (BLR), but this situation is likely to change as the former world and European champion Belarus lifter had produced an adverse analytical finding (AAF) in the doping control and so is expected to lose her fourth position.



Silvers for **DENG Mengrong**, CHN

58 KG WOMEN

1. KOSTOVA Boyanka M.	10.05.1993	AZE	57.90	112	140	252
2. DENG Mengrong	05.03.1990	CHN	57.68	108	137	245
3. KUO Hsing-Chun	26.11.1993	TPE	57.68	104	133	237
4. NOVIKAVA Nastassia*	16.11.1981	BLR	57.57	102	126	228
5. SRISURAT Sukanya	03.05.1995	THA	57.29	106	121	227
6. RIVAS ORDONEZ Lina M.	24.04.1990	COL	57.69	97	124	221
7. ESCOBAR G. M. A.	17.07.1980	ECU	57.60	97	120	217
8. ANDOH Mikiko	30.09.1992	JPN	57.70	93	120	213
9. CONTRERAS Yuderqui M.	27.03.1986	DOM	56.02	95	116	211
10. CHIANG Nien-Hsin	29.04.1997	TPE	57.38	89	122	211
11. FIGUEROA ROLDAN Y. M.	09.01.1993	VEN	57.75	93	118	211
12. LEPSA Irina-Lacramioara	06.06.1992	ROU	57.69	93	113	206
13. GUICHO RECIO Quisia Y.	12.09.1987	MEX	57.86	83	117	205
14. LOCHOWSKA Joanna	17.11.1988	POL	57.60	94	110	204
15. YAYLYAN Izabella	04.01.1995	ARM	57.32	89	112	201
16. DOMINGUEZ LARA M. P.	05.03.1988	MEX	57.83	88	113	201
17. LUCERO Jessica Marie	26.09.1989	USA	57.87	89	110	199
18. KLEJNOWSKA-KRZYWANSKA A.	17.12.1982	POL	57.90	85	113	198
19. NABIEVA Muattar	02.06.1996	UZB	57.33	90	107	197
20. ROOS Anna Angelica U.	15.04.1989	SWE	57.77	84	113	197



Jerking for a new total world record of 252kg: KOSTOVA Boyanka, AZE

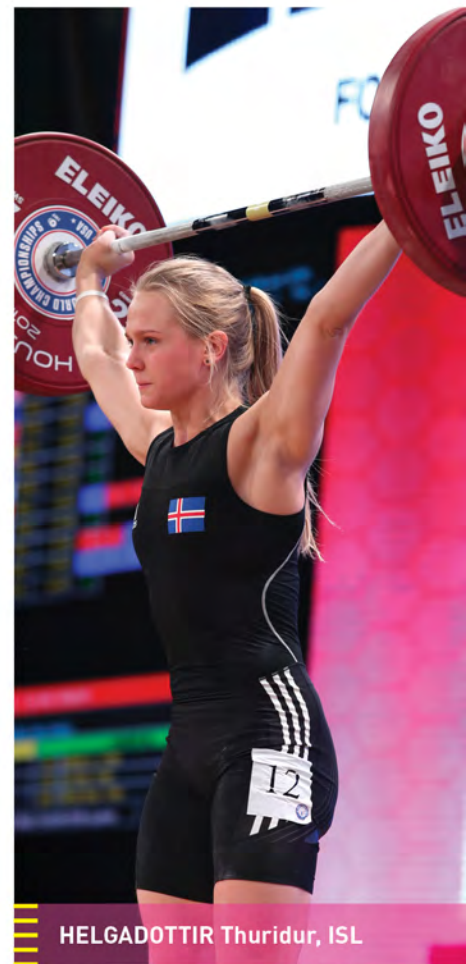
“I started competing for Azerbaijan in 2010 and this is my best result so far. I will try my best to increase the world record I just set at the 2016 Rio Olympic Games.”



KUO Hsing-Chun, TPE remains to be counted with



SRISURAT Sukanya, THA



HELGADOTTIR Thiridur, ISL

63 KG
WOMEN

AFTER SILVER FOR DENG, GOLD FOR DENG WITH WORLD RECORD

What **DENG Mengrong** failed to achieve in 58kg, her compatriot with a similar name, **DENG Wei** managed to deliver in 63kg. Chinese silver was changed for Chinese gold. However, it was by no means automatic. **DENG Wei**, arriving in Houston as the defending champion, at first frightened her fans missing the opening snatch at 110kg. But she made a correction and, performing and excellent lift on 113kg, captured the lead. 2013 world champion, **TURIEVA Tima** finished as runner-up with her 112kg completed in a correction. **GORICHEVA Karina** (KAZ) had the same result but took only the bronze on account of 10 grams heavier bodyweight. In the second part the story of 2014 repeated since the same three weightlifters mounted the medal podium as in Almaty, with the difference being only that **TURIEVA** and **CHOE Hyo Sim** (PRK) switched places for Houston. **DENG** reconfirmed her reign in 63kg with a splendid perfor-

mance: she started on 140kg – good, followed by a big leap to 146kg, a world record weight. Struggling with the clean, she made a surprisingly powerful jerk and pinned the record. The former holder of this world record (and still owner of the total mark), **LIN Tzu-Chi** (TPE) was witness to this bravura. This time the latter’s output was only 133kg. In the clean and jerk **CHOE** finished second with 139kg, **TURIEVA** made two mistakes on 141kg and remained at her opening 136kg. Overall, the original ranking order was re-established: China, Russia, North-Korea. The fourth place went to Ukrainian **KALINA Yuliya**, who had taken the Olympic bronze medal in 2012 in the 58kg. London’s silver medallist in this category, **SIRIKAEW Pimsiri** (THA) finished only as seventh. Let us also mention **TILER Rebecah Jade** (GBR), the youngest competitor in the entire female world championships field: born on 13th January, 1999. The 16-year old became 13th.



DENG Wei, CHN won by 11kg overall

63 KG WOMEN

1. DENG Wei	14.02.1993	CHN	62.87	113	146	259
2. TURIEVA Tima	22.06.1992	RUS	62.86	112	136	248
3. CHOE Hyo Sim	05.12.1993	PRK	62.24	104	139	243
4. KALINA Yuliya	24.10.1988	UKR	62.55	108	135	243
5. GORICHEVA Karina	08.04.1993	KAZ	62.87	112	131	243
6. LIN Tzu-Chi	19.03.1988	TPE	62.78	105	133	238
7. SIRIKAEW Pimsiri	25.04.1990	THA	61.21	104	132	236
8. PEREZ TIGRERO M. I.	07.08.1987	COL	62.96	97	130	227
9. SMITH Zoe	26.04.1994	GBR	62.78	97	124	221
10. GURROLA ORTIZ Eva A.	17.05.1994	MEX	62.18	98	120	218
11. ADESANMI Oluwatoyin V.	10.04.1992	NGR	62.85	102	116	218
12. BORDIGNON Giorgia	24.05.1987	ITA	61.56	96	120	216
13. TILER Rebecah Jade	13.01.1999	GBR	62.66	93	118	211
14. DARMARIANI Sinta	22.12.1986	INA	62.59	89	119	208
15. YADAV Punam	09.07.1995	IND	62.95	94	114	208
16. YOSHIDA Akane	31.05.1994	JPN	61.59	93	113	206
17. STRENIUS Patricia C.	23.11.1989	SWE	62.83	88	118	206
18. AHMED Esraa E. R. E.	21.11.1998	EGY	62.38	95	110	205
19. MATSUMOTO Namika	07.02.1992	JPN	62.36	90	113	203
20. PRETORIUS Mona	12.08.1988	RSA	62.48	90	112	202



TURIEVA Tima (RUS)



"I tried my best and didn't come for the second place. Both of my Chinese and DPRK opponents were very strong, and I have to train harder and harder. First I have to be selected for Rio 2016, and then I'll do my utmost to win the Olympic Gold."



Britain's young talent, TILER Rebekah



Strong in jerk: CHOE Hyo Sim, PRK

69 KG
WOMEN

DEFENDING CHAMPION MIGHT LOSE EVEN FIFTH PLACE

The world champion of 2014 returned to Houston but the city in Texas failed to bring her luck. Not only did **RYO Un Hui** (PRK) lose her title, but she might most probably have to say goodbye even to the fifth position in total and the silver medal in snatch she got on the Houston stage due to her looming positive doping test result. Having collected all the three gold medals in Almaty, here **RYO** progressed until 116kg in snatch and thanked her silver medal (behind **XIANG Yan-mei's** 120kg) to being the lightest among three contenders. The bronze was awarded to **ROMANOVA Anastasiia** (RUS). Without the encouragement of the local crowd that had helped her to a silver medal in Almaty, **ZHAPPARKUL Zhazira** (KAZ) landed in fourth place. In this most crowded female bodyweight category of Houston 2015 (43 entries), 2013 world champion **XIANG** took all honours; including the gold in clean and jerk. Splendid lifting allowed her

to appear, after the 143kg winning lift, for a 148kg barbell already as triple gold medallist. Maybe that was the reason for failure on this weight: she did not really need it... **ZHAPPARKUL** regained her strength in clean and jerk and with a strong 140kg she became the runner up both on this individual lift and in the total. The bronzes were collected by **ROMANOVA** (137kg and 253kg). The other Russian competitor in this category, **AFANASEVA Olga** finished in fourth position overall, yet the same fate awaits her as RYO, with the prospect of a positive test result. Returning to the stage about a year ago after giving birth to a baby and since then lifting in this category, **MANEZA Maiya** occupied a yet experimental 10th place. The London '63kg Olympic gold medallist had been world champion in her "winning" category in 2009 and 2010. The question remains whether we shall see her again in Rio and if yes, in which category?



The 69kg podium



Absolute world champion: XIANG Yanmei, CHN

69 KG WOMEN

1. XIANG Yanmei	13.06.1992	CHN	69.00	120	143	263
2. ZHAPPARKUL Zhazira	22.12.1993	KAZ	68.98	116	140	256
3. ROMANOVA Anastasiia	02.10.1991	RUS	68.60	116	137	253
4. AFANASEVA Olga*	30.03.1990	RUS	68.34	115	136	251
5. RYO Un Hui*	09.08.1994	PRK	68.48	116	135	251
6. AHMED Sara Samir E. M.	01.01.1998	EGY	68.08	110	135	245
7. SAZANAVETS Dzina	25.10.1990	BLR	68.79	110	134	244
8. MUNKHJANTSAN A.	25.12.1997	MGL	67.95	110	133	243
9. SHKERMANKOVA Maryna	09.04.1990	BLR	67.93	108	133	241
10. MANEZA Maiya	01.11.1985	KAZ	66.23	100	135	235
11. MAMASALIEVA M.	16.01.1991	UZB	68.64	102	131	233
12. DAJOMES BARRERA N. P.	12.05.1998	ECU	68.72	103	130	233
13. IBRAHIMLI Anastasiya	08.12.1993	AZE	68.73	100	130	230
14. AVDALYAN Nazik	31.10.1986	ARM	68.75	105	125	230
15. KASIRYE Ruth Nanzzi	10.06.1982	NOR	68.81	103	126	229
16. ROGERS Martha Ann	23.08.1995	USA	67.33	100	126	226
17. RAMOS GONZALEZ Sheila	20.12.1990	ESP	68.97	102	124	226
18. TORRES WONG A.	27.11.1995	MEX	67.52	98	126	224
19. HULPAN Florina-Sorina	07.03.1997	ROU	67.64	99	125	224
20. THOREN Carita Angelica	09.09.1991	SWE	68.26	100	122	222



Egyptian AHMED Sara Samir may be promoted to 4th rank



VAIVAI Apolonia, FIJ

**75 KG
WOMEN**

**FINAL RANKING SUBJECT TO
ANTI-DOPING CONTROLLERS' FINDINGS**

In the title we hinted at the sad fact that one of the 24 adverse analytical findings of the Houston World Championships is attached to the bronze medallist of the 75kg: **ZUBOVA Olga**. The Russian lifter came back from a two-year ban only to win two medals in Houston. She won the clean and jerk with 156kg and took the bronze in the total with 276kg. Both remaining gold medals went to the Chinese competitor. To capture those, **KANG Yue** had to snatch 127kg and jerk 155kg (bronze), adding up to the winning total. Silver medallist in 2013 and 2014, despite the triumphs **KANG** could not boast a solid performance: she completed only two of her six attempts but these produced 3 medals. The crowd's focus, however, was undoubtedly shifted to the heroine of the evening: **RIM Jong Im** (PRK) got severely injured in the snatch, nevertheless, surmounting pain, she continued to lift in the clean and jerk and finished with a stupefying 155kg, worth 280kg and a silver medal in total. The public looked on in awe as she was being helped to the podium by fellow competitors to receive the medals she earned in a heroic battle. Another merited representative of this category, **PODOBEDOVA Svetlana** (KAZ) re-entered the world stage after a lengthy pause and captured a bronze medal in snatch with 121kg. In jerk and in total she missed the podium on heavier bodyweight, but once the anti-doping violation by **Zubova**, as mentioned above is confirmed, she may add two further bronze medals to her collection. Another big shot of the category, 2008 Olympic bronze medal winner, 2011, 2013 and 2014 world champion, **EVSTIUKHINA Nadezhda** (RUS) might eventually also advance from the 5th position she achieved on the stage of the George R. Brown Convention Center of Houston.



With one successful attempt on each lift **KANG Yue, CHN** earned 3 gold medals

"With only two good lifts I'm not very satisfied. The result is not what I expected after such a good training. Seems I will have to train even more."



RIM Jong Im, PRK, in serious pain, being helped to the dais by fellow medallists

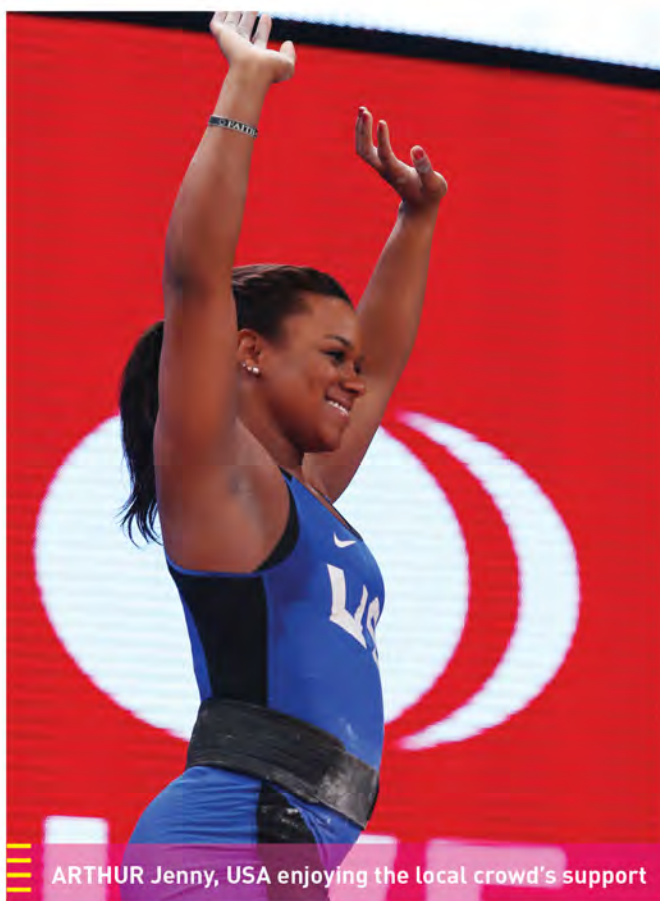
➤ 75 KG WOMEN

75 KG WOMEN

1. KANG Yue	08.10.1991	CHN	74.78	127	155	282
2. RIM Jong Sim	05.02.1993	PRK	73.66	125	155	280
3. ZUBOVA Olga*	09.12.1993	RUS	74.38	120	156	276
4. PODOBEDOVA Svetlana	25.05.1986	KAZ	74.85	121	155	276
5. EVSTIUKHINA Nadezhda	27.05.1988	RUS	74.23	115	146	261
6. NAUMAVA Darya	26.08.1995	BLR	74.23	115	142	257
7. VALOYES CUESTA U.	06.07.1982	COL	74.86	109	137	246
8. ARTHUR Jenny Lyvette	11.12.1993	USA	74.65	106	138	244
9. NAYO KETCHANKE G. V.	20.04.1988	FRA	74.76	109	135	244
10. VALDES PARIS Maria F.	17.03.1992	CHI	74.87	107	135	242
11. ANTONIA FERREIRA J.	05.03.1987	BRA	74.87	105	130	235
12. KANG Yeounhee	15.10.1992	KOR	74.78	102	131	233
13. GARZA GARZA Alejandra	01.08.1991	MEX	74.54	100	127	227
14. TENORIO SILVA Rosa A.	02.10.1984	ECU	73.82	103	123	226
15. LIMA DE ARAUJO M. M.	30.05.1992	BRA	75.00	105	121	226
16. YAO Chi-Ling	31.03.1993	TPE	75.00	103	123	226
17. SANTANA PEGUERO C. D.	20.04.1995	DOM	74.52	104	120	224
18. TRETIAKOVA Ecaterina	22.12.1996	MDA	74.68	100	123	223
19. WIEJAK Malgorzata A.	05.05.1992	POL	75.00	103	120	223
20. KOZENKO Ganna	04.01.1991	UKR	74.67	100	118	218



EVSTIUKHINA Nadezhda, RUS



ARTHUR Jenny, USA enjoying the local crowd's support



PODOBEDOVA Svetlana, KAZ back again and in medal range

KASHIRINA INVINCIBLE DESPITE WEAKER FORM



The World's Strongest Woman and defending champion **KASHIRINA Tatiana** (RUS) triumphed without any problems in Houston, despite the fact that she was by no means in top shape. However, **KASHIRINA** is so much superior to the rest of the field that even in a slightly weaker form she proves to be invincible – as she proved in the USA. Though Tatiana left her own world records alone this time, no-one even came close to her, not even her main rival, Chinese **MENG Suping**. Having the 2012 Olympic silver, six European gold and four World Championships gold medals on her mantelpiece, she won the snatch with 148kg. **MENG** registered only 145kg. In the clean and jerk the Russian won 185 to 180 on her Chinese contender, recording an 8kg advantage in total. Looking at her lifting, nevertheless, failed to confirm this overwhelming dominance. After good 142 and 145kg in snatch she made an error on 152kg; and in clean and jerk she revealed even more instability having to make a correction on 185kg and missing 191kg. True

that **MENG Suping** was also lacking skill and strength in clean and jerk: following the opening 180kg the Chinese missed 190kg twice. At a great distance to the leading duo, the others could only cherish hopes for the bronze medals. Among them 2014's third-placed **PULSABSAKUL Chitchanok** (THA), who pocketed the snatch bronze. That was, however, the end of honours for **PULSABSAKUL**, as in the clean and jerk **KIM Kuk Hyang** (PRK) mastered 168kg and so defeated the Thai woman in both the jerk and the total. We were watching former Youth and Junior world champion (19 years) **NOGAY Nadezhda** (KAZ) who captured the fifth position, while local favourite **ROBLES Sarah** finished in sixth place in the giants' battle.



The medal winners of +75kg with medal presenters: JANG Mi-Ran, Korean Olympic Champion, BURKE Janis, CEO of the Houston2015 Organizing Committee and Dr. Tamás AJÁN, IWF President

> +75 KG WOMEN

+75 KG WOMEN

1. KASHIRINA Tatiana	24.01.1991	RUS	108.19	148	185	333
2. MENG Suping	17.07.1989	CHN	120.87	145	180	325
3. KIM Kuk Hyang	20.04.1993	PRK	97.48	130	168	298
4. PULSABSAKUL C.	04.11.1993	THA	123.19	136	160	296
5. NOGAY Nadezhda	20.05.1996	KAZ	97.70	131	161	292
6. ROBLES Sarah Elizabeth	01.08.1988	USA	148.01	122	157	279
7. SON Younghee	24.04.1993	KOR	108.89	118	155	273
8. ABORNEVA Alexandra	30.10.1986	KAZ	107.58	117	150	267
9. AANEI Andreea	18.11.1993	ROU	117.73	120	146	266
10. HARIDY Shaimaa A. K.	01.01.1991	EGY	120.85	115	150	265
11. PEREZ REVERON N. A.	29.09.1992	VEN	99.88	115	149	264
12. HOTFRID Anastasiia	25.04.1996	GEO	89.60	121	142	263
13. ESPINOSA Yaniuska I.	05.12.1986	VEN	112.79	117	146	263
14. KHURSHUDYAN Hripsime	27.07.1987	ARM	87.42	115	145	260
15. LYSENKO Anastasiia	02.12.1995	UKR	100.61	117	143	260
16. LEE Huisol	27.08.1989	KOR	116.19	115	145	260
17. USMAN Maryam	09.11.1990	NGR	125.85	115	145	260
18. MASCORRO OSUNA T. G.	24.11.1988	MEX	106.31	119	140	259
19. NIEVE ARROYO Oliba S.	25.11.1977	ECU	98.63	114	141	255
20. ANANIADOU Eftychia*	10.07.1987	GRE	91.64	113	138	251



MENG Suping, CHN

**KASHIRINA Tatiana
(RUS)**



"I didn't feel as comfortable as at the 2014 IWF World Championships Almaty, Kazakhstan. Something went wrong and it didn't go as I planned. I did well during training, but just today I felt a bit weaker than before."



THE BIG AAAAAH...!



SHOUTING HELPS?



OM AND WU SETTING THE TUNE

The basic tune of the 2015 Houston World Championships was set in the very first category, the 56kg men. An exciting competition resulted in two world records. The first one was registered for London Olympic silver medallist, 2010 and 2011 world champion **WU Jingbiao** (CHN). **WU** succeeded in nothing less than abolishing **MUTLU Halil**'s 138kg snatch world record valid since 2001(!) and setting a new mark of 139kg. **WU** thus captured the first gold medal, but as he had recorded a 0.15kg higher bodyweight he had to settle for the runner-up position behind **OM Yun Chol** (PRK) - both displaying 302kg in total. London's Olympic champion and defending world champion from 2013 and 2014, the DPR Korean 'mini giant' put on a fantastic finish. Having merely 131kg as his best snatch result, in the second part he jumped from the opening and successful 165kg to 171kg. And he duly jerked it overhead, capturing two gold medals at one blow and improving the world record. **OM** updated his own previous world record of 170kg

to 171kg and was feeling encouraged to attack the total world record as well. Eventually, his third attempt in clean and jerk (175kg) was unsuccessful. If surmounted, that weight would have granted **OM** the eradication of **MUTLU**'s total world record afoot since 2000, the Sydney Olympic Games. In the final ranking, Vietnam's best **THACH Kim Tuan** was doing well capturing the total bronze after having been fourth in both the snatch and the clean and jerk. Further medals were picked up by **CHONTEY Arli** (KAZ), silver in snatch; as well as **COLONIA Nestor** with a bronze in clean and jerk. The latter earned the third World Championships medal ever in the history of the Philippines. Surprisingly, a potential medallist, 2008 Olympic, 2009 world champion, medal winner in 2010, 2013 and even in 2014, **LONG Qingquan** failed three times in succession at the opening 131kg in snatch and dropped out. Little did we know then that he was the first one in a series of Chinese bombers at Houston...



OM Yun Chol (PRK)

"I'm happy about this 171kg world record jerk, but the 2014 Asian Games Gold Medal is the one I am the most proud of. Although this victory is also important to me, it cannot be compared to any other medals that I won in the past. I appreciate competing with Wu Jungbiao, as well as the considerable improvements that he made recently. I am used to fighting, as I always come for victory. Just like in the past, I'll keep my style of training and will do my best until my career in weightlifting is over."

► 56 KG MEN

56 KG MEN

1. OM Yun Chol	18.11.1991	PRK	55.78	131	171	302
2. WU Jingbiao	10.01.1989	CHN	55.93	139	163	302
3. THACH Kim Tuan	15.01.1994	VIE	55.91	130	157	287
4. COLONIA Nestor	16.02.1992	PHI	55.95	124	158	282
5. RADA RODRIGUEZ S. A.	27.01.1984	COL	55.85	118	150	268
6. AL SALEEM M. A. M*	16.03.1988	KSA	55.53	123	144	267
7. MINGMOON Witoon	10.02.1996	THA	55.67	110	155	265
8. KRUAITHONG Sinphet	22.08.1995	THA	55.75	120	145	265
9. DE LA SALAS DE LA ROSA H.	19.04.1987	COL	55.87	117	145	262
10. WIJOYO Surahmat Bin S.	11.05.1988	INA	55.63	112	149	261
11. BRACHI GARCIA Josue	08.09.1992	ESP	55.74	120	140	260
12. PURKON Muhamad	23.04.1990	INA	55.47	115	143	258
13. SCARANTINO Mirco	16.01.1995	ITA	55.76	115	142	257
14. MONTES GONGORA Jose L.	18.04.1989	MEX	55.88	110	146	256
15. NGUYEN Tran Anh Tuan	22.02.1998	VIE	55.82	115	140	255
16. TAKAO Hiroaki	02.01.1992	JPN	55.82	111	137	248
17. ROCAFUERTE BUENAIRE E. E.	17.08.1992	ECU	55.92	108	140	248
18. TAN Chi-Chung	24.02.1990	TPE	55.79	110	135	245
19. ALGUL Ismet	22.09.1992	TUR	55.73	114	130	244
20. DERU Jamjang	01.10.1998	IND	55.75	102	142	244
CHONTEY Arli	01.07.1992	KAZ	55.54	132	-	-



COLONIA Nestor, PHI



THACH Kim Tuan, VIE



WU Jingbiao, CHN broke a 14-year old snatch world record with 139kg

AN ENDURANCE ATHLETE IN A STRENGTH SPORT

TOM GOEGBUER

Since Serge Reding's 1968 Olympic silver medal, Belgium has not particularly excelled with its weightlifters. Yet, for the last 18 years this small country's weightlifting sport has been hallmarked by a single name: Tom GOEGBUER. Ever since his first appearance on the world stage in 1998 (17th place in 62kg at the World Championships), Tom has been an indispensable and steady feature in European and World Championships and two Olympic Games in 2008 and 2012. The peak of his career was the European Champion title in total in 2009. A model of perseverance and endurance in a strength sport, Tom Goegebuuer spoke to WORLD WEIGHTLIFTING during the Houston World Championships between his competition and the meeting of the IWF Athletes' Commission of which he is a member. Let us see what we might discover in this exclusive interview for World Weightlifting just after the fourth day of competition performed by our Pan American correspondent.

WW With your 40 years and 8 months (b. 27.03.1975) you are by far the oldest competitor onstage at these Worlds. How long do you want to continue?

TG I am trying to stay afoot until Rio. It's hard to keep on going but this is my last chance to participate in what would be my 3rd Olympic Games and I simply must do it!

WW When did you start lifting?

TG In 1987, when I was 12 years old. My father was a weightlifter and he gave me a broomstick first to test my abilities. But I liked it from the very first moment and switched from broomstick to barbell.

WW What difficulties, if any, did you have to face?

TG My father helped with money, my Mom loaded the bar; we had to do everything

years in the Bundesliga and I'm still lifting for AW Speyer. I also spent five years in France. I am a kind of guy who adapts to the schedule, fits in the team. So, in return, they supported me at competitions. For instance, in 2008 at the Beijing Olympics – where I made my way through individual qualification, something that I'm very proud of – the French coach was helping me.

WW You seem to be the exceptional weightlifter going against the trend: you

started in 62kg and moved down to 56kg, a weight category you have managed to keep with very few exceptions since 2008. How do you do that?

TG Well, it was not so easy always as it seemed... For instance, in August I was still 64kg and had to lose 8kg to fit into my category... I hope I won't have to do that again.

WW In Houston you have competed and

now you're acting as a coach. Having a world of experience in nearly 30 years, how do you rate this World Championship?

TG This is one of the best organised, huge, with a nice atmosphere; we are enjoying our time here. I think the light classes were exceptional; Om's world record in 56kg was fantastic. Yes, I'm in the special double position of lifter and coach and I am trying to help the Belgian girl in her first senior participation. She's very nervous.

WW So, you're expecting to lift in Rio. What next?

TG Yes, I'm working hard to become triple Olympian. As for the future: I'll continue to work half-time, as always. I'm a Medical Radiation Physicist, which means that I do the quality control of hospital equipment. The other half of my life – together with my girlfriend – I want to devote to provide strength training to other sports. I believe I'm the living example that you can continue for a long time and still stay slim. I can help it: I'm passionate about weightlifting; I want to stay close, contribute, and I'm willing to put in free time. My goal is to build a Belgian Team. We have talent, they just need to be supported.

WW How do you see the sport today?

TG As a lower bodyweight lifter myself, I especially welcome the trend that the smaller lifters finally get more focus and the limelight they truly deserve. Live streaming of B or even C Group competitions help people realize that weightlifting is for everyone. Every body type can do it. Now, we have this crossfit phenomenon. I believe there are many things we can learn from them. Also, because of crossfit people see that muscular girls can be sexy!

THIS IS ONE OF THE BEST ORGANISED CHAMPIONSHIPS, HUGE, WITH A NICE ATMOSPHERE.

ourselves as Belgium had no national team. I was just sitting and watching the European Championships, and dreaming of being there. The most difficult was to get recognised as a weightlifter in Belgium which has not got too much money for sport.

WW Then, where did you train and compete?

TG In Finland, then in Germany – I spent 20

► INTERVIEW

TEXT: SARA ALAMBEIGI

PHOTO: JÓZSEF SZAKA

THE IRANIAN WANTS RECORDS AND THE OLYMPIC GOLD

KIANOUSH ROSTAMI

WW How do you feel about your result? Are you happy?

KR It was a very good competition and I am happy with my result. I took part in this championship with an elbow injury, so I think I did well, though I could perform even better in snatch. In order to have a good total I had to work harder in clean and jerk. That is why I began with 214kg. Strangely enough, I have never lifted 214kg in any other competition but I could do it here.

WW Before taking off for Houston, you said you have trained for the gold medal. What happened?

KR If I could have kept the bar in my second clean and jerk attempt I may have won the gold medal. But I am happy with this result as well. It was my destiny to win silver here, God wanted this for me. So I am happy with what God wanted.

WW What are your plans for the Rio Olympics?

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

WW Which result are you the most proud of?

KR Just taking into account this last performance, I think I did well at the clean and jerk. I am happy to have been able to progress in clean and jerk. I have never lifted 214 kg before.

WW What is your dream achievement as a weightlifter?

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

WW Do you have any plans for the time when you've completely retired from weightlifting?

MY FAMILY IS VERY MUCH SUPPORTIVE. THEY ALWAYS PRAY FOR ME AND HELP ME CONCENTRATE ON MY JOB.

KR I cannot say for sure right now. But I'd like to stay with Iran's weightlifting and help my country. I may become a weightlifting coach.

WW Why did you choose weightlifting as a sport?

KR My brother, Keyghobad, encouraged me into weightlifting. He was a weightlifter back then and I liked to watch him doing this sport. He taught me how to lift weights and motivated me to do this and become a professional athlete.

WW Do you watch other sports? Do you have a favorite athlete?

KR Yes I do. I try to watch all Iran's national teams' competitions. My close friend is wrestling champion Ehsan Lashgari, I definitely watch his competitions.

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

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



KIM WON AND LOST; CHEN SET TWO WORLD RECORDS

All odds were pointing at the victory of the defending champion. No wonder since **KIM Un Guk (PRK)**, a representative figure of the 62kg, came to Houston with 7 WC gold and altogether 12 WC medals in his collection. As expected, **KIM** won the snatch with 151kg (155kg missed), slightly below his own 154kg world record. However, his major rival, **CHEN Lijun (CHN)** fell back by a merely insignificant 1-kilo difference. Therefore, the clean and jerk was dominated by their duel, whereby the 27-year old Olympic champion **KIM** lifted 172, then 177kg and missed 179kg. Unlike **CHEN!** The 22-year old Chinese opened at 175kg and continued with a successful 179kg before going for the new world record of 183kg – and lifting it for a new mark in clean and jerk and also in total (333kg)! **CHEN** swept both gold medals defeating the holder of the total world

record he just eradicated. Beside the defeat, **KIM** has to face another blunder: he is most likely to have committed an anti-doping violation which shall entail being ripped off all his Houston medals...

A similar fate awaits **HRISTOV Valentin**, Azerbaijan's triple bronze medallist (141, 176 and 317kg). He too produced an adverse analytical finding at the doping control, so we can expect the ranking order to be significantly rewritten in this category. Thus, the three silver medals may be reallocated to **MOSQUERA VALENCIA Francisco A. (COL)**, and the three bronze are going to his compatriot, originally fifth, **FIGUEROA MOSQUERA Oscar A.** In that case, 2012 Olympic third, **IRAWAN Eko Yuli** of Indonesia will also make two steps forward.

62 KG MEN

1. CHEN Lijun	08.02.1993	CHN	61.89	150	183	333
2. KIM Un Guk*	28.10.1988	PRK	61.88	151	177	328
3. HRISTOV Valentin*	30.03.1994	AZE	61.67	141	176	317
4. MOSQUERA VALENCIA F. A.	01.04.1992	COL	61.50	140	175	315
5. FIGUEROA MOSQUERA O. A.	27.04.1983	COL	61.87	140	175	315
6. IRAWAN Eko Yuli	24.07.1989	INA	61.94	138	166	304
7. SIN Chol Bom	15.06.1990	PRK	61.78	130	170	300
8. CHADOVICH Stanislau	24.08.1992	BLR	61.75	135	159	294
9. ITOKAZU Yoichi	24.05.1991	JPN	61.90	132	162	294
10. ATAK Hursit	24.05.1991	TUR	61.96	128	160	288
11. HAN Myeongmok	01.02.1991	KOR	61.90	133	154	287
12. SEZER Bunyami	04.07.1988	TUR	61.93	134	153	287
13. CROITORU Florin Ionut	25.08.1993	ROU	61.46	131	155	286
14. HASBI Muhamad	12.07.1992	INA	61.82	127	159	286
15. LOPEZ SANCHEZ Jesus A.	17.12.1984	VEN	61.91	126	158	284
16. BAZARBAYEV Umurbek*	17.09.1981	TKM	61.93	132	152	284
17. TRAN Le Quoc Toan	05.04.1989	VIE	60.56	125	158	283
18. DUDOGLO Iuri	09.07.1991	MDA	61.25	126	157	283
19. PHONCHIANGSA T.	08.09.1992	THA	61.91	127	156	283
20. VAZQUEZ MENDEZ Antonio	12.08.1993	MEX	61.97	118	165	283



CHEN Lijun, CHN set two world records with this 183kg



FIGUEROA Mosquera Oscar, COL about to be promoted to 3rd place



IRAWAN Eko Yuli, INA in prime ranks



Silver medals are awaiting MOSQUERA Valencia Francisco, COL

69 KG
MEN

EVEN WITHOUT LIAO HUI CHINA RETAINS SUPREMACY

Regrettably, a rearrangement of certain medals is most likely to happen also in the 69kg where laboratory analysis revealed the presence of forbidden substances by 21-year old **GULIYEV Firidun**. The Azeri competitor was strong in clean and jerk, earning a silver medal with 188kg, but had done poorly in the snatch. Four others captured medals in this category in the absence of the shiniest of stars, Chinese Olympic and world champion and world record holder **LIAO Hui**. His "stand-in", **SHI Zhiyong**, however, made it sure China should retain the title. The 22-year old Chinese, whose only international result prior to Houston was an Asian Championship title in 2012, was not yet doing well in snatch and with 158kg had to settle for a third position. **ISMAYILOV Daniyar (TUR)** and **CHEN Oleg (RUS)** both snatched 160kg and the representative of the Turkish

"New Wave" earned the gold being slightly lighter than the 27-year old Russian. In the clean and jerk **GULIYEV** was outscored only by **SHI Zhiyong** (187kg, then no lift on 190kg, followed by a correction). The Chinese added the gold medal in total for his 348kg result. Expected to take the silver medal, **KIM Myong Hyok (PRK)** lifted 187kg and Mexican **ROQUE MENDOZA Bredni** recorded just one kilo less. Although with his 184kg, **CHEN** was merely fifth in the clean and jerk and **ISMAYILOV** only seventh, both of them made it to the dais in total to flank **SHI**. We should make a special mention of the young man ranked 31st (not because of his position): **CUMMINGS JR Clarence (USA)**, born on 6th June 2000, was the youngest competitor of the Men's World Championships in Houston (15 years and 6 months old).

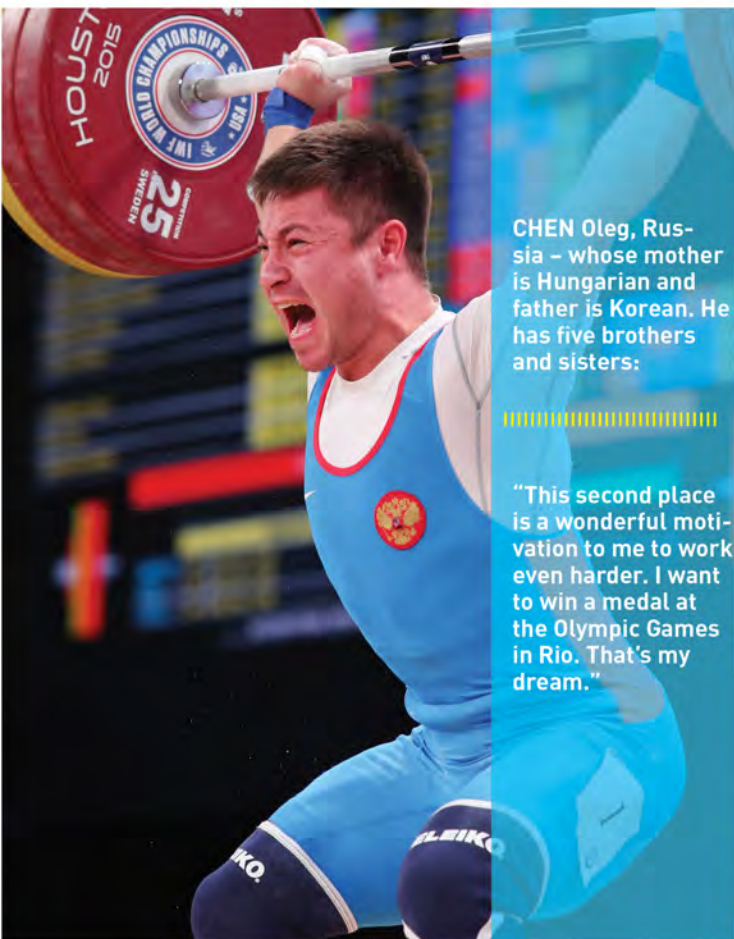


ROQUE MENDOZA Bredni, MEX going for clean and jerk medal



KIM Myong Hyok, PRK may receive silver in clean and jerk

> 69KG MEN



CHEN Oleg, Russia – whose mother is Hungarian and father is Korean. He has five brothers and sisters:

“This second place is a wonderful motivation to me to work even harder. I want to win a medal at the Olympic Games in Rio. That’s my dream.”

69 KG MEN

1. SHI Zhiyong	10.10.1993	CHN	68.96	158	190	348
2. CHEN Oleg	22.11.1988	RUS	68.82	160	184	344
3. ISMAYILOV Daniyar	03.02.1992	TUR	68.61	160	183	343
4. KIM Myong Hyok	03.12.1990	PRK	68.83	155	187	342
5. BEN HNIA Karem	13.11.1994	TUN	68.54	150	183	333
6. GULIYEV Firdun*	25.06.1994	AZE	68.59	143	188	331
7. ROQUE MENDOZA Bredni	11.11.1987	MEX	68.85	145	186	331
8. CALJA Briken	19.02.1990	ALB	68.93	143	183	326
9. KINGUE MATAM B. L.	20.05.1990	FRA	68.67	147	175	322
10. SHAHAU Artsiom	26.04.1995	BLR	68.94	142	180	322
11. ARIANA I Ketut	06.09.1989	INA	68.28	146	175	321
12. AVETISYAN Vanik	05.03.1987	ARM	68.89	140	177	317
13. LEE Alex	18.11.1988	USA	68.89	140	176	316
14. KHARKI Farkhad	20.04.1991	KAZ	66.13	138	175	313
15. CECHIR Serghei	15.10.1990	MDA	68.80	143	170	313
16. MOSQUERA ROA E. O.	26.07.1985	COL	68.82	143	170	313
17. DENI	26.07.1989	INA	67.60	140	172	312
18. BUNSUK Tairat	11.01.1993	THA	68.73	136	174	310
19. SANCHEZ LOPEZ David	20.07.1994	ESP	68.96	140	170	310
20. PAN Chien-Hung	07.08.1988	TPE	68.84	135	171	306



SHI Zhiyong (CHN)

“My first name was different from what it is today. It was too complicated and difficult to understand, therefore my coach decided to change it to Zhiyong. In Chinese language it is a compound of wisdom and courage.

At that time I was too young and had no idea that it was also the name of a previous Olympic Champion. Now that I know the history of the 2004 Olympic Champion SHI, I have additional pressure as weightlifter. He gave me encouragement to achieve better results than him.

Men’s 69kg bodyweight category is a very tough one in China, as we have outstanding athletes such as LIAO Hui. I have the chance to train with him and as a role model he inspires me to move higher.”



LU XIAOJUN: GOLD BEFORE DROPPING OUT; RAHIMOV WINNING

It can be said about **LU Xiaojun**, China's pride, that ever since his junior world championship victory in 2004 he has never let the team down in an international meet; moreover he has won nearly every competition anywhere, always in the 77kg category. Among other triumphs, he was the winner of the 2009 World Championships, silver medallist in 2010 and gold medallist again in 2011 and 2013, or gold medallist at the 2012 London Olympic Games. In 2014 he skipped the WWC but captured the Asian Games gold. No doubt he came to Houston as the top-top favourite – only to become a stunning drop-out in clean and jerk. Holder of the world records in snatch (176kg) and total (380kg), **LU Xiaojun** started the show as expected: 170 and 175kg good and though missing the record weight of 177kg, he took the snatch gold medal. But the rest... In the second act he opened at 201kg and missed. Second attempt at the same weight – failing again, and the same scenario at the third try. His bomb-

ing was one of the biggest surprises of Houston 2015. The opportunity open, several contenders stepped forward and finally altogether six (!) lifters crowded the podium at the medal ceremony. Behind LU, the snatch silver went to **KIM Kwang Song (PRK)**, a candidate to commit an anti-doping violation, so probably Armenian **KARAPETYAN Andranik** will take over his runner-up position, ceding the bronze to **RAHIMOV Nijat (KAZ)**. Another lifter listed for AAF and so likely to lose his silver and junior world record (203kg) is **ALIGULIZADA Elkhan (AZE)** who might have to hand over his medal to **MAHMOUD Mohamed Ihab Youssef Ahmed** of Egypt. In total, following the probable confirmation of KIM's disqualification, the final ranking will look like this: **RAHIMOV, MAHMOUD, KARAPETYAN**. Now 22 years old, **RAHIMOV**, a surprise winner, had moved from Kazakhstan to Azerbaijan two years ago and it looks he made a good change of countries. Interesting fact: of the record lineup of 51 lifters in the category 10 could not finish with a total.



World Champion RAHIMOV Nijat, KAZ



MAHMOUD Mohamed Ihab Y.A., EGY to take over silver medals

➤ 77KG MEN



GETTS Victor, RUS also awaits promotion

77 KG MEN

1. RAHIMOV Nijat	13.08.1993	KAZ	75.88	165	207	372
2. KIM Kwang Song*	19.02.1992	PRK	76.76	171	201	372
3. MAHMOUD Mohamed I. Y. A.	21.11.1989	EGY	76.37	162	201	363
4. KARAPETYAN Andranik	15.12.1995	ARM	76.94	167	196	363
5. GETTS Victor	24.02.1994	RUS	76.77	163	195	358
6. ALIGULIZADA Elkhan*	04.02.1995	AZE	76.51	154	203	357
7. SU Ying	02.01.1994	CHN	76.56	165	190	355
8. LOBSI Pornchai	16.07.1990	THA	76.58	158	190	348
9. KAZOV Aidar	21.02.1995	KAZ	76.58	152	194	346
10. CHINNAWONG Chatuphum	19.07.1993	THA	76.85	155	190	345
11. SPAC Alexandr	21.11.1989	MDA	76.81	155	189	344
12. QERIMAJ Erkand	10.08.1988	ALB	76.47	154	188	342
13. PIPA Artiom*	19.07.1992	MDA	75.80	155	185	340
14. LANG Max Richard	06.12.1992	GER	76.77	150	189	339
15. SANCHEZ RIVERO J. A.	01.06.1989	VEN	75.42	151	186	337
16. SZRAMIAK Krzysztof Jakub	09.07.1984	POL	76.36	153	184	337
17. CAPTARI Dumitru	12.07.1989	ROU	76.94	148	189	337
18. KIM Woo Jae	26.09.1991	KOR	76.52	155	181	336
19. KLIM Ivan	07.01.1994	BLR	76.69	153	183	336
20. ANDICA ANDICA Yony A.	26.08.1987	COL	76.08	150	185	335
LYU Xiaojun	27.07.1984	CHN	76.66	175	-	-



KARAPETYAN Andranik, ARM

► INTERVIEW

TEXT: LILLA ROZGONYI

PHOTO: JÓZSEF SZAKA

LYU XIAOJUN: “ONCE SOMEONE ELSE APPEARS AS GOOD AS I AM I’LL THINK OF STOPPING. BUT UNTIL THEN...”

WW Why is suddenly LYU Xiaojun the spelling? We have known you as “LU”.

LX My name changed because the Chinese Foreign Affairs Department adjusted the official spelling and this is the English name in my passport.

WW How old were you when you started weightlifting and why did you take up the sport?

LX I started weightlifting in 1998, at the age of 14. Prior to that, I had been a short distance runner. I think this contributes to being explosive on stage. Practicing other sports can help a lot, it may especially add to flexibility. It is also much easier to control the position when doing the lift.

WW What specific skills does someone need to excel in weightlifting?

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

WW What are the mental aspects of weightlifting?

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

WW What does your training routine usually consist of?

LX I train 6 days a week twice a day and even more when it comes to preparation for a competition. We start every session with lighter weights gradually increasing the loading towards the heavy ones. Snatch, clean and jerk, power snatch, power clean, front squat, back squat, and so on. These are the basic movements. The loading progression varies according to the different ways of training. It's different for the snatch or the clean and jerk. We also put weights on the body to train the small muscles like breast, low back and

the waist. Unlike other sports or disciplines, weightlifting training is mainly around the weights and more weight. It's not about the time you spend with small repetitions. You need to challenge the limits and go for big weight even if only once during training.

WW How do you recover from training and competitions?

LX With the trio: Swimming, sauna, table-tennis. There are different ways to relax your muscles and recover after a hard training session or a competition. I usually go to the sauna and swim after each training session. Walking in open air in the park is also part of my routine.

WW What does your usual diet consist of? Do you eat specific foods?

LX I usually eat the food served in the national team's restaurant which has nothing special. It guarantees my stamina, hence the training ability. I like spicy food and sometimes I can find the time to go out to have dinner with friends to change from the everyday food. I don't really like sea food, only Sichuan style food - spicy hot pot.

WW We often wonder what is going through your mind as you prepare to lift? Or do you have any superstitions or lucky charms that you carry with you to events? Do you eat specific foods?

LX I focus on my performance, take seriously every movement, and challenge my strength limit. Don't let your mind being disturbed by any other noise from the outside. Concentration is most important, I try to remain undisturbed and trust my body condition. As for superstitions: The singlet I wore at the London 2012 Olympic Games is a “lucky piece of cloth” for me. Since 2009 until last year I only wore this singlet. But in order to preserve it, I will only use it for official competitions - not for training - as I want to compete in it at the Rio 2016 Olympics.

WW How difficult is it to maintain your weight of 77kg?

LX It's not very difficult. My weight is usually around 79kg, so prior to competitions I just have to cut 2. It's doesn't take a huge effort, and it's easy to compete.

WW So it wasn't because you had to lose weight that you made zero in clean and jerk at Houston. What was the reason?

LX It was simply because I was over-confident and underestimated my rivals' capacity. It was a good lesson anyway.

WW How do you unwind away from weightlifting? What do you like to do in your spare time?

LX During break time, I prefer going outdoors with my family, taking pictures, and enjoy the time with my wife and child. I am not a professional photographer, but I love sharing my pictures with my close entourage. During holiday I also enjoy singing in karaoke.

WW How do you reflect on your experiences at the London 2012 Olympic Games?

LX Olympic Games take place every four years. The preparation period was full of ups and downs, sweets and bitters. Therefore, I am much grateful for all the care and help I received from others. My individual success in 2012 was also the success of my entire team. The process was tough yet I did my utmost and succeeded.

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

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

> INTERVIEW

TEXT: KORNÉL JANCsó

PHOTO: JÓZSEF SZAKA

RUSSIAN WORLD CHAMPION EXPECTS FURTHER GOLD MEDALS

ARTEM OKULOV

When he was just fifteen years old, Artem OKULOV appeared on the international weightlifting stage checking in with a fourth position at the Youth World Championships, totalling 267kg in the 69kg category. One year on he took his first medal at the Youth European Championships. In 2010 and in the 77kg Artem won the Youth Olympic Games title in Singapore, with a total of 327kg. The following year, 2011, found him as a 85kg lifter and youth world champion (347kg) and junior European champion (353kg). By 2013 (360kg) and 2014 (362kg) he became double junior world champion but at the same time he registered his name also among the seniors with bronze medals at the 2013 and the 2014 World Championships (381kg/385kg). Marking a clear orbit, in November 2015 at Houston, Okulov arrived at the zenith and took the ultimate honours in his category. A total of 391kg was recorded for his gold medal and as this coming May he will only turn 22, we are not too brave predicting that he might very soon exceed the 400kg mark.

As for the beginnings and the inspiration, like in the case of so many other outstanding weightlifters, it comes from the Okulov family...

"I started weightlifting with my daddy at the age of seven" - he recalled the beginnings at our chat in Houston. When I asked whether it was not too early to engage in a sport so demanding he gave a very definite reply:

"Of course, it wasn't! The reason why I became a weightlifter so young was that already at that age I was strong and a true fighter! The kind of person who doesn't know what it is to lose. My slogan is: If I am healthy I can move mountains!"

For instance, in Rio... - I intercepted.

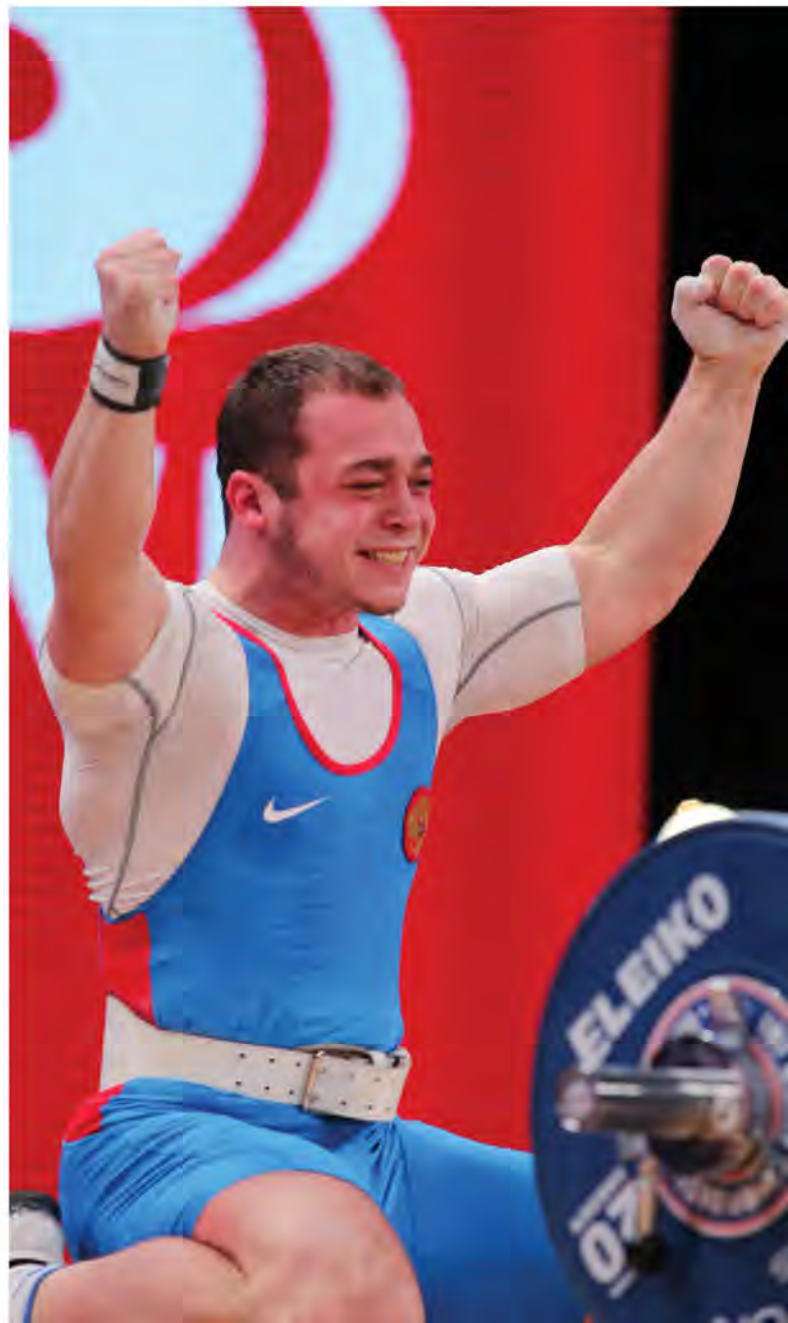
"Yes, at the Olympic Games, though first we have to get there. I shall do my best but the competition is very strong. Take for example my good friend and teammate APTI AUKHADOV: he can also be there as a member of the Russian team and then both of us might target the Olympic gold medal in 85kg. And of course you need to have luck too, which APTI didn't have in Houston because he was injured when competing at the Worlds." - stated Okulov in a truly fair manner.

We agreed that both before and during the Olympic Games you certainly need help from Goddess Fortuna, but the most important is to be fully prepared, be in top shape both physically and psychologically. The ideal mental status, the determination to win is crucial. When everything is there the reward may be the gold medal in Rio de Janeiro.

And most likely you will also need to set a new world record at the Games in 2016. At the 2015 Worlds, Okulov came three kilos short of the world record total of 394kg valid since 2008. What is to be expected in Rio?

"Provided we have the perfect constellation, as I said I might exceed the 400kg at the Olympic Games. And that should really be enough..." - Artem assured us. He was also very happy to collect the first senior gold medal at the Houston event in 2015.

"I hope there will be many more of this kind following the first one," - Russia's prodigy concluded.



85 KG
MEN

TIAN TAO: SAME SCENARIO

The competition in 85kg Group A began with exactly the same scenario as in the 77kg: Chinese victory in snatch, followed by the world champion's elimination in clean and jerk... The guy who "copied" **LU Xiaojun's** act was **TIAN Tao**, who preceded all the three big shots of the category in snatch, lifting 173, then 178kg. In the runner-up position we find **OKULOV Artem (RUS)** with 176kg, and in third place in snatch stands London Olympic bronze medallist and world champion in 2013, **ROSTAMI Kianoush (IRI)**. The other Russian, 2012 Olympic silver medal winner and 2013 world champion **AUKHADOV Apti** had to settle for a fourth place with his 168kg. **OKULOV** did best performing three good lifts, while both **ROSTAMI** and **AUKHADOV** got stuck to their opening weights. In the clean and jerk, 2014 WWC sixth and Asian Games winner **TIAN Tao** let

go an enormous chance, since had he just come close to his own 218kg junior world record he could have swept in the two remaining gold medals. Whether it was to blame on the excessive loss of bodyweight or something else: we do not know. What is fact: the Chinese failed to lift the 211kg opening weight three times and bombed. Performing with the same power-jerk technique as the Chinese, **AUKHADOV** succeeded with 205 and 212kg but could not clean 216kg, taking the bronzes in jerk and total. **ROSTAMI** lifted 214kg at the first attempt but the further weights, 218 and 219kg, escaped him on a narrow margin. The latter would have meant a new world record. This way, the Iranian took two silver medals. **OKULOV**, in turn, produced another perfect series of three good lifts: 205, 211, finally 215kg helped the 21-year old to capture his first world championship gold medals – two of them at once.



After winning in snatch, **TIAN Tao**, CHN bombed in clean and jerk

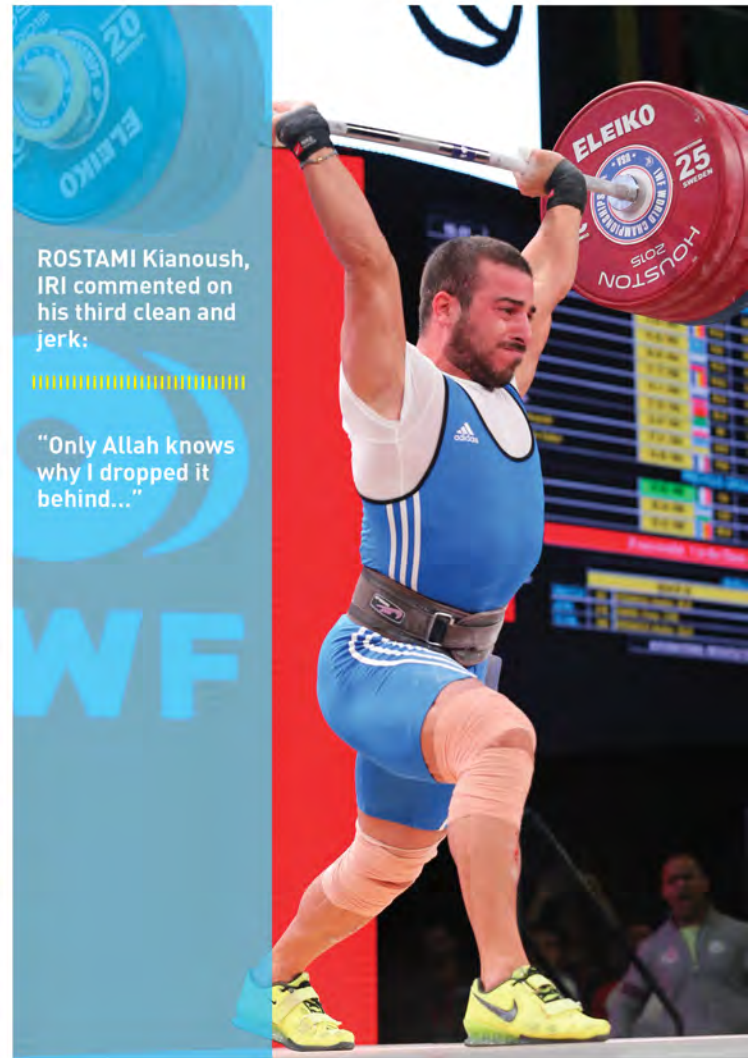


PIELIESHENKO Oleksandr, UKR

> 85KG MEN

85 KG MEN

1. OKULOV Artem	05.05.1994	RUS	84.63	176	215	391
2. ROSTAMI Kianoush	23.07.1991	IRI	84.37	173	214	387
3. AUKHADOV Aпти	18.11.1992	RUS	84.84	168	212	380
4. PIELIESHENKO Oleksandr	07.01.1994	UKR	84.54	167	201	368
5. SINCRAIAN Gabriel	21.12.1988	ROU	84.35	167	200	367
6. ASAYONAK Petr	27.02.1993	BLR	83.43	167	196	363
7. PIZZOLATO Antonino	20.08.1996	ITA	84.85	161	202	363
8. ALIMOV Ulugbek	06.04.1989	UZB	84.27	158	202	360
9. DUDOGLO Alexandru	20.03.1989	MDA	84.84	163	197	360
10. HENNEQUIN Benjamin D.	24.08.1984	FRA	84.49	155	201	356
11. YU Dongju	19.08.1993	KOR	84.39	157	198	355
12. CERNEI Gheorghii	13.04.1990	ROU	84.14	162	190	352
13. BULAT Iurie*	06.10.1994	MDA	84.58	165	185	350
14. ABDELAZIM Tarek Y. F.	18.05.1987	EGY	84.68	158	192	350
15. BARDIS Giovanni Battista	21.05.1987	FRA	84.80	158	187	345
16. BEGALIEV Muhammad	21.04.1992	UZB	83.91	156	188	344
17. HERNANDEZ PAUMIER Y.	25.04.1986	CUB	83.78	153	187	340
18. HASSAN Ammar H. M.	22.09.1994	EGY	84.58	150	185	335
19. PLAMONDON Pascal	12.12.1992	CAN	84.53	150	184	334
20. ORAZDURDYEV Baymyrat	20.10.1993	TKM	83.69	146	181	327
TIAN Tao	08.04.1994	CHN	84.59	178	-	-





FIVE MEDALLISTS IN HOUSTON – FIVE AAFs IN THE LAB

It looks that the WADA accredited Montreal laboratory will define the official final ranking in the 94kg category for men given that five of the protagonists on the Houston stage returned anti-doping samples with an Adverse Analytical Finding (positive). As a result, no less than six medals may seek new awardees. The first one among these is the gold medal in snatch obtained at the World Championships by **KOSOV Aleksei (RUS)**. Most probably last year's world champion, **KYDYRBAYEV Zhasulan (KAZ)** will also have to say goodbye to his bronze and as snatch fourth-placed **VENSKEL Aliaksandr (BLR)** also got listed for anti-doping violation, the originally fifth **ZIELINSKI Adrian Edward (POL)** and sixth **STRALTSOU Vadzim (BLR)** are both expected to be awarded medals. The new candidate to become world champion in snatch is **DIDZBALIS Aurimas (LTU)**, originally lagging the Russian by one kilo with that one single successful third attempt at

180kg he managed to perform in the whole competition as he was to make zero in the clean and jerk. The situation will not be less complicated in the clean and jerk. The winner, 29-year old **STRALTSOU** remains in his place but the next three competitors – the other Kazakh **UTESHOV Almas**, just like **KYDYRBAYEV** and **VENSKEL** – are likely to have their results cancelled, so the fifth-placed (219kg) **LIU Hao (CHN)** may be promoted to second place and the bronze medal might go to **ZIELINSKI (214kg)**. In total the 2012 Olympic champion Polish might advance to be silver medallist with his 391kg, trailing the winner **STRALTSOU (405kg)**, whereby the previously seventh-placed **CHUMAK Dmytro (UKR)** might enjoy the biggest promotion to bronze-medal winner's position in total.

94 KG MEN

1. STRALTSOU Vadzim	30.04.1986	BLR	93.38	175	230	405
2. UTESHOV Almas*	18.05.1988	KAZ	93.63	172	230	402
3. KYDYRBAYEV Zhasulan*	28.08.1992	KAZ	93.74	178	221	399
4. VENSKEL Aliaksandr*	14.05.1993	BLR	93.86	178	220	398
5. ZIELINSKI Adrian Edward	28.03.1989	POL	93.69	177	214	391
6. CHUMAK Dmytro	11.07.1990	UKR	93.74	175	211	386
7. KOSOV Aleksei*	29.07.1994	RUS	93.24	181	200	381
8. HASHEMI Ali	01.11.1991	IRI	92.28	173	207	380
9. ZAIROV Intigam*	21.04.1985	AZE	93.74	173	207	380
10. PAREDES MONTANO L.	05.03.1996	COL	93.64	172	207	379
11. ZIELINSKI Tomasz Bernard	29.10.1990	POL	93.83	170	205	375
12. FATULLAYEV Rovshan	26.03.1987	AZE	93.87	166	207	373
13. ABDALLA Ragab A. S. A.	04.03.1991	EGY	93.98	165	207	372
14. JUNG Hyeonseop	18.06.1985	KOR	34121	165	205	370
15. SUMPRADIT Sarat	17.04.1994	THA	93.18	162	204	366
16. FARRIS Kendrick James	02.07.1986	USA	93.27	165	198	363
17. HOZA Volodymyr	15.04.1996	UKR	93.36	166	197	363
18. MUSHYK Anatoliy	11.08.1981	ISR	93.64	169	194	363
19. PARK Hanwoong	15.01.1995	KOR	92.61	152	204	356
20. TSIREKIDZE Rauli	24.05.1987	GEO	93.37	160	196	356
DIDZBALIS Aurimas	13.06.1991	LTU	93.21	180	-	-



STRALTSOU Vadzim lifting for the gold



|||||

DIDZBALIS Aurimas, LTU will take snatch gold but did not concentrate in clean and jerk and failed to score

STRALTSOU Vadzim, BLR

|||||

"I have pain in the knee; I don't know what will happen in Rio... Most important is to be healthy but I'm absolutely happy about this total result which is my best ever in an international event."



|||||

Two **ZIELINSKI** brothers, Adrian and Tomasz reinforced the Polish team in this category



EURASIA UP FRONT

Though almost all contenders involved were born after the breakup of the former USSR, the fights for the top positions went on between representatives of republics once belonging to the Soviet Union. Likewise in the snatch Uzbekistan, Kazakhstan and Armenia captured medals. With three straight lifts and finishing with 192kg as his best, **EFREMOV Ivan (UZB)** triumphed ahead of **ZAICHIKOV Alexandr (KAZ)** and Armenian **MARTIROSYAN Simon**, once youth world record holder (183) and still just 18 years old. In the clean and jerk the picture changed only inasmuch as other ex-Soviet republics appeared on the dais: **EFREMOV's** compatriot, Group B winner (!) **DUSMUROTOV Sardorbek (UZB)**, picking up a bronze medal, as well as Russian **BEDZHANYAN David** winning the gold.

The 27-year old Russian opened at 225 and continued with 231kg, narrowly missing the 242kg equalling the world record. The overall honours, however, were earned by **ZAICHIKOV (23)** thanks to his 421kg total result.

BEDZHANYAN was awarded the silver and the bronze medal went to **PLESNIIEKS Arturs (LAT)**, ranked only tenth in snatch. The Latvian excelled with a 226kg clean and jerk to celebrate this prominent position and bronze medal. Two fighters fell victim to the big battle: London Olympic bronze medal winner Polish **BONK Bartlomiej** was unable to snatch 183kg even once and left the scene. Iran's Olympic second, **NASIRSHELAL Navab** seized a sixth place in snatch but he was a complete failure in the second part: having missed 220kg, he tried 223, then 226kg – each of these in vain.

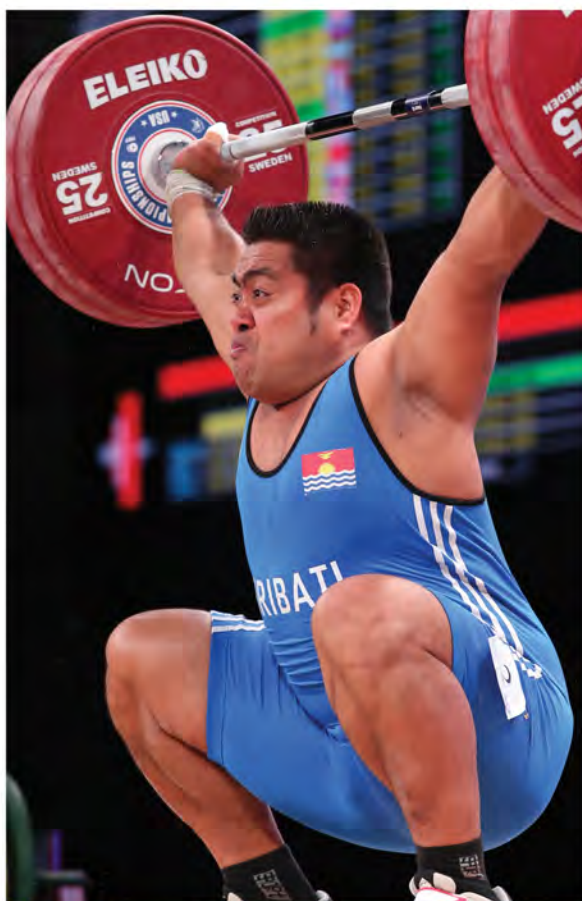


ZAICHIKOV Alexandr, KAZ



EFREMOV Ivan, UZB took gold in snatch

► 105KG MEN



Commonwealth Games hero KATOTAU David came all the way from Kiribati



PLESNIKS Arturs, LAT: his strength lies in clean and jerk



BEDZHANYAN David, RUS won clean and jerk gold with his characteristic style

105 KG MEN

1. ZAICHIKOV Alexandr	17.08.1992	KAZ	104.37	191	230	421
2. BEDZHANYAN David	06.09.1988	RUS	104.90	180	231	411
3. PLESNIKS Arturs	21.01.1992	LAT	104.07	179	226	405
4. NANIEV Timur	20.09.1994	RUS	104.68	182	222	404
5. MARTIROSYAN Simon	17.02.1997	ARM	104.80	186	216	402
6. MICHALSKI Arkadiusz	07.01.1990	POL	104.99	178	220	398
7. ZAITSEV Roman	13.03.1987	UKR	103.53	180	216	396
8. EFREMOV Ivan	09.03.1986	UZB	104.89	192	204	396
9. DADASHBAYLI Dadash*	15.07.1996	AZE	98.38	185	210	395
10. DUSMUROTOV Sardorbek	13.03.1993	UZB	104.43	166	228	394
11. BERSANAU Aliaksandr	01.09.1992	BLR	97.57	178	215	393
12. SPIESS Jurgen Christian	26.03.1984	GER	104.30	170	211	381
13. GONZALEZ BARRIOS J. A.	22.04.1991	VEN	104.95	176	204	380
14. GYURKOVICS Ferenc	03.09.1979	HUN	104.64	170	206	376
15. MOCHIDA Ryunosuke	18.06.1993	JPN	104.44	167	208	375
16. BEHM Robby	09.12.1986	GER	104.52	162	213	375
17. CHKHEIDZE Giorgi	30.10.1997	GEO	104.85	168	207	375
18. MOHAMED Gaber A. F.	01.09.1985	EGY	104.61	163	207	370
19. GOSPODINOV Vasil G.	05.11.1993	BUL	101.96	165	203	368
20. SHIRAISHI Hiroaki	24.10.1989	JPN	104.79	157	209	366

LOVCHEV: FROM HEAVEN TO HELL...

+105 KG
MEN

His path at the Houston World Championships began splendidly but concludes with a painful finish: Russian giant **LOVCHEV Aleksei** (26) collected three gold medals, topping this success with clean and jerk and total world records. Alas, sometime after the World Championships the laboratory report of his test revealed the presence of a prohibited substance... He is thus on the verge of becoming the biggest loser of Houston 2015 – and with him the history of the sport also suffers. **LOVCHEV** namely broke historic records: those of **REZAZADEH**, 263kg in clean and jerk dating back to 2004, and 472kg in total set up as far back as in 2000. The snatch records were not touched as **LOVCHEV** was content with 200-206-211kg, winning nevertheless. The atmosphere, in turn, heated up during the clean and jerk when the Russian “warmed up” with 242kg and 248kg only to request 264kg (a 16kg increase) for his third attempt. That unprecedented weight meant no problem either and we registered the 8th and 9th world records at the Houston Worlds. What a pity both will now have to be erased from the list and their owner may expect suspension...

The potential gold medal winner (registered as runner-up) in snatch and in total is Georgian **TALAKHADZE Lasha**, with 207kg and 454kg. Among further medallists who can expect a promotion are **MINASYAN Gor** (ARM) and **TURMANIDZE Irakli** (GEO), making a Georgian duo with the winner. Egypt's **MOHAMED Ahmed Mohamed A.** is likely to capture a bronze in clean and jerk. A special case is Estonian **SEIM Mart**, who ranked 13th (!) in snatch but in clean and jerk (248kg) was defeated only by **LOVCHEV**. Already last year, following his 4th place at the 2014 World Championships, **SEIM** was elected Sportsman of the Year in Estonia; now, following his Houston success, he was re-elected for 2015, and he might even be awarded the WWC silver overall. We can then continue waiting for those epic world records...



Epic moment: LOVCHEV Aleksei, RUS lifting 264kg – a record now endangered

➤ +105KG MEN

+105 KG MEN

1. LOVCHEV Aleksei*	13.06.1989	RUS	140.46	211	264	475
2. TALAKHADZE Lasha	02.10.1993	GEO	155.12	207	247	454
3. SEIM Mart	24.10.1990	EST	151.99	190	248	438
4. MINASYAN Gor	25.10.1994	ARM	142.10	203	234	437
5. CHEN Shih-Chieh	27.11.1989	TPE	152.43	195	241	436
6. ZHARNASEK Yauheni	09.08.1987	BLR	153.63	201	233	434
7. VELAGIC Almir	22.08.1981	GER	146.16	195	238	433
8. ALEKSANYAN Ruben	14.03.1990	ARM	148.90	192	241	433
9. MOHAMED Ahmed M. A.	27.04.1988	EGY	139.88	188	241	429
10. TOYCHYYEV H.	16.01.1992	TKM	139.77	190	238	428
11. SARAIVA REIS Fernando	10.03.1990	BRA	153.86	195	230	425
12. TURMANIDZE Irakli	13.12.1984	GEO	132.26	202	220	422
13. ORSAG Jiri	05.01.1989	CZE	125.85	185	230	415
14. PROCHOROW Alexej D.	30.03.1990	GER	134.36	190	222	412
15. SHYMECHKO Ihor	27.05.1986	UKR	130.50	191	219	410
16. MOULAEI Bahador	21.03.1992	IRI	141.70	176	230	406
17. NAGY Peter	16.01.1986	HUN	155.72	185	217	402
18. KUCERA Kamil	19.03.1985	CZE	141.86	175	225	400
19. WILKES Caine Morgan	10.07.1987	USA	144.36	176	220	396
20. KASABIJEV Arsen	15.11.1987	POL	105.24	170	221	391



SEIM Mart revived Estonia's weightlifting traditions



TALAKHADZE Lasha on the way to lead Georgia to glory



MINASYAN Gor, ARM



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ACCORDING TO PROFESSOR SCHAMASCH THOSE WHO CHEAT ARE NO LONGER AHEAD

DR. PATRICK SCHAMASCH

Dr. Patrick Schamasch, former Medical Director of the IOC is certain by now those who use doping are no longer ahead of those chasing the cheaters.

In an interview during the Houston World Championships, the renowned Professor, Chairman of the IWF Anti-Doping Commission, assured WORLD WEIGHTLIFTING that in recent years science has been tracking down those resorting to banned substances with increasing success, and the fight against the users of illegal means and methods has produced better and better results.

Dr. Patrick Schamasch, French Surgeon and Professor of Sports Medicine, who had been asked by Dr. Tamás Aján, IWF President to assume the chairmanship of the independent Anti-Doping Commission of the Federation, told us the Commission he is chairing was established after the Executive Board's decision to detach the supervision of anti-doping controls and related activities from the IWF. "It means we are basically independent in our actions through the power bestowed on us by the Executive Board, and we can take decisions, make our choices independently," the Professor said. He also explained that while the disciplinary actions and sanctions came under the authority of the IWF Executive Board, the practical implementation of the Anti-Doping Policy, i.e. the plan and schedule of testing, the question who, when, how and

how many times should be controlled, is under the sole jurisdiction of the Commission.

"The IWF does not have any competence to decide on these questions; in contrast, however, the eventual fines and punishments have to be decided by the Federation's Executive Board," – Dr. Schamasch said. He added that the controls preceding the Houston World Championships had been decided and ordered by the Anti-Doping Commission, actually catching quite a few cheaters.

"It wasn't by chance those athletes were caught. Their cases are the proof that we had been in the possession of pertinent information and the anti-doping controllers had targeted them specifically." Dr. Schamasch further emphasized that rather than increasing the quantity of the tests, the Commission was increasingly aiming at quality controls; shifting the focus from random testing towards targeted sample-taking.

"The emphasis has moved to the efficiency of the controls. We select the athletes to be subject to targeted testing based on a wide range of information, 'intelligence', as it is called," he clarified. At the same time he stated that the exact number of the competitors tested at the World Championships was not meant to be public; nor was the proportion of urine and blood sample analyses.

"All that I can tell is that all medal winners and even fourth-placed competitors are obliged to undergo testing, as well as a lot of



further competitors." Asked about the degree of 'doping sensitivity' of the different sports, Professor Schamasch answered:

"Instead of putting labels on the various sports and establishing a ranking between them, I would rather say that weightlifting is one of the maximum four or five sports which pursue the most serious anti-doping programs in the world, do the most in this fight, whereby we all know that it involves enormous expenses. Our Commission enjoys full support in this war," he confirmed.

His reaction to the suggestion that success not only demands money but also the help from science is:

"I joined the team of anti-doping fighters in 1986. At the time we used to have a huge handicap compared to the athletes who doped. With scientific progress, however, for our days the situation has changed: we are still not walking ahead of them but we are head-to-head in this permanent 'good guy-bad guy' race."

In his opinion, today we can talk about two groups having the same knowledge: One is standing on doping's side, the other one on the side of the anti-doping fight. We are doing our best to exploit the advantages offered by science to be able to win this war." – concluded the Chairman of the IWF Anti-Doping Commission.



Dr. Schamasch being interviewed by Editor-in-Chief Kornél Jancsó with the help of Dr. Magdolna Trombitás

› RUSSIAN PRESIDENT'S CUP

TEXT: KORNÉL JANCsó

PHOTO: MAXIM AGAPITOV

SUCCESSFUL PRESIDENT'S CUP WITH WORLD RECORDS IN CHECHNYA

Grozny, Russia

Just a few years ago it was inconceivable. In 2015 it became reality: the Russian Federation President's Grand Prix, the "President's Cup" was organised in Chechnya. In the middle of December the weightlifting sport's cream gathered in the heart of Grozny, the capital that had risen like a phoenix from the ashes left behind by a bloody past, the war between Russia and Chechnya. Despite the unusual timing and the fact that just two weeks earlier, at the end of November, the sport's elite had still been busy fighting on the World Championship stage in the USA, several notable athletes undertook the journey to the IWF GP, the results of which counted in the individual Olympic qualification. The Chechens proved to be honestly and overly hospitable and kind hosts who bent over backwards to accommodate the participants in the most convenient and comfortable way possible. Our hotel was built in 2011 close to the "Blue Mosque", which is one of the largest of its kind in the world, and close to the competition venue, the Olympic Sports Hall "Olimpiysk". Gigantic banners aligned the road from the airport to the hotel advertising the President's Cup, some of them featuring as many as three Presidents. In Grozny, the capital of the Chechen Republic with 300,000 inhabitants, an Islamic affiliate of the Russian Federation, the huge photos even decorated the houses picturing the President of State of the Russian Federation, i.e. Vladimir Putin, as well as the two Kadyrovs: Ahmad Kadyrov, the former leader who had been killed in a terrorist act, as well as **Ramzan Kadyrov**, the son, elected to be his successor.



President Chechnya Republic, Ramzan Kadyrov



IWF Delegate Eva Balogh presented awards

The competition venue lacked no glamour and decoration either. Thousands of spectators cheered on, mainly to the Russians but applause was also offered to the representatives of the former Soviet Republics or athletes arriving from the US or Iran. A spectacular show portraying the traditions of the Chechen people greeted the 64 participants coming from 14 countries. Protocol was at its best with President Ramzan Kadirov being present in person and President Putin's welcome letter read at the Opening Ceremony.

Competitions were held – as tradition went – in both heaviest women's bodyweight categories and in the three men's top categories. Noteworthy was the performance of double world and double European champion, Olympic bronze medallist **Ruslan ALBEGOV** in the +105kg category. It seems the Russian "bear" had skipped the Houston World Championships only to be perfectly ready for the President's Cup. With 440kg in total, he captured the Grand Prix leaving no doubt about his status as the world's best. Undoubtedly, however, the highlight, the icing on the cake was delivered by the men's 105kg contest. It was **Ilya ILYIN** "parade" at its best. Kazakhstan's double Olympic and four-times world champion who, like Albegov, had also been absent from the World Championships, signed in with a not-too-significant 191kg snatch result. This mark, well below the 200kg world record, did not yet hint at the sensation the local crowd and the television viewers were about to witness in the second part of the competition. **ILYIN**



ILYN'S WORDS FOLLOWING HIS WORLD RECORDS:

“A big thank you to Kazakhstan’s people, for their love, for their honest support which I needed to become double Olympic champion and set the world records for the Book of Records. I came to Grozny with the plan to try to set a world record but I had in mind to go for it only if I feel that it’s going to be easy, if the lifting is fun. Well, the atmosphere was fantastic at this competition, the conditions were favourable and I was feeling fabulously on the stage. You know the result... As for Rio? And whether one will have to jerk 250kg to win gold? I don’t know. And I don’t want to make guesses, nor any promises. All I can say: I will do everything possible; what is more: everything impossible, to win and in 2016 to be the Olympic champion for the third time...”



to witness in the second part of the competition. **ILYIN** played out the ace in the clean and jerk. As if only “warming up”, he registered at 231kg only to make a stupefying jump to the 246kg world record weight. A step that looked to be all too brave – to us, but not to Ilya. He had it all designed and thought out. Storming out onstage, he sent the huge weight overhead in a swift movement without much ado, and held it there. The superstar had every right to celebrate the n-th world record in his career – actually two new world records at the same time, the 437kg total also obliterating the former world record of 436kg. It was **ILYIN**’s show that put the crown on the Grand Prix but on the whole it can be said that the 5th edition of the Russian Federation President’s Cup, held in Russia’s Caucasian member state was a big success. Many may have been worried prior to the event, but both IWF Delegate **Eva BALOGH**, Office Manager of the IWF Secretariat and me as Editor-in-Chief of **WORLD WEIGHTLIFTING** can unanimously confirm: Grozny proved to be an outstanding and safe host! Thank you, Chechnya!



2014 Lifter of the Year, Ruslan Albegov hallmarked the President’s Cup

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► RIO 2016 UPDATE

TEXT: ATTILA ÁDÁMFI, MÁTYÁS LENCSÉR
PHOTO: ATTILA ÁDÁMFI



RIO PROMISES WONDERFUL GAMES DESPITE PROBLEMS

Venues not ready, budget radically reduced, Zika virus threatening.... – that's all we can read and hear about when the Rio de Janeiro Olympic Games due this summer come into question. But what is the truth? And how does it affect weightlifting?

Obviously, the IOC and all the Olympic International Federations also wanted to find out, so an interactive working meeting was convened by the IOC and ASOIF on 2nd February 2016 in Lausanne, for the International Federations involved, as well as the Rio 2016 Organising Committee.

The IWF was represented by Director General and Rio 2016 Technical Delegate **Attila ÁDÁMFI** and Competition Manager **Mátyás LENCSÉR**. They informed **WORLD WEIGHTLIFTING** as follows:

"Indeed, a certain degree of crisis management did characterise the meeting... As it is widely known, the preparations, especially the constructions, for the Games are slower than planned and several IFs are seriously worried there will be problems in their respective events.

It was stated that

- Some venues are not ready, including building constructions
- Spectator seating had to be reduced (canoe-kayak, rowing)
- Waters are polluted
- Infrastructural developments are delayed (new metro lines, roads, parking)

The organisers were sorry to admit that Brazil's economy is undergoing a crisis they could not foresee in 2009. Recession, of course, has an impact on the 31st Summer Olympic Games; no wonder that at the end of last year Rio 2016 announced a 30% budget cut. They are doing their best to prevent that this reduction should impair the running of competitions and the spectator experience. They feel the pressure and are aware they are about to host the world's greatest sporting event, so they reconfirmed their earlier promise to stage fantastic Olympic Games, as expected from Brazil.

Both Rio 2016 and the IOC inevitably addressed the burning issue of the Zika virus. **Dr. Richard Budgett**, the IOC Medical Director assured everybody that problems would be solved by Games time. He added that August is winter in Brazil when in the cooler and

drier weather there are fewer mosquitos, whereby the country would also carry out extensive pesticide sprayings to avoid the spreading infection.

The IOC also tried to reassure everybody that the works would finish in time and no Plan B would be needed...

Fortunately, as we indicated earlier, weightlifting's situation is favourable and reassuring. Our venue is ready! That is within the "Rio Centro" in the **Barra Zone**; the cluster closest to the Olympic Village. Our athletes can reach the competition venue in 5 minutes. We are also lucky as our partner in Rio is **Pedro Meloni**, Weightlifting Sport Manager, whose devotion and expertise cannot be doubted.



Having already conducted a couple of technical visits, the IWF team in a different setting, together with IOC colleagues returned to Rio de Janeiro in December and successfully conducted the Olympic Results and Information Services (ORIS) Homologation Test. **Reiko Chinen**, Observer on behalf of Tokyo 2020, joined the IWF team.

Following the ORIS Homologation Test, a Technical Delegate visit was held by **Sam Coffa** and **Attila Ádámfi**, supervising the preparations, with special focus on the Test Event, Venue drawings, Sport Equipment, Athlete & TO Services, Broadcasting, etc. The team left Rio with a positive impression and the IWF is looking forward to returning to Rio first in March, for an IWF Executive Board meeting, then in April 2016 for the Test Event "Aquece Rio" in combination with the South American Championships." Some of us will recall that similar fears preceded the 2004 Athens Games, and, four years later, predictions prior to Beijing 2008 suggested the Games would "sink in air pollution"... Then look at the success of both Olympics! So, we are once more confident that Rio will host wonderful Olympic Games notwithstanding, and weightlifting will be there!



The ORIS Homologation testing team



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