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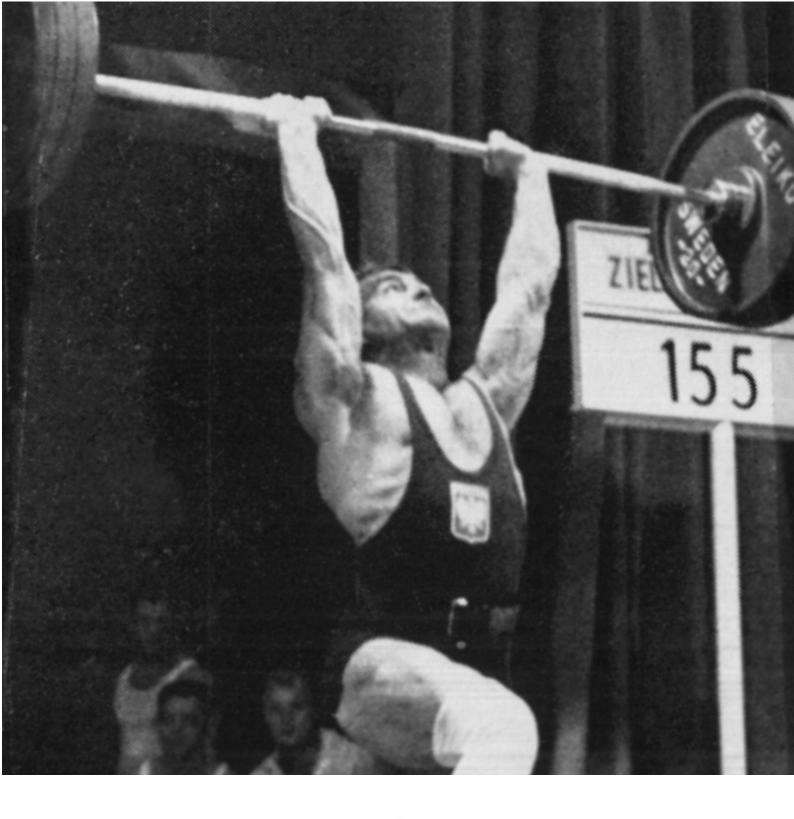
## THE ROAD TO RIO WILL END HERE...





2016 RIO | CONTINENTAL QUALIFICATION PREVIEW | CHAMPIONSHIPS IWF GPs: RUSSIAN PRESIDENT'S CUP FAJR CUP 2016 IWF JWC PREVIEW

Rio2016.



# FOR CHAMPIONS SINCE 1957.





Published by International Weightlifting Federation

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Spanish & Russian Editions DAVID COLON ARROYO MARINA SHAFIT ÁGNES LUKÁCSFALVI

> Printed by TypoNova www.typonova.hu

All communications: world.weightlifting@iwfnet.net

> www.iwf.net facebook.com/iwfnet twitter.com/iwfnet instagram.com/iwfnet youtube.com/iwfmedia

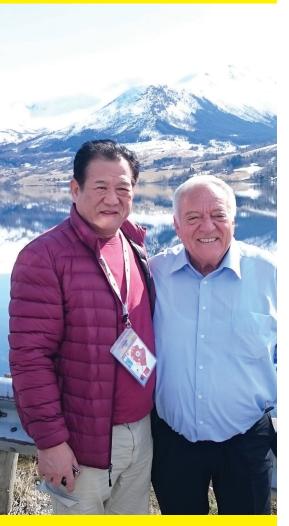
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ISSN 0230-3035





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#### ear Friends. dear Readers. Olympic Games, Olympic Games, Olympic Games! These words cannot be repeated enough since we are about to witness the world's biggest sports event which is, however, about much more than just sport. 206 NOCs, that is countries, are covered by the umbrella of the International Olympic Committee and 28 sports feature on the program of the Rio Games. 26 sports were present in London 2012; now, two more will be contested with golf and rugby seven added to the Olympic events. As always, Olympic expectations are running high all over the world in all countries, all International Federations, all sports - the likes of we can experience perhaps only in connection with the football World Cups. In 1894, at

## FOREWORD

the time of founding the International Olympic Committee, Baron Pierre de Coubertin had no way to know how far his initiative, this fantastic idea would develop; that the Games of the Olympiad would develop into a mighty event uniting the world's nations and people, combining youth, sport, entertainment and culture. In recent decades the Olympic program comprised a varying number of sports, disciplines and events and as per the current routine, after each Summer Games the IOC carries out a review of the program to decide about the set-up of the next Olympic Games and the frameworks of the organisation. With the Olympic Agenda 2020, Thomas Bach, IOC President, former fencing Olympic Champion, launched the process of an internal rationalization within the IOC and the Olympic Movement, advocating good governance in all sports organisations. The course chosen undoubtedly points at the reinforcement, the further stabilization of the Games and prioritizes the sports disciplines and events that

are willing and capable of aligning themselves to the new trends and requirements.

As for weightlifting, we can be really proud of our past as the lifting of weights was present on the Olympic program as of the first Modern Olympic Games in Athens, 1896, as a discipline within athletics. Weightlifting has come a long way since then and its success cannot be questioned. Today, our sport is among the socalled "core sports"; a basic activity for almost all other sports as well as the most adequate tool of increasing strength during certain phases of training. At the same time, it is a fully competitive sport, a true demonstration of human power.

We are looking forward to the first ever Olympic Games to be held on South-American soil. Unfortunately, weightlifting has not been – and still is not – among the most popular sports in the host country, Brazil, yet – arm in arm with the Olympic Committee of Brazil and the Rio2016 Organising Committee – we are doing



Rio2016 OC and Brazil NOC President Carlos Artur Nuzmán (2nd from L) and Agberto Guimaraes, Rio2016 Executive Director of Sport, as well as Bernard Rajzman, IOC Member with the IWF President and Attila Ádámfi, Technical Delegate

our utmost to carry out Olympic weightlifting competitions that will remain unforgettable for everybody.

As far as we are concerned, we expect big Games and, based on the gualification events, we welcome the probability of many nations taking part in the Games of the XXXI Summer Olympiad in August.

The IWF has been working hard to assure the success of the Olympic events in Rio and – as opposed to some other sports - we can foresee this happening.

Weightlifting will be housed by a large exhibition and convention centre (Riocentro) co-existing with (Riocentro) co-existing with three other sports and the venue already hosted the sport before: the weightlifting events of the Pan-American Games. The Test Event took place in Rio and offered further experience and conclusions for both the local organisers and the IWF.

In terms of what is going to happen on the platform: Asia and Europe are expected to perform best among the countries to be represented, with Pan-America closing in. As a result of the qualification process, a wide range of countries will launch their Olympians also from Africa and Oceania and we are sure that the strongest contenders who deserve being Olympians will be present in Rio from all five continents.

In order to bind our friendly ties even stronger with the hosts and to allow the IWF leadership an insiders' glimpse, we held our latest Executive Board meeting in March in Rio de Janeiro. We are happy to report that we experienced

great help from the Organising Committee and we were able to witness an advanced stage of preparations. Our thanks shall go to the Olympic Committee of Brazil, the Rio2016 Organising Committee, to Carlos Nuzmán chairing both organisations, as well as to Agberto Guimaraes, Executive Director of Sports, Pedro Meloni, Weightlifting Sport Manager and all our colleagues who are working hard for a wonderful Olympic event in Rio. Last but not least, we must underline that the IWF is one organisation that recognises and is fully aware of its role and responsibility in the fight against doping and we are doing and we shall do everything possible and necessary to protect the clean athletes and keep away those who have breached the rules of Fair Play.

Good luck and great competitions to everyone!

Junour DR. TAMÁS AJÁN IWF PRESIDENT

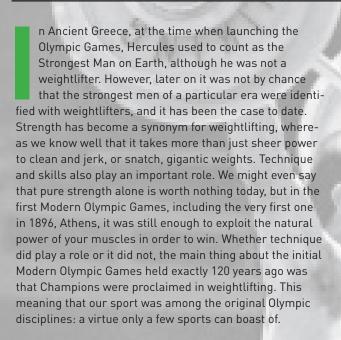
MA WENGUANG IWF GENERAL SECRETARY



The IWF Executive Board visiting Riocentro

TEXT: KORNÉL JANCSÓ

## A LOOK INTO OLYMPIC HISTORY PRIOR TO THE 2016 GAMES RIO 2016 OLYMPICS – PREVIEW

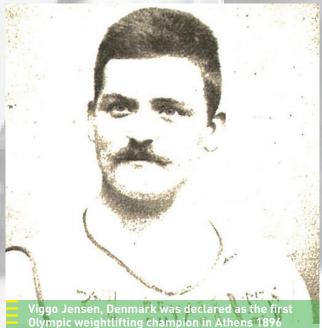


#### DANISH JENSEN WAS THE FIRST CHAMPION

hen the lifting of weights first figured on the Games program in Athens, its event was incorporated in the athletics competitions. There were no categories yet, and the execution of the exercises was not yet regulated by strict rules, either. At the first Olympic Games in the Panathinaikos Stadium of Athens, on 7th April 1896, gentlemen representing five nations took part in the historic challenge in two disciplines: one-arm lifting and lifting with both arms. Denmark and Great Britain were victorious with one first and one second place to each. The host country, Greece, took the bronze medals. Hungary and Germany also participated but their athletes remained without honours. We should point out that the relevant medals were subsequently awarded by the International Olympic Committee because at the time the winner had been given a silver medal and the rest of the competitors were not awarded any. In retrospect: Danish Viggo Jensen claimed the title of the first ever Olympic champion, having lilfted 111.5kg with both arms ahead of British Launceston Elliot who made the same result. In an exercise very similar to today's clean and jerk, competitors had three attempts. Each tried to lift once, followed by another and the third competitor, and so on. After a full round, it

was again the first athlete's turn. After the end of the third round, the top three-ranked received further three attempts. The hitch was caused - as so many times afterwards - by the fact that both Jensen and Elliot lifted the same weight. The verdict was then dealt by Greek Crown Prince George who proclaimed Jensen the winner because in his opinion it was the Dane who performed the lift with nicer technique, i.e. in a more elegant manner. The British delegation protested, whereupon yet another round of attempts was allowed to both lifters. Alas, neither of them were able to surpass their earlier 111.5kg performance, so Jensen became first and Elliot the runner-up. Besides, Jensen had bad luck with the additional chance: he got injured when trying to lift a barbell exceeding his potential. In third position Greek Sotirios Versis was registered for his 90kg result.

Rio2016.



#### WITH ONE HAND, WITH BOTH HANDS

In the One-Hand Lifting that is similar to today's snatch the competitors had three attempts to each. Every lifter took his turn and after the third round, here again, the three best were given yet another chance to produce the final winner. The participants had to lift the barbell alternatingly with one, than the other hand. In the contest involving three nations Elliot took revenge on Jensen: lifting 71kg as opposed to the injured Dane who only lifted 57kg. Greek **Alexandros Nikolopoulos** lifted the same amount of weight with his better hand as Jensen, but with his weaker hand he could merely hoist 40kg, placing him third.

#### **AMERICA VS. GREECE DUEL**

Weightlifting was still not an independent sport at the St. Louis Games in 1904. In addition to the Two-Hand exercises, competitors had to perform ten different One-Hand Lifts as well. Points allocated to each of these exercises were added to produce the final ranking. In both disciplines there was only one bodyweight category. USA athlete **Oscar Osthoff** emerged as most successful collecting a gold and a silver medal. In Two-Hand lifting Greek

**Periklils Kakousis** won ahead of Osthoff, the former having reached 111.58kg (calculated from pounds) and the latter lifting 84.36kg, with third-placed American **Frank Kugler** recording 79.83kg. In the One-Hand lifting exercises Osthoff was the best with 48 points defeating both compatriots, **Frederick Winters** (45 points) and Kugler (10 points).

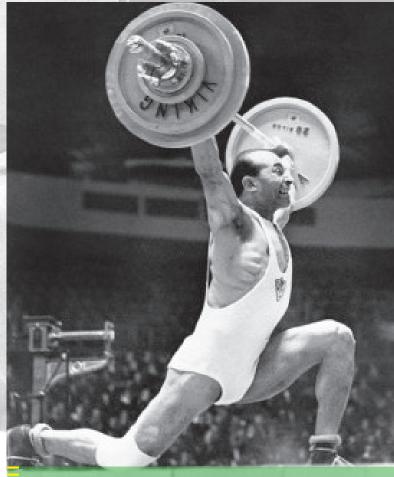
#### **FIVE CATEGORIES IN 1920**

Weightlifting finally won independence in 1920, and was present in the Olympic program in Antwerp (Belgium) with five bodyweight categories. Competitors had to perform lifts in three exercises: Press, Snatch and Clean and Jerk – more precisely in One-Hand Snatch, One-Hand Clean and Jerk, Two-Hands Press, Snatch and Clean and Jerk. Medals were issued only for the combined total results. The French were most successful with two gold medals, while Belgium, Estonia and Italy won one each, with medals of a "lesser" quality were shared by Switzerland, Luxembourg and Sweden. These were the categories contested: Featherweight (up to 60kg), Lightweight (67.5kg), Middleweight (75kg), Light-Heavyweight (82.5kg) and Heavyweight (from 82.5kg upwards).

The five bodyweight categories remained for the 1924 summer Olympic Games in Paris, but the order of the exercises was changed. Athletes had to perform lifts in five different exercises: One-Hand Snatch, One-Hand Clean and Jerk, Two-Hands Snatch, Two-Hands Press and Two-Hands Clean and Jerk. The upper limit of the Light-Heavyweight was raised to 87.5kg and the Heavyweight became 87.5kg plus. It was at these Olympic Games that the rule was introduced to reweigh the competitors in tie to decide in favour of the lighter lifter. Italy (with 3 golds) and France (2) excelled; Austria following with three silver medals and one bronze. Bohemia (Czech) also captured a bronze medal.

#### **THE FIRST TIE**

In 1928 Amsterdam the program still consisted of five categories but the competition structure from 1920 was brought back: athletes had to perform exercises in three types of lift - Press, Snatch and Clean and Jerk. The fifteen medals were awarded to competitors from eight countries. In Lightweight Austrian Hans Haas and German Kurt Helbig attained equal total results, so two Olympic champions were declared in this category and the silver medal was not awarded. Germany and Austria took 2 gold medals each; France and Egypt won one each. The Netherlands was added to the Medal Table with their two bronze medals. At the 1932 Games in Los Angeles, France (3), Germany and Czechoslovakia (1-1) shared the gold medals. At the next edition in Berlin, 1936 - creating quite a surprise – Egypt was the most successful nation (2, 1, 2) overtaking Germany (1, 2, 2), Austria (1, 0, 0), the United States (1, 0, 0) and France (1, 0, 0). There was even a minor interlude in Lightweight: before the competition, Egyptian Mohammed Mesbah's bodyweight was still 0.6kg lighter than his Austrian counterpart Robert Fein's, therefore the former was proclaimed as the winner. This, however, led the Austrian team to a filing a protest claiming that after the competition the difference was only 0.1kg. In an extraordinary meeting the International Olympic Committee accepted the protest and at the repeated victory ceremony the Austrian lifter also received a gold medal.



Ibrahim Shams, Champion in 1948, represented Egypt's Golden Era

#### **TRINIDAD AND TOBAGO WINNING GOLD**

Following World War 2, which had precluded two Olympic Games, athletes gathered in London in 1948 for the Games of the XIV Summer Olympiade. Weightlifters competed in the Empress Hall and the turnout can be called as substantial indeed: 120 lifters representing 30 nations lined up in six categories. The disciplines were the same as before (Press, Snatch and Clean and Jerk) and once again medals were awarded for the aggregate result. The United States of America collected eight medals: 4 gold, 3 silver and 1 bronze. Africa's stronghold, Egypt continued to excel winning the rest of the two gold medals (2, 1, 0). Trinidad and Tobago, as well as Iran and South Korea joined the ranks of medal-winning countries. At the 1952 Games champions were registered in seven bodyweight categories. Changes had taken effect: the Heavyweight limit was increased to 90kg; and another category – Light heavyweight – was inserted between Middleweight and Heavyweight. The competitions were held in Mässhallen at Helsinki with 142 participants representing 41 nations. This was the first time when the two superpowers clashed with the USA winning (4, 2, 0) against the USSR (3, 3, 1). Canada, Argentine and Australia took their first medals and Trinidad and Tobago proved with two bronze medals that its success four years earlier was no mere coincidence. In terms of individual achievements, Helsinki was marked by the Lightweight début of America's superstar, Tommy Kono who won his first Olympic title with 362.5kg in total.

#### SOVIETS VS. AMERICANS DUEL CONTINUED

1956, Melbourne: seven categories were contested again and the top ranks formed at the Exhibition Building were almost identical as in 1952 inasmuch as the USA (4, 2, 1) was superior to the Soviet Union (3, 4, 0) and these two countries collected all the gold medals. Wonderful Kono repeated: this time lifting in Middleweight. A round 500kg result was registered by US lifter **Paul Anderson** in the Heavyweight (+90kg). The field consisted of 105 lifters from 34 nations.

The line-ups in the Palazzetto Dello Sport at the next Summer Olympic Games in Rome, 1960 numbered 172 strongmen from 53 countries. The tables turned for the first time: the Soviets preceded the Americans. Lifters wearing costumes written "CCCP" on them swept in six medals (five in gold and one in silver) leaving only one gold, four silver and 1 bronze medal to the USA. Poland also delegated an Olympic champion: **Ireneusz Palinski**, and Singapore (!), Iraq and Hungary joined the medal winning nations. Wear-and-tear-proof **Tommy Kono** scored silver in Welterweight, while in Heavyweight **Yuri Vlasov**, Soviet strongman marked his first Olympic victory with an aggregate result of 537.5kg (180.0+155.0+202.5kg).

#### TOMMY KONO 1930-2016

Tamio "Tommy" Kono, a two-time Olympic weightlifting champion passed away in Honolulu due to complications from liver disease. He was 85. He burst onto the international scene at the Helsinki 1952 Olympic Games, winning



the first of back-to-back Olympic titles (he also won silver in 1960). That began an impressive string of eight Olympic and world championships from 1952 until 1959. In total, he won 11 golds, two silvers and a bronze at the Olympic, world championship or Pan American Games level in three different bodyweight categories (67.5 kg., 75 kg. and 82.5 kg.) and was unique by setting records also in these categories.

He retired in 1964, however remained active in the sport, coaching the national and Olympic teams of Mexico and West Germany before serving as coach of the U.S. Olympic team in Montreal. He also wrote books on coaching and was an International Category One referee.

He was inducted into the Weightlifting Hall of Fame in 1993 and in 2005, Tommy Kono received the title of "Lifter of the Century" from the IWF.

However, not only was Tommy Kono an idol as a weightlifter and as "Mr. Universe", he was a lovable, admirable and wise person who enriched the lives of the people around him through his teaching and shared wisdom. He is greatly missed already and will surely be remembered in the World of Weightlifting for long.

#### SOVIET UNION TOOK POLE POSITION – AND STAYED THERE

The number of categories – gold medal events – stayed the same for the 1964 Olympic Games. At the contests held in mid-October in the Shibuya Public Hall of Tokyo the number of participants was 149 who came from 42 countries. The USSR did not want to give up the pole position (4, 3, 0), so Japan, Poland and Czechoslovakia were able to clinch only one title each, thanks to **Yoshinobu Miyake, Waldemar Baszanowski** and **Hans Zdrazila**. The battle of giants (heavyweight) became an "internal affair" for the Soviets, where eventually **Leonid Zhabotinsky** (who died at the beginning of 2016) with his 572.5kg defeated **Yuri Vlasov** (570.0kg).

In 1968, in Mexico City the weightlifters' show was on the program of the Insurgentes Theatre. 160 athletes from 55 countries were present. In the seven medal events the Soviet Union once again topped the list of medal winners (3, 3, 0) with Japan, Iran, Poland and Finland also capturing gold medals. **Miyake, Baszanowski** and **Zhabotinsky** made an encore and became double Olympic champions.

#### > 2016 RIO OLYMPICS - PREVIEW

#### **CATEGORIES INCREASED TO NINE**

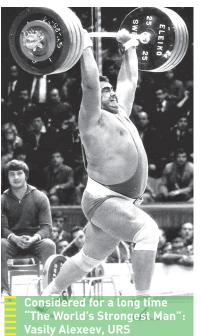
Four years later in Munich the chances of winning Olympic medals were widened from seven to nine, since - keeping the existing category limits - two new bodyweight categories were introduced before the lowest and after the highest classes: Butterfly and Superheavyweight. There and then the USSR had to settle for the runner-up position (3, 1, 1) because Bulgaria, weightlifting's new superpower, captured three gold and three silver medals. The third place in the Medal Table was occupied by Hungary (1, 1, 3) and besides Poland another new colour appeared on the palette: Norway. Libya took silver, just like the FRG (Federal Republic of Germany), while the other German state, the GDR (German Democratic Republic) recorded two bronze medals as a start. The 52kg winner was **Zygmunt** Smalcerz from Poland, now Team Coach of the USA. In Flyweight (56kg), Hungarian Imre Földi at last won gold after having won two silver medals in earlier Games. On the other extreme, in the +110kg, Soviet giant Vasily Alexeev obtained his first Olympic champion title - with a historic 640.0kg total.

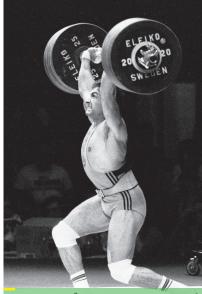
#### **THE PRESS ABOLISHED**

In 1976 46 countries sent weightlifters to the St. Michael Arena, 173 in all. The number of gold medal events, nine, was the same as in Munich, but the number of disciplines (lifts) was reduced to two – Snatch and Clean and Jerk –, the Press having been abolished after the 1972 Olympic Games. The USSR swept the field with its seven gold medals and one silver medal, letting Bulgaria take only two prime positions. In the Superheavyweight **Alexeev** defended his title with a new 440kg biathlon total.



David Rigert snatching at the 1976 Olympic Games in Montreal



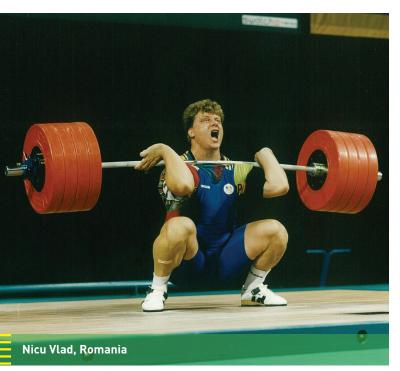


The Star of Stars: Yurik Vardanian, USSR/Armenia



#### **BOYCOTTS HERE AND THERE**

The next two Olympic Games had to suffer from boycotts - in varying degrees. In fact, the 1980 Games in Moscow were not too much affected by the non-participating nations, since the power in weightlifting was rather concentrated in the East-European countries. Eventually 172 weightlifters representing 39 nations were at the start in the Izmailovo Sports Palace - already in 10 bodyweight categories. By then, the classes were renamed losing their "fantasy names" and called by the actual category limits as follows: 52kg, 56kg, 60kg, 67.5kg 75kg, 82.5kg, 90kg, 100kg, 110kg and +110kg. Half of the gold medals were retained by the Soviets, adding three silver medals to their stock. Bulgaria was the second best (2, 4, 2) ahead of Czechoslovakia (1, 0, 1), Cuba (1, 0, 1) and Hungary (1, 0, 1). DPR Korea was unexpectedly successful taking a silver and a bronze medal. Due to the rules then prevailing, a most unusual tie was created by as many as four lifters in the lightest category. Eventually, the gold medallist **Kanybek** Osmonaliev (URS), further two DPR Korea medallists Ho Bong Chol and Han Gyong Shi, as well as Hungarian Béla



#### **COMPLETE AGAIN**

The Weightlifting Hall at the Olympic Park in Seoul, 1988 finally produced record turnout figures: 62 countries with 226 competitors. Medals were available in the 10 men's categories. The USSR took back the leading position on the Medal Table (6, 2, 0) with Bulgaria (2, 1, 1), the GDR (1, 1, 1) and Turkey (1, 0, 0) being the next best nations. World records abounded, whereby the highest number of records was to be attributed to ex-Bulgarian and three times Turkish Olympic champion **Naim Süleymanoglu**. As first ever triple Olympic champion in weightlifting history, the "Pocket Hercules" swept the 60kg. Another prodigy, Soviet **Yuri Zacharevich** lifted wonderfully in 110kg (455kg world **Oláh** (fourth) each scored 245kg in total on 20th July, the first competition day of the Olympic Games and only the bodyweight difference decided their rank.

The "Counter-boycott" at the 1984 Los Angeles Olympic Games left its mark on the medal allocation, whereas a new nation, China joined the club of weightlifting superpowers. With the Socialist states (except Romania) staying away, 48 National Olympic Committees were present with 186 weightlifters at the Albert Gersten Pavilion. The enthusiastic public could celebrate a marvellous début by the Chinese team: they pocketed four gold and two silver medals. Just a little less surprisingly, Romania was next with 2, 5, 1 medals, followed by FRG (2, 0, 1), Australia (1, 1, 0) and Italy (1, 0, 0). Far from its past glory, the USA failed to excel on home turf and with one silver and one bronze medal it finished sixth on the Medal Chart. The 90kg competition was won by Nicu Vlad (ROM), currently 1st Vice President of the IWF. In the +110kg Australian Dinko (Dean) Lukin won with a 412.5kg total.



record), and his then compatriot **Alexander Kurlovich** scored his first Olympic title of two in the +110kg with a new Olympic record of 462.5kg.

#### SÜLEYMANOGLU, DIMAS, KAKHIASHVILIS, KURLOVICH ON STAGE

In 1992, at the Barcelona Olympic Games, the Pavelló de l'Espana Industrial hosted the weightlifting contests welcoming 244 weightlifters from 69 NOCs.

Naim Süleymanoglu returned and won his second Olympic gold in 60kg. Another future triple Olympic champion, Pyrros Dimas (GRE) celebrated his first Olympic title in 82.5kg, with his pal, Kakhi Kakhiashvili also scoring his first gold medal (90kg) in the Catalan capital – then as a member of the United Team (CIS) comprising the ex-Soviet Republics but registered for Georgia. In a dramatic battle, superheavy Alexander Kurlovich defended his title also as a member of the CIS team but representing the Republic of Belarus. This CIS team collected not less than nine medals of which 5 were gold and 4 were silver. The other five titles were distributed among Bulgaria, Germany, Greece, South-Korea and Turkey. Atlanta, 1996, marked the rise of Greece as a new superpower in the sport. They were the most successful with 2 gold and 3 silver medals overtaking China (2, 1, 1), Russia (2, 1, 0), Turkey (2, 0, 0) s well as Ukraine (1, 0, 1) and Cuba (1, 0, 0). 243 Olympians from 77 countries shared the privilege of mounting the platform at the Georgia World Congress Center. In four out of the ten bodyweight categories new world records had to be reqistered. About to join the exclusive club of Triple Olympic Champions, Turkish Halil Mutlu won the first one of his three Olympic gold medals here. His winning total, 287.5kg was not a world record but his 132.5kg in clean and jerk was. Süleymanoglu topped his life achievement pocketing the third Olympic title in a worthy manner: 187.5kg clean and jerk world record, 335kg total world record. Dimas snatched 180kg and totalled 392.5kg – both new records. Kakhiashvilis won again - this time in the then 99kg category.

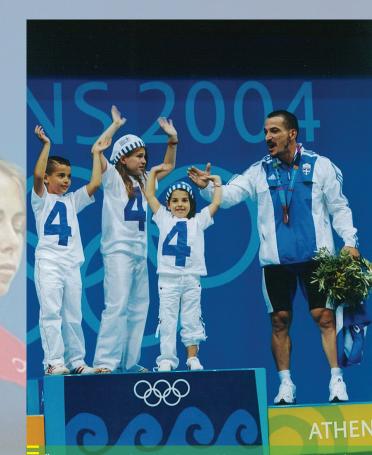


#### **HERE COME THE WOMEN!**

Undoubtedly, the most memorable feature of weightlifting at the 2000 Sydney Games was the fact that the women were finally admitted to the Olympic stage for the first time in history. Meanwhile, in 1998, the IWF had reformed the bodyweight categories structure, creating 8 men's and 7 women's categories. Thus, the number of Olympic gold medals in the sport was increased from ten to fifteen. Following a qualification procedure, 85 female and 161 male weightlifters representing altogether 75 countries stepped on the stage of the Convention Centre in the Australian metropolis. 23 countries captured at least one medal. The most diligent collector was China (5, 1, 1), Greece (2, 2, 1) and Iran (2, 0, 0) following. Among the men Greece was the best with 2, 2, 0 medals, Iran next with 2 gold medals and Bulgaria as third best (1, 2, 0). In the women, 14 countries shared the medals with China taking 4 gold, USA (1, 0, 0), Colombia (1 gold) and Mexico (1 gold) also claiming their due place. Most outstanding lifters were defending champions **Mutlu** (56kg), **Dimas** (85kg) and **Kakhiashvilis** (94kg), as well as +105kg winner Iranian **Hussein Rezazadeh** who set world records in snatch (212.5kg) and total (472.5kg). Weightlifting's first ever female Olympic champion was **Tara Nott** from the USA (48kg). The first world records at the Olympic Games were set by Chinese **Yang Xia** in 53kg. Mexico called in with an Olympic champion, **Soraya Jimenez**, in 58kg, just like Colombia with **Maria Isabel Urrutia** in 75kg. We should not forget to mention the women's superheavyweight champion, Chinese **Ding Meiyuan**, who set new world records in snatch with 135kg, clean and jerk with 165kg and total with round 300kg.

#### **MEMORABLE ATHENS**

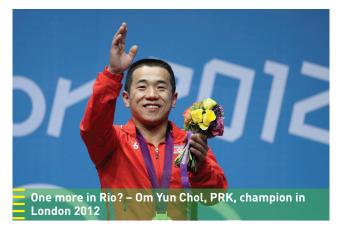
The 2004 Athens Olympic Games remain memorable for various reasons. On the one hand because of the fantastic records and dramatic atmosphere in the amphitheatre-shaped Nikaia Olympic Weightlifting Hall but on the other hand unfortunately due to the strict anti-doping controls that heavily filtered the field. A total of 249 weightlifters - 164 men and 85 women - were able to convene from 79 countries and twenty countries won a minimum of one medal. Best in the medal ranking among the men was China (2, 2, 0), Turkey (2, 0, 2) and Russia (1, 1, 2) as next. In the women, China excelled (3, 1, 0), Thailand sttod in second place (2, 0, 2), Turkey (1, 0, 0) and Ukraine (1, 0, 0) following. The main highlights were served by Halil Mutlu celebrating his 3rd Olympic gold as well as by Greece's national hero Pyrros Dimas, who – after three Olympic gold medals – took leave of his competitive career at his fourth Olympic Games with a bronze medal. Rezazadeh put the icing on the cake defending his title and pinning an incredible 263.5kg clean and jerk world record within the 472.5kg total result. In the women's competitions Turkish Nurcan Taylan (48kg) amazed with 97.5kg in snatch and 210kg in total, as well as on the other end of the line in the +75kg Chinese Tang Gonghong produced new records in clean and jerk, 182.5kg and total, 305kg. However, the absolute best of the women's contests was another Chinese lady, Liu Chunhong, whose results in both lifts - 122.5 and 153kg - as well as her 275kg in total each marked new world records in 69kg.



"Can you count four?" – Pyrros Dimas celebrating his 4<sup>th</sup> Olympic medal with his children in Athens 2004



Turkish Halil Mutlu: 1996 (then 2000 and 2004)



#### **CHINESE FESTIVAL IN BEIJING**

Two home favourites, Liu Chunhong and Chen Yanqing both achieved a to date unmatched success of having doubled their Olympic titles. This happened on the stage of the Sports Hall of the Aviation and Aeronautic University of the Chinese capital, i.e. on home ground. The two ladies were among the 87 female weightlifters who aligned for the Olympic challenge alongside 166 male weightlifting competitors, together representing 84 countries – a new record again. The Chinese team dominated not only the women's events but the men's as well. Their men won 4 gold and 4 silver medals. The medal table showed Belarus as next (1, 1, 0), Kazakhstan (1, 0, 0), South-Korea (1, 0, 0) and Thailand (1, 0, 0). Individually, we only wish to highlight one champion: Ilya Ilyin of Kazakhstan collected his first Olympic gold – a feat he would repeat later in London.



Two-times Olympic champion Liv Chunhong, China



#### **VARIETY DELIGHTS**

London 2012 presented us with new features of no lesser value: a wide range of 19 NOCs were able to capture medals in the spacious weightlifting venue of the Excel Convention Centre. The best among the men came from China (2, 2, 0), DPR Korea (2, 0, 0) and Iran (1, 2, 1), while among the women Kazakhstan impressed as the new weightlifting powerhouse with 3 gold medals tying China (also 3 gold medals) and DPR Korea clinching one Olympic title as well. The British proved to be the best and most supportive public ever seen and their cheers inspired the weightlifters to new heights.

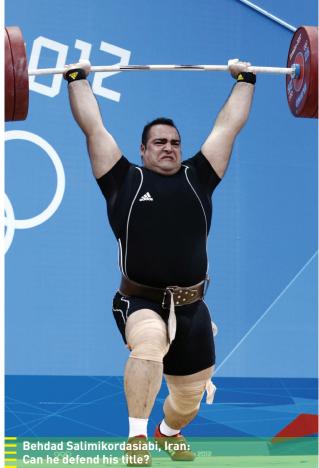


#### WAITING FOR THE CHAMPIONS

What is to be expected from Rio? There is really no point in guessing – if not for anything else but because (God forbid!) any kind of unexpected, unpleasant development, injury, illness, doping violation, decline in performance, any other reason – resulting in dropping from the Olympic squad – may influence and upset the calculations and forecasts. Or even a mere change of category can cause new situations. Of course, there are certain facts we can hold onto and we might not be wrong expecting some of the defending Olympic champions of London to win again in Rio de Janeiro. For instance, starting with the men and the lightest: North-Korean Om Yun Chol looks a pretty solid bet, just like in 62kg Chinese Chen Lijun, or his compatriot in 69kg: Liao Hui. We would not be surprised by a repeated Olympic victory by a further Chinese star Lyu Xiaojun. In 85kg we expect a pitched battle between Iran's Kianoush Rostami and Russia's Artem Okulov. The 94kg looks as the most open with several possible winners. If nothing happens, Beijing's and London's 94kg champion who has since moved up into 105kg, Ilya Ilyin could hardly be stopped from collecting his third title. With Lovchev eliminated in the +105kg, we expect the return of Iranian Behdad Salimikordasiabi from a long-lasting injury and his new challenger, Georgian Lasha Talakhadze - not forgetting Russian Ruslan Albegov, either. If these three are present, we are in for an exciting fight.







Among the women, whoever will be delegated by China in the 48kg has a fair chance to win gold. In 53kg, on the other hand, we might expect Kazakhstan's 2012 champion Zulfiya Chinshanlo and Hsu Shu-Ching from Chinese Taipei who was voted by WORLD WEIGHTLIFTING as 2015 Female Lifter of the Year, to have a face down in Rio. In 58kg we can look forward to Azerbaijan's Boyanka Kostova meeting Chinese Deng Mengrong. In 63kg four or five contenders of equal chances may appear but the 69kg does have a favourite: Xiang Yanmei of China. We have no clue for 75kg where anyone of the PRK-CHN-RUS-KAZ quartet has a chance to win. In contrast, we do have a sure bet for the ladies' superheavy class: Tatiana Kashirina of Russia may trade her London silver for gold in Rio.

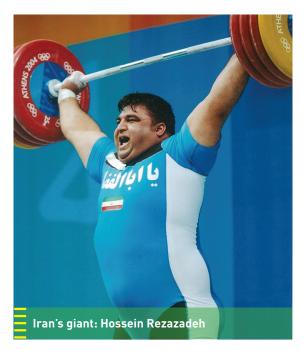
12 / WORLD WEIGHTLIFTING

#### MULTIPLE OLYMPIC MEDALLISTS

МЕ	N		G	S	В
1.	DIMAS Pyrros	GRE	3	0	1
2.	MUTLU Halil	TUR	3	0	0
	KAKHIASHVILIS Kakhi	CIS/GRE	3	0	0
	SÜLEYMANOGLU Naim	TUR	3	0	0
5.	MIYAKE Yoshinobu	JPN	2	1	0
	KONO Tommy	USA	2	1	0
	HOSTIN Louis	FRA	2	1	0
8.	VOROBYEV Arkady	URS	2	0	1
9.	ALEXEEV Vasili	URS	2	0	1
	BASZANOWSKI Waldemar	POL	2	0	0
	DAVIS John	USA	2	0	0
	KURLOVICH Alexander	URS/CIS	2	0	0
	NURIKYAN Norair	BUL	2	0	0
	VINCI Chuck	USA	2	0	0
	REZAZADEH Hossein	IRN	2	0	0
	ZUHABOTINSKY Leonid	URS	2	0	0
	ZHAN Xugang	CHN	2	0	0
	ILYIN Ilya	KAZ	2	0	0
19.	WELLER Ronny	GDR/GER	1	2	1
20.	BERGER Isaac	USA	1	2	0
21.	PESHALOV Nikolai	BUL/CRO	1	1	2
	SCHEMANSKY Norbert	USA	1	1	2

#### WOMEN

1.	CHEN Yanqing	CHN	2	0	0	
	LIU Chunhong	CHN	2	0	0	
3.	JANG Mi-Ran	KOR	1	1	0	
4.	RI Song Hui	PRK	0	2	0	
	RUMBEWAS Raema Lisa	INA	0	2	0	
	ZABOLOTNAYA Natalya	RUS	0	2	0	
7.	POPOVA Valentina	RUS	0	1	1	
	WROBEL Agata	POL	0	1	1	





Lifters of the Century in 2005: Kakhi Kakhiashvili, Halil Mutlu, Pyrros Dimas, Naim Suleymanoglu with the IOC President Jacques Rogge



OMBI

 $\left( \right)$ 

#### > 2016 RIO OLYMPIC GAMES - TEST EVENT

TEXT: ATTILA ÁDÁMFI

## SUCCESSFUL TEST EVENT **CONCLUDED FOR RIO DE JANEIRO OLYMPIC GAMES**



Weightlifting

fter the Technical Delegates' visits and the Homologation Test, an important milestone was reached in the preparation of the 2016 Rio Olympic Games: the Aquece **Rio Test Event.** 

Rio2016 Organizing Committee, in cooperation with the IWF and the Brazilian Weightlifting Federation, organized a series of Technical Official Education Seminars in 2014 and 2015 in order to enhance the technical level of the Brazilian TOs for the Games and for legacy purposes, under the conduct of Diego Martinez, IWF TC Member. Just before the Test Event, the last Seminar was conducted by Sam Coffa, IWF TC Chairman, to conclude the education, appoint TOs for the Test Event and select the national TOs for Games time. The annual South American Championships provid-

ed the base of the Event, while the participation of Germany, Thailand and the USA elevated the event to a truly global international event's level. Competitions were held in all 15 bodyweight categories.

Jose David Mosquera, COL

#### > 2016 RIO OLYMPIC GAMES - TEST EVENT

The Test Event was held in **Carioca 1.** Actually this is not going to be the Weightlifting venue for the Games (Basketball) but it served the purpose of cost efficacy, since there all basic infrastructure (spectator seating, back of house offices and functional rooms) exist there, while in

**Riocentro 2**, where Weightlifting will be held in August, all these should have been built for the **Test Event** then demolished again until Games time. But no reason to worry since **Riocentro** already hosted Weightlifting competitions at the 2007 Pan-American Games.

Similar to the Games, training was held next door, in **Carioca 2** – venue for Judo / Wrestling for the Games.

Tested elements on Olympic level focused on the Field of Play and its operation, including ITOs, NTOs, Workforce, Sports Specific Volunteers; Technical and Information System (Results), Sports Presentation and doping control. All these key elements of the delivery of a successful event are independent from the actual venue and already proved to be satisfactory. All 98 athletes from 13 countries participating had excellent conditions to perform at their best No better proof than provided by **Almir Velagic** (GER) winning in +105kg with a personal record (241kg) and ensuring a worthy finish to the **Test Event**.

> Tana anti 1 Tanyanyan



Attila Ádámfi, IWF Technical Delegate with Agberto Guimaraes, Rio2016 Executive Director for Sports

The TD in discussion with Ricardo Leyser, Sports Minister (R) and Enrique Montero,

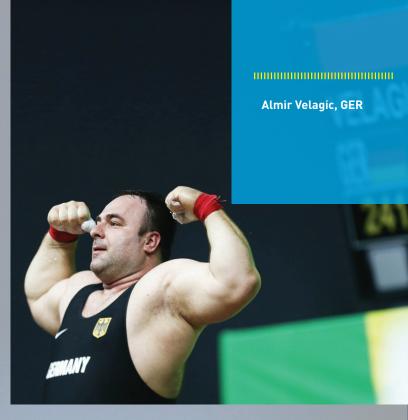
#### > 2016 RIO OLYMPIC GAMES - TEST EVENT

Naturally, ZKC sport equipment was used for the **Test Event**, specially designed and produced for the 2016 Olympic Games.

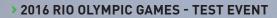
The home favorite, **Fernando Reis** had to withdraw after a small injury in Snatch not to risk the Olympic chances. Since then a medical check confirmed that no serious injury happened and he is back in training to realize his Olympic dream.

The **Aquece Rio Olympic Test Event** was attended by many dignitaries, including the newly appointed Sports Minister of Brazil, **Ricardo Leyser** and Rio2016 senior officials, **Agberto Guimaraes**, Executive Director for Sports and **Rodrigo Garcia**, Sports Director, among others.

Congratulations to **Pedro Meloni**, Weightlifting Manager and his Team and to **Jose Quinones**, President of South American Confederation, who delivered a successful **Test Event** confirming again that we can expect great Weightlifting competitions at a wonderful Olympic Games in Rio de Janeiro!



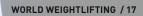












TEXT: ANIKÓ NÉMETH-MÓRA PHOTO: COURTESY HOOKGRIP, EWC 2016, EWF, ANIKÓ NÉMETH-MÓRA

## **BIG CHAMPIONSHIPS IN SMALL CITY**

## FORDE, NORWAY



ucky we have these people in weightlifting. I mean those who are not content with "just" having completed a notable and successful weightlifting career as world-class athletes but remain motivated, have a vision, an ambition beyond their competitive years to give back something to the sport they are addicted to. Such a person is Stian **GRIMSETH**, Norwegian ex-superheavyweight. Not only did he use to invite his fellow contenders to his home town for a friendly "clash of giants" on a regular basis in recent years - a challenge he himself took part in -, but he wanted to actually put Forde on the map by welcoming there the entire European continent. This April, therefore, the little shuttle plane flying to the small Norwegian town with a population of 11,000-12,000 was busy transporting and unloading teams, athletes and officials, day by day, landing and taking off most of the times as the only aircraft around at the Airport of Forde.

Thanks to extensive live broadcasting of the 2016 European Championships in **Eurosport**, the picturesque venue in Norway's dramatically beautiful Sunnfjord



District soon became known all around and even beyond Europe. The Norwegian Weightlifting Federation in "Stian Grimseth & Co. Production" delivered a high-level event introduced by the Electoral Congress of the European Weightlifting Federation, where President Antonio URSO and General Secretary Hasan AKKUS got re-elected for another term.

The attraction of the EC serving the ultimate chance to grab the remaining quota to Rio induced a large number of the EWF's 49 members to sending their teams: 38 countries came with men and 33 came with women. The Championships registered record turnouts: 144 women and 196 men - 340 altogether!

In the women's competitions 14 nations won a medal of some kind, with seven of them sharing the gold medals. Most successful was Armenia with its female team: they won 5 gold medals and a silver medal – not bothering with the bronzes.

The Men's medal table lists 19 nations and even Austria could clinch a bronze medal. Here, Turkey harvested the medal crop by claiming 6 gold medals - and one bronze.

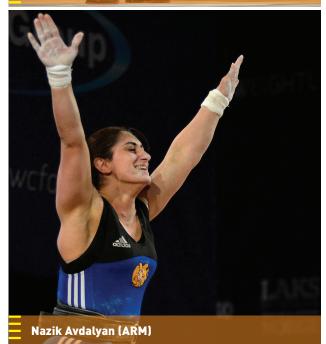


Going into the details of the competitions let us look at the ladies first. In 48kg, in the 11th year of her steady and successful career, Turkey's **Sibel OZKAN KONAK** defended her title from last year with 182kg ahead of **Genny Caterina PAGLIARO** of Italy, who has been around even longer: since 2003.

In 53kg, formerly double European champion for Moldova, then spending sanction time under Azerbaijan, **Cristina IOVU** returned to the European stage triumphantly under Romanian colours. She won over Ukrainian **Iuliia PARATOVA** with an advantage of 8 kilos, while Latvia's **Rebeka KOHA** rejoiced over her three medals: snatch silver and two bronzes.

In 58kg **Boyanka KOSTOVA (AZE)** proved again that she had probably come from another planet... Her 235kg total, though very far from her 252kg Houston world record, was still 30 kilos better than silver medallist **Irina -Lacramioara LEPSA**'s (ROU) score. Polish **Joanna LOCHOWSKA** picked up the three bronze medals in this category. In the 63kg, the Russian duel for the pole position ended in **Natalia KHLESTKINA**'s victory, but **Diana** 





**AKHMETOVA** got some consolation with a gold medal in snatch. Britain's **Zoe SMITH** walked away happily with her bronze in clean and jerk, while the rest of the two bronzes were pocketed by Italy's **Giorgia BORDIGNON** at her 7th European Championships.

Nazik AVDALYAN (ARM) could win only by one kilo overall in the 69kg category over Darya PACHABUT from Belarus, following the latter's gold medal in snatch. Britain's new darling and by far the youngest in the field with her 16 years of age, **Rebekah TILER** flashed her talent winning the three bronze medals in this senior field. We met a few new names in 75kg where Ukraine's Iryna DEKHA, still a junior lifter, took the triple honours defeating French Gaelle NAYO KETCHANKE, who, in turn, defeated Natalia PRISCEPA of Moldova three times. In the +75kg Armenian Hripsime KHURSHUDYAN tabled her usual form with a 250kg total just enough to beat Anastasiia HOTFRID of Georgia. here again, two bronze medals picked up by Mercy BROWN prove the new wave of upcoming British weightlifting.

#### WOMEN

48 KG						
1. OZKAN KONAK Sibel	03.03.1988	TUR	47.68	82	100	182
2. PAGLIARO Genny Caterina	15.10.1988	ITA	47.55	81	99	180
3. CSENGERI Monica-Suneta	21.03.1996	ROU	47.80	83	95	178
53 KG						
1. IOVU Cristina	08.11.1992	ROU	52.56	90	120	210
2. PARATOVA Iuliia	07.11.1986	UKR	52.51	94	108	202
3.KOHA Rebeka	19.05.1998	LAT	52.19	90	108	198
58 KG						
1. KOSTOVA Boyanka Minkova	10.05.1993	AZE	57.41	105	130	235
2. LEPSA Irina-Lacramioara	06.06.1992	ROU	57.68	88	117	205
3. LOCHOWSKA Joanna	17.11.1988	POL	57.41	90	114	204
63 KG						
1. KHLESTKINA Natalia	23.04.1992	RUS	60.75	99	123	222
2. AKHMETOVA Diana	21.09.1994	RUS	62.18	100	119	219
3. BORDIGNON Giorgia	24.05.1987	ITA	62.21	99	120	219
69 KG						
1. AVDALYAN Nazik	31.10.1986	ARM	68.43	105	132	237
2. PACHABUT Darya	31.12.1994	BLR	67.69	106	130	236
3. TILER Rebekah Jade	13.01.1999	GBR	68.15	99	123	222
75 KG						
1. DEKHA Iryna	14.05.1996	UKR	74.46	115	135	<mark>250</mark>
2. NAYO KETCHANKE Gaelle V	20.04.1988	FRA	73.87	110	132	242
3. PRISCEPA Natalia	17.10.1989	MDA	74.20	110	130	240
+ 75 KG						
1. KHURSHUDYAN Hripsime	27.07.1987	ARM	87.36	113	137	250
2. HOTFRID Anastasiia	25.04.1996	GEO	87.87	113	136	249
3. BROWN Mercy Opeyemi	20.06.1996	GBR	90.24	103	127	230

WORLD WEIGHTLIFTING / 19

The men started the competitions in the lightest category with a most exciting battle. In the end, the Italian squad could celebrate because, after so many years and medals of varying colours, their long-time favourite, **Mirco SCARANTINO** finally arrived at the top and defeated his main rival, Spanish **Josue BRACHI** with equal result (264kg) on bodyweight. In the 62kg the brotherly fight between two Turks, **Hursit ATAK** and **Erol BILGIN** culminated with the former's double victory in clean and jerk and total. **BILGIN** had to be content with the gold in snatch and no medals further on. Bulgarian **Vladimir URUMOV** and Russian **Feliks KHALIBEKOV** shared the rest of the medals with the Russian being more successful.

#### 

56 KG		
1. SCARANTINO Mirco	16.01.1995 ITA	55.54 120 144 264
2. BRACHI GARCIA Josue	08.09.1992 ESP	55.73 121 143 264
3. CIOTOIU Ilie-Constantin	11.07.1995 ROU	55.62 111 136 247
62 KG		
1. ATAK Hursit	24.05.1991 TUR	61.68 126 170 296
2. KHALIBEKOV Feliks	03.02.1990 RUS	61.74 133 156 289
3.URUMOV Vladimir Marinov	28.08.1990 BUL	61.33 129 159 288
69 KG		
1. ISMAYILOV Daniyar	03.02.1992 TUR	68.25 155 178 333
2. PETROV Sergei	17.02.1994 RUS	68.58 147 175 322
3. SANCHEZ LOPEZ David	20.07.1994 ESP	68.62 143 175 318
77 KG		
1. KARAPETYAN Andranik	15.12.1995 ARM	76.55 170 197 367
2. MARTIROSYAN Tigran	09.06.1988 ARM	76.44 160 192 352
3. CAPTARI Dumitru	12.07.1989 ROU	76.62 156192 348
85 KG		
1. PIELIESHENKO Oleksandr	07.01.1994 UKR	84.37 168 204 372
2. SINCRAIAN Gabriel	21.12.1988 ROU	84.37 169 202 371
3. CERNEI Gheorghii	13.04.1990 ROU	83.80 165 193 358
94 KG		
1. ZIELINSKI Tomasz Bernard	29.10.1990 POL	93.70 176 211 387
2. MICHALSKI Arkadiusz	11.01.1993 LTU	93.57 175 206 381
3. MARTIROSYAN Simon	15.10.1994 RUS	93.15 170 206 376
105 KG		
1.PLESNIEKS Arturs	21.01.1992 LAT	104.25 177 226 403
2. DERU Jamjang	07.01.1990 POL	104.92 177 226 403
3. CHONTEY Arli	17.02.1997 ARM	104.60 182 220 402
+105 KG		
1. TALAKHADZE Lasha	02.10.1993 GEO	156.76 212 251 463
2. MINASYAN Gor	25.10.1994 ARM	141.41 205 237 442
3. SEIM Mart	24.10.1990 EST	148.34 185 239 424

Bulgarian Vladimir URUMOV and Russian Feliks KHA-LIBEKOV shared the rest of the medals with the Russian being more successful. For Daniyar ISMAYILOV in 69kg the change from Turkmenistan to Turkey (made in 2015) paid off spectacularly: he was able to defend his last year's continental title, although with a slightly lower result (333kg) than in 2015 (337kg) or at the Houston World Championships where he had totalled 343kg. Sergei PETROV firmly swept the three silver medals; while 3 the bronzes went to 3 different lifters. In 77kg, last year's junior world champion Andranik KARAPETYAN (ARM) stepped forward and with a strong 367kg (170+197) confidently defeated his 7-years older compatriot Tigran MARTIROSYAN, the defending European champion.

In the 85kg, Romanian Gabriel SINCRAIAN was the first to be happy, as he won the snatch with the highest lift of 169kg, but in the jerk and total Oleksandr PIELIESHENKO took the honours and the gold medals. In this category as many as five lifters bombed or could not finish with a total, among them two Frenchmen, HENNEQUIN and BARDIS. Certainly, it was not their day. The youngest member of the ZIELINSKI family, Tomasz Bernard reached his life's best result in 94kg with 387kg, winning in snatch and total. He lost the clean and jerk gold medal to Egor KLIMONOV only on bodyweight (both 211kg), but for the Russian this one remained the only metal, since there were altogether five medallists and Lithuanian Zygimantas STANULIS and Russian Georgii KUPTSOV were both better.



An extraordinary situation highlighted the 105kg and made it the most exciting competition of the Championships and a battle of grams in bodyweight. Three competitors produced equally 177kg in snatch, two snatched 182kg and two lifters lifted 226kg in clean and jerk. To make the calculation even more complicated: two of them, Arturs PLESNIEKS (LAT) and Arkadiusz MICHALSKI (POL) produced exactly the same results on both lifts. In the end, it was Latvia's turn to celebrate: Arturs PLESNIEKS scored his career's biggest success by becoming the European champion with his 403kg against the Polish thanks to a 0.67kg difference in their bodyweight.

**Rodion BOCHKOV** of Russia captured the gold in snatch with his 182kg and lighter bodyweight but he had to settle for his single medal as **MICHALSKI** and **Simon** MARTIROSYAN (ARM) picked up the shinier medals. Even a third MARTIROSJAN: Sargis from Austria won a medal for his 181kg in snatch. No surprises in the final category for men: 2015 "world-champion-in-the-waiting", Georgian Lasha TALAKHADZE won hands down, but he did not sell it cheap: he added 9 kilos to his Houston total and impressed with 463kg comprising a 212kg snatch and a 251kg clean and jerk.









#### **>ROAD TO RIO - 2016 ASIAN CHAMPIONSHIPS**

TEXT: KORNÉL JANCSÓ PHOTO: HOOKGRIP AND UZBEKISTAN FEDERATION

### CHINESE SUCCESS IN WOMEN – NINE NATIONS FIND GOLD IN MEN



### TASHKENT, UZB

he continental championships are always among the peak events of the year – that is especially relevant if the continent in question is currently the strongest in the sport: Asia. To add further value, the Championships of 2016 also served as the Continental Qualification Event for the Rio Olympic Games, i.e. the last chance for the countries that have been unable to gain quota at the 2014 and 2015 World Championships and an opportunity



105kg medal winners just as happy as the Uzbek children



for the prospective Olympian athletes to fulfil the participation requirement. The answer to the main question of the Asian Championships, i.e. who can send competitors to Rio, was answered in Tashkent, Uzbekistan: among the men seven, among the women six nations won the quota. Japan, Iraq, Malaysia, Kyrgyzstan, Syria, India and Turkmenistan may prepare their male athletes, while Vietnam, Uzbekistan, India, Mongolia, the Philippines and Turkmenistan obtained the female quota.





#### > ROAD TO RIO - 2016 ASIAN CHAMPIONSHIPS

In the first men's competition Thailand's **KRUAITHONG Sinphet** first surprised his Chinese rivals by winning the snatch, but in the second part **MENG** Cheng overtook him with 285kg to his credit. The Thai was second with 284kg and the other Chinese, LI Fabin finished in third place with 273kg. In 62kg, Japanese ITOKAZU Yoichi excelled by winning gold in snatch and total (288kg). In the next category, AR-TYKOV Izzat from Kyrgyzstan swept all the gold medals preceding runner-up Chinese YUAN Chengfei by three kilograms (335kg). Not surprisingly, in the 77kg Chinese SHI Zhiyong, last year's 69kg world champion reached the best result, 348kg. CHINNAWONG Chatuphum of Thailand, fourth in the 2012 Olympics, lifted only one kilo less. In 85kg, Kazakh ULANOV Denis coached up his rivals becoming Asian champion at a margin of 17 kilograms over the next best in total (373kg). The same self-confidence radiated from the winner of the 94kg: once again Kazakhstan's SEDOV Vladimir (2009 world champion) scored

#### MEN

56 KG		
1. MENG Cheng	18.11.1997 CHN	55.70 126 159 295
2. KRUAITHONG Sinphet	22.08.1995 THA	55.55 130 154 294
3. Li Fabin	15.01.1993 CHN	55.60 126 147 273
62 KG		
1. ITOKA ZU Yolchi	24.05.1991 JPN	61.70 130 158 298
2. TRINH Van Vinh	17.12.1995 VIE	61.50 124 158 292
3. ALI Mohammed Ridha Ali	12.06.1993 IRQ	61.20 125 152 277
69 KG		
1. ARTYKOV Izzat	08.09.1993 KGZ	68.55 150 188 338
2. YUAN Chengfel	14.07.1995 CHN	68.75 150 185 335
3. KWON Yong Gwang	14.01.1996 PRK	68.55 141 181 322
77 KG		
1. SHI Zhiyong	10.10.1993 CHN	72.40 157 191 348
2. CHINNAWONG Chatuphum	19.07.1993 THA	76.60 158 189 347
3. LOBSI Pornchai	16.07.1990 THA	76.10 156 190 346
85 KG		
1. ULANOV Denis	28.10.1993 KAZ	84.40 168 205 373
2. MOUSAVIJARAHI Seyedayoob	21.04.1995 IRI	84.20 158 198 354
3. SU Ying	02.01.1994 CHN	77.95 165 190 355
94 KG		
1. SEDOV Vladimir	02.03.1989 KAZ	93.80 175 211 386
2. HASHEMI AU	01.11.1991 IRI	93.15 174 200 374
3. PARK Hanwoong	15.01.1995 KOR	92.90 160 208 368
105 KG		
1. BARARI Mohammadreza	31.03.1989 IRI	104.45 180 221 401
2. EFREMOV Ivan	09.03.1986 UZB	104.55 183 211 394
3. DUSMUROTOV Sardorbek	13.03.1993 UZB	104.25 168 218 386

triple victory (175, 211, 386kg). The hosts had the first good reason to celebrate in the 105kg: Uzbek EFREMOV Ivan won the silver medal in total with a bronze in snatch and another bronze in clean and jerk. Uzbekistan's other entry, **DUSMUROTOV Sardorbek** collected silver in jerk and bronze in total. Iran's BARARI Mohammadreza was only third in the first lift, but later took both the clean and jerk and the total gold medals (401kg). The home favourite, NURUDINOV Ruslan stepped on the platform in the +105kg. Former Asian and world champion in a lower category and now with his mere 110kg bodyweight looking almost fragile among the category's giants, **NURUDINOV** opened with a gold medal in snatch (191kg). In clean and jerk, however, his 235kg was only enough to finish fourth, and the same happened in total (426kg). Had he just lifted one kilo more he would have left the scene as a medal winner. Meanwhile, defending champion CHEN Shih-**Chieh** (TPE) earned the Asian champion title with 432kg, following silver medals on both individual lifts.



#### +105 KG

1. CHEN Shih-Chieh	27.11.1999 TPE	152.40 191 241 432
2. TOYCHYYEV Hojamuhammet	16.01.1992 TKM	144.50 190 237 427
3. MOULAEI Bahador	21.03.1992 IRI	146.55 180 247 427

#### WOMEN

48 KG						
1. TAN Yayun	18.11.1992	CHN	47.55	88	110	198
2. RYANG Chun Hwa	12.06.1991	PRK	47.75	85	111	196
3. KHAMSRI Panida	13.01.1989	THA	47.45	84	110	194
53 KG						
1. CHEN Xiaoting	11.01.1991	CHN	52.70	96	125	221
2. ZHANG Wanqiong	21.01.1994	CHN	52.50	95	116	211
3. DIAZ Hidilyn	20.02.1991	PHI	52.80	90	118	208
58 KG						
1. KUO Hsing-Chun	26.11.1993	TPE	58.00	103	135	238
2. ZHOU Jun	27.02.1995	CHN	57.40	103	130	233
3. LI Ping	15.09.1988	CHN	56.70	100	130	230
63 KG						
1. GULNOI Siripuch	17.07.1993	THA	60.60	103	131	234
2. CHEN Guiming	03.01.1994	CHN	60.15	96	121	217
3. NGUYEN Thi Tuyet Mai	27.12.1996	VIE	62.45	91	120	211
69 KG						
1. ZHANG Wangli	27.05.1996	CHN	66.25	110	135	245
2. HUNG Wan-Ting	21.06.1990	TPE	68.50	95	119	214
3. LE Thi Tham	04.02.1992	VIE	67.20	90	120	210
75 KG						
1. MUNKHJANTSAN Ankhtsetseg	25.12.1997	MGL	73.75	112	132	244
2. KANG Yeounhee	15.10.1992	KOR	74.65	104	131	235
3. YAO Chi-Ling	31.03.1993	TPE	74.60	103	130	233
+ 75 KG						
1. KIM Kuk Hyang	20.04.1993	PRK	98.00	131	160	291
2. PULSABSAKUL Chitchanok	04.11.1993	THA	120.20	) 132	155	287
3. KHENJANTUEK Praeonapa	30.07.1992	THA	149.30	0 105	132	237



24 / WORLD WEIGHTLIFTING

As much as the gold medal distribution was wideranging among the men (nine countries claimed champions), in the women's competitions only five countries delegated winners with China alone pocketing nine gold medals. In addition to the 9 champion titles the Chinese ladies won seven silver and five bronze medals – to no surprise winning the team classification by an enormous margin. The next most successful nation was Thailand (4, 3, 4). DPR Korea had 3 gold and 2 silver medals. The lightest category immediately produced the first Chinese winner: double world champion TAN Yayun took gold in 48kg with 198kg defeating Vietnamese **VUONG Thi Huyen** by 2 kilos. A more convincing victory was scored in 53kg by the next Chinese, CHEN Xiaoting, world champion in 2010 and silver medallist last year. A Chinese – **ZHOU Jun** - won the first gold medal also in the next category, the 58kg. The victory was to be thanked to lighter bodyweight by the Chinese on KUO Hsing-Chun, a well-known name from Chinese Taipei (both snatching 130kg), but the latter, 2013 world champion proved her excellence in the second part winning both the clean and jerk (135kg) and the total (238kg). In 63kg Thai GULNOI Siripuch collected all the three gold medals at ease. Her overall result (234kg) being 17 kilos better than silver medallist Chinese CHEN Guiming's needs no further comment. In 69kg the winner, Chinese **ZHANG Wangli** was even more superior: overtaking the runners-up by 15 kilos each in snatch and clean and jerk and outlifting the silver medallist, HUNG Wan-Ting (TPE) by 31kg in total.

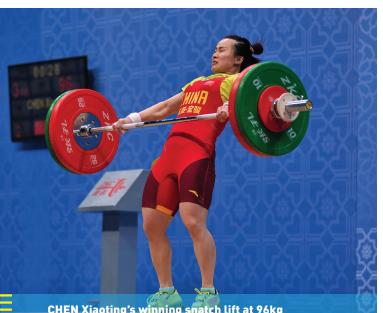


KUO Hsing-Chun never let Chinese Taipei down

If not with such a large difference but still convincingly did Mongolian MUNKHJANTSAN Ankhtsetseg pocket all the three available gold medals in the 75kg. Having gained a substantial lead in snatch, she could afford winning the clean and jerk "only" by one kg and she was still 9 kilos ahead of the next best, Korean KANG Yeounhee overall. The 18-year old Mongolian young lady celebrated her biggest success so far in Tashkent. In the +75kg last year's silver medallist North-Korean **KIM Kuk Hyang** improved her position and took the title. In snatch she was still behind Thailand's PULSABSAKUL Chitchanok, but lifted five kilos more than her main rival in the clean and jerk and

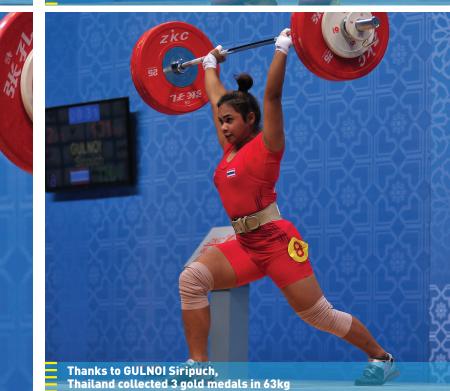


The Asian Championships 2016 were hosted at a very high level by the already experienced Uzbek organisers. under the baton of MAHMUDOV Shakhrillo and with the assistance of **ABDULLAEV Zukhra** to the full satisfaction of the AWF and the Guests of Honour from the IWF whose highest-ranking representative was the President, Dr. AJÁN Tamás. For the first time in history, live television coverage was secured with international broadcasters taking part. Altogether 21 women's and 30 men's teams went to Tashkent from an aggregate of 33 Asian countries. There were 101 ladies and 161 men in the line-ups.













## NEW COUNTRIES ON THE HORIZON: African Series OF MAURITIUS, GHANA JOIN HOST CAMEROON

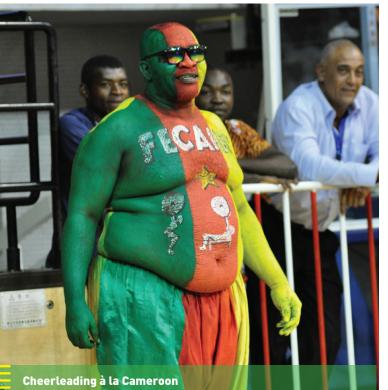
## YAOUNDÉ, CAMEROON

ollowing Europe and Asia, the continental qualification events continued in Africa. The 2016 African Championships were hosted by the capital of Cameroon: Yaoundé. The organisers, under the baton of **Tikire Boukar**, President FECAHALT and with the surveillance of the Weightlifting Federation of Africa, expected 128 competitors from 18 countries, but eventually – five African nations failing to show up – the participation figures were down to 99 athletes representing 13 countries.

The competition venue was in the Yaoundé Sport Complex but as the gym under the sports hall was being used by the women's basketball team of Cameroon, an openair tent erected in the parking lot was provided by the organisers for the purposes of training.

There could be no complaint for the accommodation and the transport. The teams were being moved around with minibuses, whereas the distance between the comfortable hotel and the venue was not more than 5 minutes. In accordance with IWF policy and Olympic Qualification requirements, the Weightlifting Federation of Africa conducted as many as three high-level Seminars during the Championships. **Horst Sayler** gave a lecture to the Technical Officials, **Dr. Zakia Bartagi**, Member of the IWF Anti-Doping Commission and the head of the local Anti-Doping Group, **Robert Ndjana** gave held an antidoping seminar, while **Maged Salama** supplied the latest knowhow on weightlifting training – all in front of capacity audiences. The WFA held its Executive Board meeting and Congress in conjunction with the Championships. The competitions were thoroughly enjoyed by the participants. The best performances were given by Algeria and Nigeria, with the former winning among the men and the latter among the women. Calculated from the team points, the top five nations of the men and the top four of the women gained 1 precious Olympic slot each for the Rio Olympics.

Thus, Algeria, Tunisia, Cameroon, Morocco and Ghana (the latter coached by **Kyle Pierce**) may delegate a male weightlifter each, while Nigeria, Tunisia, Cameroon and Algeria won the right to send their female lifter to the Summer Games. It should be noted that the strongest weightlifting nation of Africa, Egypt had already secured its quota for Rio in both genders, allowing it to leave the best lifters at home and come to Yaoundé with a young team for the mere purpose of gaining international experience. Even so, Egypt left Cameroon with 9 medals.





#### > ROAD TO RIO - 2016 AFRICAN CHAMPIONSHIPS

In the women's categories Nigeria swept the field clean, collecting 11 gold medals as well as 7 silvers and 2 bronzes. There were altogether 63 medals on sale in the 7 categories, including the two lifts and the total, and the Nigerian ladies claimed 20 of these. Further medalwinning positions were a target of big fights between Tunisia (3, 8, 1), Mauritius (3, 1, 2) and Cameroon (3, 0, 3). To its bad luck, the three weightlifters of Mauritius only took 8th place in the qualification ranking and despite a collection of 6 medals they left without the Olympic quota. The 4th quota place went to Algeria. In the men's contests teams of Tunisia and Algeria dominated; with the former winning 9 gold, 4 silver and 6 bronze medals and the latter pocketing 20 medals (7, 10, 3). The host Cameroon took third place in both the Championships and the Olympic qualification classifications (4, 2, 4).

When we go into the individual competitions we could find some surprise winners. Right away **RANAIVOSOA Marie** from Mauritius taking the title in the women's 48kg with a gigantic advantage of 36kg.

WOMEN 48 KG						
1. RANA IV OSO A Marie Hanitra R.	14.11.1990	MRI	47.58	78	102	190
2. CHIHI Zohra	27.08.1994	TUN	47.56	64	90	144
3. UWEH Monica Mary	15.10.1999	NGR	47.74	60	80	140
53 KG						
1. LANDOULSI Nouha	05.05.1998	TUN	51.74	73	90	163
2. YAKUBU Fatima	18.06.1996	NGR	52.63	72	86	158
3. BAFFOE Ruth	07.11.1994	GHA	52.62	69	82	151
58 KG						
1. FIDELIS Chineye	28.10.1993	NGR	56.81	87	122	209
2. EKOSHORIA Racheal	30.08.1994	NGR	56.44	82	110	192
3. AGRICOLE Clementina Clana	18.07.1988	SEY	56.71	77	101	178

#### 63 KG

63 KG						
1. A DESANMI Oluwatoyin Victoria	10.04.1992	NGR	62.29	100	115	215
2. BELKHIR Ghoframe	11.08.2001	TUN	59.00	80	100	180
3. RAVOLOLONIA INA Elisa Vania	24.02.1992	MAD	62.18	81	97	178
69 KG						
1. FOUODJI SONKBOU A.	26.08.1997	CMR	66.70	81	105	186
2. CHERARA Ikram	06.06.1998	ALG	67.09	80	103	183
3. OBIERO Mercy	27.08.1978	KEN	67.90	76	105	181
75 KG						
1. OTUNLA BILIKIS Abiodun	12.06.1994	NGR	73.30	97	125	222
2. HUSSEIN Samar Said H. Ahmed	20.09.1995	EGY	74.86	98	120	218
3. HIRECH Bouchra Fatima Zohra	22.08.2000	ALG	73.86	79	100	179
+ 75 KG						
1. USMAN Maryam	09.11.1990	NGR	127.63	3 1 20	150	27 (
	35.00.1001	TUN	124.02	9 OF	1 22	247







#### > ROAD TO RIO - AFRICAN CHAMPIONSHIPS 2016

From the duel of two Nigerians in the 58kg **FIDELIS Chineye** emerged victorious ahead of **EKOSHORIA Racheal**. The first and only victory on home soil was celebrated in the 69kg: **FOUODJI SONKBOU Arcangeline** retained the gold medal for Cameroon. In order to excel in a strong field including an Algerian, a Kenyan and a Mauritian contender, **Arcangeline** could well do with the support of the local public. A mere 6 kilograms separated the winner and the fourth-placed lifter – in total. Just over 15 years old, Algerian **HIRECH Bouchra Fatima** delivered the sensation in the 75kg when twice breaking the youth African record with 174kg and 179kg totals. With her result she earned a bronze medal overall in the seniors' field – Nigerian **OTUNLA Bilikis** capturing the title with 222kg.

The superheavyweight failed to offer any surprise as Beijing Olympic fifth, 2011 World Championships bronze medallist **USMAN Maryam** took the title with an impressive 270kg total, involving a 53kg lead on the silver medallist.



Equatorial Guinea present on the continental stage for the first time: with 15-year old ONDO Nsi Arsenio in 77kg

56 KG         1. BOUHI JBHA Amine       28.02.1996 TUN       55.42 105 131       230         2. ANDRIANTSI TOHAINA Eric H.       21.07.1991 MAD       55.42 07 100       130         3 HIGAR Abdeghani       20.02.1989 MAR       55.72 77 105       200         42 KG       1.104.0194 MAD       61.64 118 145       240         3. MATAM MATAM OUVIER HERACES       10.04.1994 UGA       61.64 115 145       241         69 KG       1.104.1994 UGA       61.64 175 146       210         7. FOUDA Yassin Abdatla Ibrahim       13.01.1994 TUN       68.64 147 170       310         3. BEN HMIA Karem       13.01.1994 TUN       68.64 147 170       310         3. BEN EHMIDA Ehssine       18.10.1996 TUN       68.64 147 170       311         7. KG       11.11994 TUN       68.44 147 170       311         3. BAHLOUL Ramzi       19.07.1991 TUN       76.31 144 170       314         3. KANOU KETCHANKE Jean Batise       19.07.1991 TUN       76.31 144 170       314         3. KANOU KETCHANKE Jean Batise       19.07.1997 TUN       76.31 144 170       314         3. KANOU KETCHANKE Jean Batise       19.07.1997 ALG       84.00 150 185       314         3. BELHOUL Ramzi       24.07.1997 ALG       84.01 140 170 310       314	MEN						
2. ANDRIANTSITOHA INA EPIC H.       21.07.1991 MAD       55.49 100 130 200         3 HIGAR Abdeghani       20.02.1989 MAR       55.72 97 105 200         62 KG	56 KG						
A HIGAR Abdeghani         20.02.1989 MAR         55.72 97 105 202           62 KG	1. BOUHIJBHA Amine	28.02.1996	TUN	55.62	105 1	131	236
62 KG           1. ANDRIATSITOHAINA Tojonirina A.         26.02.1995 MAD         61.64         118         145         263           2. MATAM MATAM OUVIER HERACLES         12.03.1993 CMR         61.62         115         147         262           3. SSEKYAAYA Charles         11.04.1994 UGA         61.64         115         146         261           69 KG         1         13.11.1994 TUN         68.64         147         170         317           2. FOUDA Yassin Abdatla Ibrahim         13.09.1990 EGY         68.54         140         160         300           3. BEN EHMIDA Ensistine         18.11.1996 TUN         67.68         144         15         145           7. KG         1         18.10.1989 TUN         76.34         144         171         317           2. BAHLOUL Rami         29.07.1991 TUN         76.11         144         170         314           3. YANOU KETCHANKE Jean Batiste         19.07.1993 CMR         76.04         140         162         302           2. FARDJALLAH Housseyn         16.01.1993 ALG         84.00         150         185         355           3. BELHOUT Amir         26.05.1989 ALG         84.00         150         182         325           3. BELHOU	2. ANDRIANTSI TOHA INA Eric H.	21.07.1991	MAD	55.49	100 1	130	230
1. ANDRIATSITOHAINA Tojonirina A.       24.02.1995 MAD       61.64       118       145       263         2. MATAM MATAM OUVIER Heracles       12.03.1993 CMR       61.82       115       147       262         3. SSEKYAAYA Charles       11.04.1994 UGA       61.44       115       146       261         69 KG       11.04.1994 UGA       61.44       115       146       261         69 KG       11.11994 TUN       68.66       147       170       317         2. FOUDA Yassin Abdalta Ibrahim M.       13.09.1990 EGY       68.56       140       160       300         3. BEN EHMIDA Ehsssine       18.11.1996 TUN       67.68       124       15       275         77 KG       1       144       170       314         3. BAHLOUL Ramzi       18.10.1989 TUN       76.34       144       170       314         3. BAHLOUL Ramzi       19.07.1991 TUN       76.11       144       170       314         3. YANOU KETCHANKE Jean Batiste       19.07.1993 CMR       76.06       140       162       305         3. FARDJALLAH Housseyn       16.01.1993 ALG       84.00       150       185       335         3. BELHOUT Amir       26.05.1989 ALG       83.01       146	3 HIGAR Abdeghani	20.02.1989	MAR	55.72	97 1	105	202
2. MATAM MATAM OUVIER Heracles       12.03.1993 CMR       61.82       115       147       262         3. SSEKYAAYA Charles       11.04.1994 UGA       61.44       115       146       261         69 KG       1       13.11.1994 UMA       68.65       147       70       317         2. FOUDA Yassin Abdatla Ibrahim       13.09.1990 EGY       68.65       140       160       300         3. BEN EHMIDA Ebssine       18.11.1996 TUN       67.68       144       115       145       215         77 KG       1       144       170       316       314       317       316         2. BAHLOUL Ramzi       18.10.1989 TUN       76.34       144       170       317         3. BEN EHMIDA Ebssine       19.07.1993 CMR       76.34       144       171       315         3. BAHLOUL Ramzi       19.07.1993 CMR       76.34       140       162       302         65 KG       14.11997 EGY       83.54       147       18       325         3. BELHOUT Amir       26.05.1989 ALG       84.00       150       150       325         3. BELHOUT Amir       24.07.1991 ALG       92.03       140       140       140       140       140       140       140 <th>62 KG</th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th>	62 KG						
3. SSEKYAAYA Charles       11.04.1994 UGA       61.44 115 146 261         69 KG       13.11.1994 UN       68.66 147 170 317         2. FOUDA Yassin Abdatla Ibrahim M.       13.09.1990 EGY       68.56 140 160 300         3. BEN EHMIDA Ensssine       18.11.1996 UN       67.68 124 151 275         77 KG       18.10.1989 TUN       76.34 144 171 315         2. BAHLOUL Ramzi       18.10.1989 TUN       76.34 144 171 315         2. BAHLOUL Rami       29.07.1991 TUN       76.11 144 170 314         3. YANOU KETCHANKE Jean Batiste       19.07.1993 CMR       76.06 140 162 302         85 KG       14BDELRAOUF Ezzeldin Gamal T.       24.11.1997 EGY       83.54 147 188 335         2. FARDJALLAH Housseyn       16.01.1993 ALG       84.00 150 185 335         3. BELHOUT Amir       25.05.1989 ALG       83.00 146 165 311         94 KG       1       48.07.1997 TUN       87.81 140 178 318         1. MESSAOUI Saddam       24.07.1997 TUN       87.81 140 178 318         3. MINKOUMBA Petit David       27.02.1989 CMR       90.43 142 173 315         105 KG       1       15.01.989 CMR       95.49 135 168 303	1. ANDRIATSITOHAINA Tojonirina A.	26.02.1995	MAD	61.64	118 1	145	263
69 KG         1. BEN HNIA Karem       13.11.1994 TUN       68.64       147       170       317         2. FOUDA Yassin Abdatla Ibrahim M.       13.09.1990 EGY       68.54       140       160       300         3. BEN EHMIDA Ehsssine       18.11.1996 TUN       67.68       124       151       275         77 KG       1       144       170       314       314       141       315         2. BAHLOUL Ramzi       19.07.1991 TUN       76.11       144       170       314         3. YANOU KETCHANKE Jean Batiste       19.07.1991 TUN       76.11       144       170       314         3. YANOU KETCHANKE Jean Batiste       19.07.1993 CMR       76.01       140       162       325         5. KG       1       144       170       314       341       140       162       325         3. FARDJALLAH Housseyn       16.01.1993 CMR       80.51       147       180       325         3. BELHOUT Amir       24.07.1991 ALG       80.30       146       165       311         94 KG       1       27.02.1989 CMR       92.41       140       170       315         1. MESSAOUI Saddam       27.02.1989 CMR       92.43       140       140	2. MATAM MATAM Olivier Heracles	12.03.1993	CMR	61.82	115 1	147	262
1. BEN HNIA Karem       13.11.1994 TUN       68.66       147       70       317         2. FOUDA Yassin Abdatla Ibrahim M.       13.09.1990 EGY       68.56       140       160       300         3. BEN EHMIDA Ehsssine       18.11.1996 TUN       67.68       124       151       275         77 KG       1       14.177       11       141       170       314         3. BAHLOUL Ramzi       18.10.1989 TUN       76.34       140       162       302         3. BAHLOUL Rami       29.07.1991 TUN       76.11       144       170       314         3. YANOU KETCHANKE Jean Batise       19.07.1993 CMR       76.04       140       162       302         85 KG       14.11997 EGY       83.54       147       180       325         2. FARDJALLAH Housseyn       16.01.1993 ALG       84.00       150       185       325         3. BELHOUT Amir       24.07.1991 ALG       92.03       150       179       329         2. MAATOUG Achraf       28.07.1997 TUN       87.81       140       170       315         3. MINKOUMBA Petit David       27.02.1989 CMR       90.43       142       173       315         3. MINKOUMBA Apetis David       16.01.1989 CMR       95.	3. SSEKYAAYA Charles	11.04.1994	UGA	61.44	115 1	146	261
2. FOUDA Yassin Abdaita Ibrahim M.       13.09.1990 EGY       48.54       140       160       300         3. BEN EHMIDA Ehssine       18.11.1996 TUN       67.68       124       151       275         77 KG       1       144       171       315         2. BAHLOUL Ramzi       19.10.1989 TUN       74.34       144       171       315         2. BAHLOUL Rami       29.07.1991 TUN       74.11       144       170       314         3. YANOU KETCHANKE Jean Batise       19.07.1993 CMR       74.04       140       162       302         85 KG       1       14.11.1997 EGY       83.54       147       186       335         2. FARDJALLAH Housseyn       16.01.1993 ALG       84.00       150       185       335         3. BELHOUT Amir       24.07.1997 ALG       82.03       140       162       319         94 KG       1       140       179       329       329       329       329         1. MESSAOUI Saddam       24.07.1997 ALG       92.03       150       179       329         2. MAATOUG Achraf       28.07.1997 TUN       87.81       140       179       315         3. MINKOUMBA Petit David       27.02.1989 CMR       92.43 <td< th=""><th>69 KG</th><th></th><th></th><th></th><th></th><th></th><th></th></td<>	69 KG						
3. BEN EHMIDA Ensiste       18.11.1996 TUN       \$7.68 124 151 275         77 KG       1. BAHLOUL Ramzi       18.10.1999 TUN       76.34 144 171 315         2. BAHLOUL Ramzi       29.07.1991 TUN       76.11 144 170 314         3. YANOU KETCHANKE Jean Batiste       19.07.1993 CMR       76.06 140 162 302         95 KG       1.ABDELRAOUF Ezzeldin Gamal T.       24.11.1997 EGY       83.54 147 188 335         2. FARDJALLAH Housseyn       16.01.1993 ALG       84.00 150 185 311         94 KG       25.05.1989 ALG       83.30 146 165 311         94 KG       28.07.1997 TUN       87.81 140 178 318         3. MINKOUMBA Petit David       27.02.1989 CMR       90.43 142 173 315         105 KG       1.ESSAMA OWONA Denis Joel       16.10.1989 CMR       95.49 135 168 303	1. BEN HNIA Karem	13.11.1994	TUN	68.66	147 1	17 0	317
77 KG         1. BAHLOUL Ramzi       18.10.1989 TUN       76.34 144 171       315         2. BAHLOUL Rami       29.07.1991 TUN       76.11 144 170       314         3. YANOU KETCHANKE Jean Batiste       19.07.1993 CMR       76.06 140 162       302         85 KG       1.ABDELRAOUF Ezzeidin Gamal T.       24.11.1997 EGY       83.54 147 189       335         2. FARDJALLAH Housseyn       16.01.1993 ALG       84.00 150 185       335         3. BELHOUT Amir       25.05.1989 ALG       83.30 146 165       311         94 KG       1.       18.07.1991 ALG       92.03 150 179       329         1. MESSAOUI Saddam       24.07.1991 ALG       92.03 150 179       329         2. MAATOUG Achraf       29.07.1997 TUN       87.81 140 178       318         3. MINKOUMBA Pedit David       27.02.1989 CMR       90.43 142 173       315         105 KG       1.       15.01.989 CMR       95.49 135 168       303	2. FOUDA Yassin Abdalla Ibrahim M.	13.09.1990	EGY	68.56	140 1	160	300
1. BAHLOUL Ramzi       18.10.1989 TUN       76.34 144 171       315         2. BAHLOUL Rami       29.07.1991 TUN       76.11 144 170       314         3. YANOU KETCHANKE Jean Batiste       19.07.1993 CMR       76.06 140 162       302         85 KG       1.ABDELRAOUF Ezzeldin Gamal T.       24.11.1997 EGY       83.54 147 188       335         2. FARDJALLAH Housseyn       16.01.1993 ALG       84.00 150 185       335         3. BELHOUT Amir       25.05.1989 ALG       83.30 146 165       311         94 KG       1.       MINKOUBA Chiraf       24.07.1997 TUN       87.81 140 178       318         1. MESSAOUI Saddam       24.07.1997 TUN       87.81 140 178       315         1. MIKOUBA Chiraf       27.02.1989 CMR       90.43 142 173       315         105 KG       15.10.1989 CMR       95.49 135 168       303	3. BEN EHMIDA Ehsesine	18.11.1996	TUN	67.98	124 1	151	275
2. BAHLOUL Rami       29.07.1991 TUN       74.11 144 17.0       314         3. YANOU KETCHANKE Jean Batiste       19.07.1993 CMR       76.05 140 142       302         85 KG       1.48DELRAOUF Ezzeldin Gamal T.       24.11.1997 EGY       83.54 147 189       335         2. FARDJALLAH Housseyn       16.01.1993 ALG       84.00 150 185       311         94 KG       25.05.1989 ALG       83.01 146 165       311         94 KG       28.07.1997 TUN       87.81 140 178       318         1. MESSAOUI Saddam       28.07.1997 TUN       87.81 140 178       318         3. MINKOUMBA Peeit David       27.02.1989 CMR       90.43 142 173       315         105 KG       1. ESSAMA OWONA Denis Joel       16.10.1989 CMR       95.49 135 168       303	77 KG						
3. YANOU KETCHANKE Jean Batiste       19.07.1993 CMR       76.06       140       162       302         95 KG       1.ABDELRAOUF Ezzeldin Gamal T.       24.11.1997 EGY       83.54       147       188       335         2. FARDJALLAH Housseyn       16.01.1993 ALG       84.00       150       185       335         3. BELHOUTAMIR       25.05.1989 ALG       83.30       146       165       311         94 KG       1.       MESSAOUI Saddam       24.07.1991 ALG       92.03       150       179       329         2. MAATOUG Achraf       28.07.1997 TUN       87.81       140       178       318         3. MINKOUMBA Pedit David       27.02.1989 CMR       90.43       142       173       315         105 KG       1       15.10.1989 CMR       95.49       135       168       303	1. BAHLOUL Ramzi	18.10.1989	TUN	76.34	144-1	171	315
85 KG         1.ABDELRAOUF Ezzeldin Gamal T.       24.11.1997 EGY       83.54 147 188 335         2. FARDJALLAH Housseyn       16.01.1993 ALG       84.00 150 185 335         3. BELHOUT Amir       25.05.1989 ALG       83.30 146 165 311         94 KG       1.       MESSAOUI Saddam       24.07.1991 ALG       92.03 150 179 329         2. MAATOUG Achraf       28.07.1997 TUN       87.81 140 178 318         3. MINKOUMBA Petit David       27.02.1989 CMR       90.43 142 173 315         105 KG       16.10.1989 CMR       95.49 135 168 303	2. BAHLOUL Rami	29.07.1991	TUN	76.11	144 1	17 0	314
1.ABDELRAOUF Ezzeldin Gamal T.       24.11.1997 EGY       83.54       147       188       335         2. FARDUALLAH Housseyn       16.01.1993 ALG       84.00       150       185       335         3. BELHOUT Amir       25.05.1989 ALG       83.30       146       165       311         94 KG       1       44.00       150       179       329         2. MAATOUG Achraf       28.07.1997 TUN       87.81       140       178       318         3. MINKOUMBA Pedit David       27.02.1989 CMR       90.43       142       173       315         105 KG       1       16.10.1989 CMR       95.49       135       168       303	3. YANOU KETCHANKE Jean Batiste	19.07.1993	CMR	76.06	140 1	162	302
2. FARDJALLAH Housseyn       16.01.1993 ALG       84.00       150       185       335         3. BELHOUTAMIC       25.05.1989 ALG       80.30       146       165       311         94 KG       24.07.1991 ALG       92.03       150       179       329         2. MAATOUG Achraf       28.07.1997 TUN       87.81       140       178       318         3. MINKOUMBA Pedit David       27.02.1989 CMR       90.43       142       173       315         105 KG       1       16.10.1989 CMR       95.49       135       148       303	85 KG						
3. BELHOUTAMIr         25.05.1989 ALG         83.30         144         145         311           94 K9         1. MESSAOUI Saddam         24.07.1991 ALG         92.03         150         179         329           2. MAATOUG Achraf         28.07.1997 TUN         87.81         140         178         318           3. MINKOUMBA Petit David         27.02.1989 CMR         90.43         142         173         315           105 KG         1         15.10.1989 CMR         95.49         135         168         303	1.ABDELRAOUF Ezzeldin Gamal T.	24.11.1997	EGY	83.54	147 1	188	335
94 KG         24.07.1991 ALG         92.03 150 179 329           1. MESSAOUI Saddam         24.07.1991 ALG         92.03 150 179 329           2. MAATOUG Achraf         28.07.1997 TUN         87.81 140 178 318           3. MINKOUMBA Petit David         27.02.1989 CMR         90.43 142 173 315           105 KG         16.10.1989 CMR         95.49 135 168 303	2. FARDJALLAH Housseyn	16.01.1993	ALG	84.00	150 1	185	335
1. MESSAOUI Saddam         24.07.1991 ALG         92.03         150         179         329           2. MAATOUG Achraf         28.07.1997 TUN         87.81         140         178         318           3. MINKOUMBA Pedit David         27.02.1989 CMR         90.43         142         173         315           105 KG         1         16.10.1989 CMR         95.49         135         148         303	3. BELHOUTAMIC	25.05.1989	ALG	83.30	146 1	165	311
2. MAATOUG Achraf         29.07.1997 TUN         87.81         140         17.8         318           3. MINKOUMBA Pedit David         27.02.1989 CMR         90.43         142         17.3         315           105 KG         16.10.1989 CMR         95.49         135         168         303	94 KG						
3. MINKOUMBA Pedit David         27.02.1989 CMR         90.43         142         173         315           105 KG         16.10.1989 CMR         95.49         135         168         303	1. MESSAOUI Saddam	24.07.1991	ALG	92.03	150 1	179	329
105 KG 1. ESSAMA OWONA Denis Joel 16.10.1989 CMR 95.49 135 168 303	2. MAATOUG Achraf	28.07.1997	TUN	87.81	140 1	178	318
1. ESSAMA OWONA Denis Joel 16.10.1989 CMR 95.49 135 168 303	3. MINKOUMBA Pedit David	27.02.1989	CMR	90.43	142 1	173	315
	105 KG						
	1. ESSAMA OWONA Denis Joel	16.10.1989	CMR	95.49	135 1	148	303
2. FETHI Mohammed 17.10.1992 ALG 101.24 135 148 303	2. FETHI Mohammed	17.10.1992	ALG	101.24	135	168	303
3. BERTALI Zakaria 07.10.1985 MAR 98.00 131 155 286	3. BERTALI Zakaria	07.10.1985	MAR	98.00	131 1	155	286
+105 KG	+105 KG						
1. BIDANI Walid 11.06.1994 ALG 124.20 181 210 391	1. BIDANI Walid	11.06.1994	ALG	124.20	181	210	391
2. SANOUNE Hamza 18.12.1984 ALG 125.23 155 185 340	2. SANOUNE Hamza	18.12.1984	ALG	125.23	155	185	340
3. LAGSIR Abdelali 10.04.1990 MAR 105.30 130 181 311	3. LAGSIR Abdelali	10.04.1990	MAR	105.30	130	181	311

The men's 62kg competition was really exciting: **ANDRIAT-SITOHAINA Alain of Madagascar** [!] triumphed by one kilo in total (263kg) on **MATAM MATAM Olivier** of Cameroon and by another kilo on **SSEKYAAYA Charles** from Uganda (261kg).

As expected, the 69kg was won by 2014 junior world champion, **BEN HNIA Karem** of Tunisia.

In contrast, a very keen and special domestic fight of two brothers took place in the 77kg. Eventually, the African champion title went to

the older **BAHLOUL** brother, **Ramzi**, ahead of Rami, 2 years his junior. The difference was a sole kilogram (315-314). A levelled leading

group characterized the 85kg with the bodyweight difference being the judge between Egypt's **ABDELRAOUF Ezzeldin** and Algerian **FARDJALLAH Housseyn** – to the former's advantage. Once again, it was the scale that decided the battle in the 105kg, where the local favourite **ESSAMA OWONA Denis** was ranked ahead the Algerian. The +105kg was won by Algerian **BIDANI Walid**, 2014 Junior World Championship second, with a personal best of 391kg.



Medal ceremonies were colourful with the traditionally-dressed ladies: here the 56kg winners



Surprise winner in 62kg: ANDRIATSITOHAINA Tojonirina Alain from Madagascar

PHOTO: BOWAN STEWART, AUSTRALIAN WEIGHTLIFTING FEDERATION, ZOLTÁN VERES

## KIRIBATI, FIJI AMONG NATIONS QUALIFIED WITH QUOTA FOR RIO!

### SUVA, FIJI

A few outstanding individual lifters of Oceania earning qualification to the Olympic Games on their own merit: yes, we have seen that before. Also, we have seen many Pacific Islands represented at the Games using Tripartite Invitation slots ("Wild Cards"). But to see Fiji or even Kiribati winning qualification quota alongside the "heavyweight' countries of Oceania, e.g. Australia or New Zealand: that is indeed commendable! The Oceania Qualification Championships is the latest event we can report on in the line of Continental Championships; it closed just before going to press with this pre-Olympic issue of **WORLD WEIGHTLIFTING.** In the following we quote the account by the person who took the lion's share in making this wonderful and spectacular event happen in Fiji: OWF General Secretary **Paul Coffa.** – The Editors.

2016 Oceania Weightlifting

Championship

on Event for the Games of the



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The OWF Electoral Congress was held on May 24th at the magnificent Grand Pacific Hotel. The Congress was attended by many international distinguished guests. It was great to have once again **Dr.Tamás AJÁN** attending. He is Honorary Life President of the OWF, and he has now attended the last four Oceania Congresses.

President: The Hon. Marcus STEPHEN MP - Nauru; General Secretary: Paul COFFA MBE - Australia. Congratulations must go to the President of the Fiji Weightlifting Federation, Atma MAHARAJ. Also to the Organising Committee Chairman, Dr. Robin MITCHELL, plus of course the entire force of volunteers. The tournament itself was brilliantly presented. The stage was world class as was the warm up area. The training venue had 20 platforms and was well managed with all countries doing the right thing by staying within their allocated time frames for training sessions. Being an Olympic Qualification event for Rio, the competition was very fierce. A number of top lifters needed certain weights to qualify and therefore in some cases the intensity of the task at hand for some lifters became insurmountable. However, in saying this, there were some outstanding results in many categories, especially in some of the female categories. The wonderful Mary OPELOGE from Samoa excelled again among the ladies, while in the men's field Commonwealth star David KATOATAU from Kiribati (105kg) and Nauru's constant feature Itte DETENAMO deserve special mention for their high-class performance on stage. Finally, this event would not have happened without the

support of the Fiji Government and the Fiji Sports Council. Cyclone Winston caused massive damage but it did not stop Fiji from putting up a world class event such as the Oceania Weightlifting Championships for all age groups, Youth, Junior and Senior. THANK YOU, FIJI!



Traditional performers at the Opening Ceremony

MEN		
56 KG		
1. TULO Manueli	25.03.1990 FIJ	55.51 104 127 231
2. BRECHTEFIELD Elson	02.03.1994 NRU	55.47 100 125 225
3. QAQA Poama	12.03.1997 FIJ	55.75 97 110 197
62 KG		
1. BARU Morea	15.04.1990 PNG	61.89 120 163 283
2. IOANE Valpava Nevo	14.04.1988 SAM	61.95 120 163 283
3. DAV Isikeli	03.05.1995 FIJ	å1.11 95 120 215
69 KG		
1. OALA Fred Karoho	12.09.1996 PNG	48.73 120 158 278
2. MINGINFEL Manuel	28.09.1978 FSM	68.37 120 150 270
3. VILLALON Vester Louie	13.11.1991 NZL	68.46 113 144 257
77 KG		
1. ETOUNDI Francois	06.10.1984 AUS	76.98 135 156 291
2. TABAROUA Taretika Baraniko	29.11.1994 KIR	76.00 125 165 290
3. PERIVE Toafitu	07.01.1985 SAM	76.39 127 163 290
85 KG		
1. PATTERSON Richard John E.	30.04.1983 NZL	84.85 150 180 330
2. OPELOGE Petunu	27.06.1994 SAM	84.69 136 182 318
3. CHAMOUN Malek	03.01.1989 AUS	84.40 140 170 310
94 KG		
1. LEUO Slaosi	26.10.1992 SAM	92.37 150 186 336
2. RIBOUEM Simplice	05.12.1982 AUS	34304 150185 335
3. PETELO Korlata	13.09.1991 SAM	93.37 140 178 318
105 KG		
1. KATQATAU David	17.07.1984 KIR	102.63 148 201 349
2. MAO Sanele	09.09.1985 SAM	104.14 145 190 335
3. TAYLOR Rory Phillip	17.03.1990 NZL	104.55 139 180 319
+105 KG		
1. DETENAMO Itte	22.09.1986 NRU	170.03 168 208 376
2. KELLY Damon Joseph	01.12.1983 AUS	145.39 168 205 373
3. LUI Lauidd	04.12.1995 SAM	129.71 167 201 368



A dance of joy by David KATOATAU, hero of Kiribatl





WOMEN 48kg						
1 YAMASAKI Erika Yuriko Iris	02.09.1987	AUS	47.84	71	88	159
2 TOUA Thelma Mea	30.03.1991	PNG	47.59	70	80	150
3 MALANI Seruwaia	01.03.1993	FIJ	47.13	59	74	1
53kg						
1 PATTERSON Phillipa Jean	08.12.1984	NZL	52.38	73	89	162
2 LIFU Mary Kini	15.10.1994	SOL	52.77	65	85	150
3 MOSS Charlotte Louise	05.09.1995	NZL	52.88	62	78	14(
58kg						
1 SASSER Mathlynn Langtor	25.12.1996	MHL	57.21	85	114	199
2 WINI Jenly Tegu	09.06.1983	SOL	57.56	87	108	19
3 TOOMEY Tia-Clair	22.07.1993	AUS	57.47	85	109	194
63kg						
1 ELLIOTT Kiana Rose	27.07.1997	AUS	62.52	93	107	20
2 MALONE Philippa Kate	06.08.1989	AUS	62.08	86	105	19
3 BOON Alethea Leqetiviti Sokia	07.01.1984	NZL	58.39	81	95	17
69kg						
1 VAIVAI Apolonia	05.02.1991	FIJ	68.64	92	114	200
2 CIKAMATANA Eileen Floanna Maria	18.09.1999	FIJ	68.22	93	112	20
3 GOULD Amanda Kate	21.12.1986	NZL	66.18	77	91	168
75kg						
1 OPELOGE Mary	24.01.1992	SAM	74.59	103	122	22
2 MYERS Jenna Anne	01.03.1986	AUS	74.20	93	115	208
3 FOGAGNOLO Camilla Ursula Regina	31.05.1986	AUS	73.96	85	111	190
+75kg						
1 SIPAIA luniarra	25.06.1993	SAM	122.97	107	139	240
2 LAMBRECHS Tracey	27.08.1985	NZL	107.89	102	138	240
3 PETERS Luisa Fatiaki Taitapu	27.06.1993	СОК	98.70	95	117	212





The 58kg winner from Marshall Islands: Mathlynn SASSER



One of the home favourites: Apolonia VAIVAI, Fiji





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CHINA HEBEI ZHANGKONG BARBELL MANUFACTURING CO.,LTD.

TEXT: SARA ALAMBEIGI

### IRANIAN WEIGHTLIFTERS SWEEP ALL FAJR CUP GOLD MEDALS



he IWF Grand Prix – 1st International Fajr Cup, Qualification Event for the Rio 2016 Olympic Games, was held between May 30 and June 2 at the **Azadi Sport Complex** in the Iranian capital, Tehran.Thirty-five athletes from 18 countries took part and competed in four categories; 85kg, 94kg, 105 and+105. The event, which was the first such competition hosted by Iran, had IWF President **Dr. Tamás Aján** among the Guests of Honour, who used the visit to meet with Iranian sports officials, the country's top leaders and host Federation President **Ali Moradi**. The event was only for male weightlifters, while female athletes attended Russia's President Cup to secure their Olympic spot or register the obligatory participation in Qualification Events – criteria for being on an Olympic team.

#### 85KG - ROSTAMI SETS FIRST WORLD RECORDS OF 2016

ifteen athletes took to the platform in two groups of which Iran's **Kianoush Rostami** was the last lifter who showed up on the stage. He lifted 170kg and 175kg respectively and declined his third attempt as he had already saved the snatch's gold medal. Russia's **Alexey Yufkin** came in second with 168kg, followed by **Ayoob Mousavi Jarahi** from Iran with 166kg. The clean and jerk was more challenging for the audience, including the Iranian sports officials who were in the hall, as **Rostami** asked for 220kg for his second attempt, was successful, improving the world record by two kilograms! **Rostami** also set a new world record of 395kg for the total.

**Yufkin** got two more silver medals for jerking 205kg and the total of 373kg. **Mousavi** ended his competition with 196kg in the clean and jerk and 362kg total and three bronze medals.

With this 220kg, Rostami broke two world records (the first ones in 2016): in clean and jerk and in total (395kg)

### > ROAD TO RIO - 1<sup>ST</sup> FAJR CUP IWF GRAND PRIX

## **94KG CATEGORY**

Eight athletes competed in this weight class. The snatch began with 135kg but ended with **Sohrab Moradi**'s 180kg. He lifted the weight for his first attempt and as he pocketed the gold medal he did not return to the stage for the remaining two attempts.

The silver medal went to Iran's second weightlifter Ali Hashemi for lifting 170kg and 173kg. Kazakhstan's Semen Linder got the bronze medal for lifting 170kg, which was also lifted by Russia's Alexander Ivanov but the Kazakh was lighter. In the clean and jerk, Moradi again showed up only once and successfully lifted 220kg overhead and won the gold medal. He pocketed his third gold medal for the total of 400kg.

Hashemi lifted 216kg and made a total of 385kg, winning two more silver medals leaving the bronze to **lvanov** (367kg). **Ibrahim Arrat** from Turkey received the bronze medal of clean and jerk for lifting 200kg.

## **105KG CATEGORY**

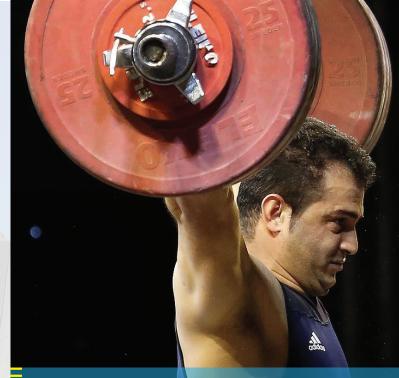
The field was quite small but all the more competitive, especially in the snatch. **Sargis Martirosjan** from Austria lifted 175 kg for his first attempt. Iran's **Mohammad Reza Barari** requested 176kg on the bar, but could only lift it in his second attempt.

**Martirosjan** lifted 183kg for his second attempt, forcing **Barari** to go for 184kg. The Austrian lifter could have won the gold medal after loaders prepared a 185kg bar for him, but he decided not to try it. He, therefore, finished his snatch with a silver.

In the clean and jerk, **Barari** secured his gold medal with his first attempt of 210kg. He then lifted 220kg but failed to improve his personal best to 228kg. His total of 404 kg also left him with the third gold medal.

Serbia's **Nenad Kuzic** got the silver medal for lifting 203kg and being about one kilogram lighter than **Martirosjan** who raised the same weight.

**Martirosjan** won his second silver for the total of 386kg, followed by **Bochkov** who gained the total's bronze medal for his 378kg record.



Sohrab Moradi, winner in 94kg

## +105KG CATEGORY

Six athletes took part in this category, including Olympic and world champion **Behdad Salimi** who had just come back to compete after seven months of injuries. Though his current shape is light years away from his top form, easy 195kg, 201kg and 205kg in the snatch were enough for him to bag the gold medal. Iran's second weightlifter in the heavyweight **Bahador Moulaei** came in second with his only successful attempt of 181kg.

**Daniel Dolega** from Poland received the bronze medal after snatching 180kg.

In the clean and jerk, several lifts were missed. **Moulaei** lifted 230kg in his first attempt, and failed twice to overcome 249kg. His first attempt, however, made him the gold medalist of the clean and jerk.

Syria's **Man Assad** gained the silver medal for being able to raise 225kg overhead.

**Salimi** lifted 225kg when he first came to the stage for the clean and jerk, a safety lift with his recently reconstructed knee. He then tried the 231kg-bar, but received two red lights from the referees. He decided not to push it further so soon after an operation, and got the bronze medal due to his weight difference.

The total's medals were given to Salimi, 430kg, Moulaei, 411kg, and Dolega, 402kg, respectively.



Recovering from knee surgery, Behdad Salimikordasiabi was still careful about the weights, yet won the +105kg



TEXT: KORNÉL JANCSÓ PHOTO: DSPKAZAN.COM

## WEIGHTLIFTERS RETURNED TO RUSSIA'S SPORTS CAPITAL, KAZAN



elebrating its sixth edition, therefore rightfully called "traditional", the latest Russian President's Cup held in Kazan, Russia's Sporting Capital, seemed unique in the IWF Calendar for more than one reason. First of all because this IWF Grand Prix, which took place 18-20 March, was the first one in 2016 in the line of events gualifying for the Rio Olympic Games. On the

of events qualifying for the Rio Olympic Games. On the other hand, its timing was unusual: never before had it been carried out in the first quarter of the year. Previous editions of the Cup enjoying the high patronage of the current President of the Russian Federation had been hosted by Belgorod, St. Petersburg, Moscow, Noyabrsk and Grozny invariably in the later part of the year, October-November, or even in December, like the 2015 President's Cup held in Grozny, capital of Chechnya. That way, the 2016 edition followed hardly more than three months later.

Originally, the organisers were considering four or five potential hosting cities but eventually decided in favour of Kazan, seat of Tatarstan.

With this choice, the Russian Weightlifting Federation took no risks as in recent years Kazan has been staging a wide range of top-notch competitions in a wide array of sports, in both senior, junior or youth age groups. These have vested the city with ample routine, coupled with a solid organisational background and – in our case – the local knowledge about, and love for, weightlifting guar-



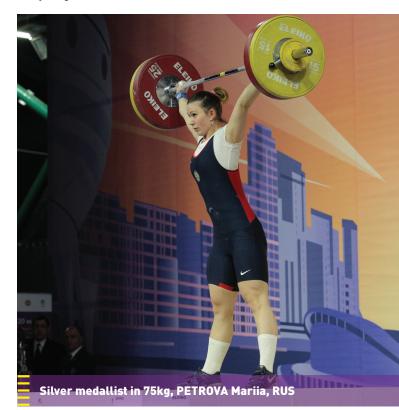
PHILLIPS Jessica, USA – 3rd in 75kg

anteeing a perfect GP. We were not disappointed by the quality of the presentation; whereas the only point at which the 2016 Cup was inferior was the lower number, or lack, of big names, especially if compared to earlier President's Cups. Reasons being first the early dates in March, second the nearness of the European Championships (due in April), so that the Federations concerned preferred to delegate their top lifters to the Forde meet rather than to Kazan, if at all sending any of their potential Olympic protagonists to either event...

Finally, however, the spectators turning out in the **Ak Bars Wrestling Palace** could be witness to exciting competitions in the five categories included in the program of the 2016 President's Cup. These classes were: 75kg and +75kg for women, 94kg, 105kg and +105kg for men. All in all, the field numbered 36 from 11 countries. This time, the hosts could save the money prize designed to reward world records, because there were not any. On

the other hand, the 5 thousand dollar prizes for the first place, the 3 thousand for the silver medal and the 2 thousand dollars for the bronze medallists found their way to the winners in each of the five categories.

In the men's 94kg category a convincing victory was scored by former Junior European champion and 2014 European silver medal winner, Russian **MALIGOV Adam**, winner of the 2015 President's Cup. His score showed 375kg in total and he also pocketed the snatch and clean and jerk gold medals.



36 / WORLD WEIGHTLIFTING

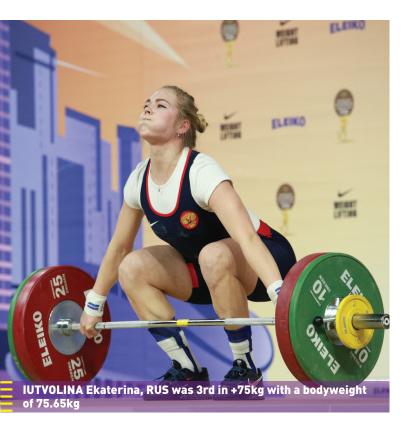
## > ROAD TO RIO - 2016 IWF GRAND PRIX 6<sup>TH</sup> RUSSIAN PRESIDENT'S CUP 2016

The 105kg title went to 2014 junior world champion, Polish **SAMORAJ Jaroslav** for a total of round 400kg, 15kg ahead of **MURATOV Gennady** of Russia, a European Champion-ships fourth-placed. A member of the USA team, **KITTS Wesley Brian** came in third with 365kg.

In the superheavyweight category, two-times European Championship silver medallist **ALEKSANYAN Ruben** from Armenia won with 430kg ahead of Hungary's giant **NAGY Péter** (421kg) and Czech ORSAG Jiri (414kg). In this competition we saw Russian **MOGUSHKOV Chingiz**, who weighed in with the highest bodyweight ever: 195.80kg! After a third place in snatch, **MOGUSHKOV** finally missed out on the medal podium (402).

In the women's 75kg a Canadian winner was awarded with **FILIATREAULT Johanie**, who became very popular with the spectators. Bronze medallist at the 2013 Junior World Championships, this time she took the gold medal with 233kg overtaking last year's junior world champion Russia





**PETROVA Mariia**. The heaviest group included the lowest number of participants and if you managed to have at least one valid attempt on each lift you were a medal winner and eligible for the money prize. In accordance with the estimated chances, 2012 Olympic third, World and European Championship medal winner Armenian **KHURSHUDYAN Hripsime** won hands down with her 246kg. As runner-up we saw 2013 junior European champion **MAKHIYANOVA Lyaysan** (228) from Russia and in third place another Russian landed: **IUTVOLINA Ekaterina** (216kg).



Canada's FILIATREAULT Johanie fought hard for the gold medal in 75kg and succeeded





### **MEN** 94 KG

1. MALIGOV Adam	06.05.1993 RUS 89.15 170 205 375
2. GETTS Victor	24.02.1994 RUS 86.10 160 200 360
3.BIANCO III Angelo	4.06.1993 USA 85.75 145 182 327
105 KG	
1. SAMORAJ Jaroslaw Pawel	16.06.1994 POL 104.54 180 220 400
2. MURATOV Gennady	02.03.1987 RUS 104.53 175 210 385
3. KITTS Wesley Brian	22.05.1990 USA 104.25 170 195 365
+105 KG	
1. ALEKSANYAN Ruben	14.03.1990 ARM 150.50 189 241 430
2. NAGY Peter	16.01.1986 HUN 156.95 188 233 421
3. ORSAG Jiri	05.01.1989 CZE 122.90 180 234 414

#### WOMEN 75 KG

1. FILIATREAULT Johanie	14.12.1993 CAN 74.79 102 131 233
2. PETROVA Mariia	13.01.1995 RUS 72.65 106 126 232
3. PHILLIPS Jessica	01.07.1991 USA 74.54 94 110 204
+75 KG	
1. KHURSHUDYAN Hripsime	27.07.1987 ARM 88.15 110 136 246
2. MAKHIYANOVA Lyaysan	02.05.1993 RUS 75.95 101 127 228
3. IUTVOLINA Ekaterina	31.08.1992 RUS 75.65 93 123 216



TEXT: KORNÉL JANCSÓ

## **ONSTAGE: CHAMPIONS OF THE FUTURE**

n all probability we shall have to count with Tbilisi's heroes in Tokyo.

Chen Xiaoting, Deng Wei, Tima Turieva, Kang Yue, Nadezhda Nogay or - moving on into the men's world - Li Fabin, Mao Chen, Kianoush Rostami, Bahador Moulaei, Artem Okulov, Lasha Talakhadze, Thach Kim Tuan, Su Ying, Luis Javier Mosquera Lozano all of them just sampled at random from the past half-decade in the pool of talented weightlifters connected on one side by the fact that each of them won junior world champion titles (some of them more than once), on the other side by their success among the seniors, including Olympic, world and continental championship medals. Except for very few prodigies who are capable of senior standard peak performance already in their teenage years, the majority of talented young athletes need some time to gradually turn into world-class competitors.

That is what we may expect from the – practically still anonymous - heroes of the present whom we can meet at the 2016 IWF Junior World Championships in Tbilisi, Georgia, between 25 June and 2 July. There is a fair chance that we might even meet some of them, the very best, in Rio, this August, but more likely they might show up again at the next Olympic summit in Tokyo, in 2020. For the expert eye it is worth watching the stage in Tbilisi to identify the future champions.



HSU Shu-Ching, TPE: former junior world champion, later Olympic silver medallist and 2015 world champion, Lifter of the Year 2015









He made a big buzz as a junior: THACH Kim Tuan of Vietnam has since made a nice career among the

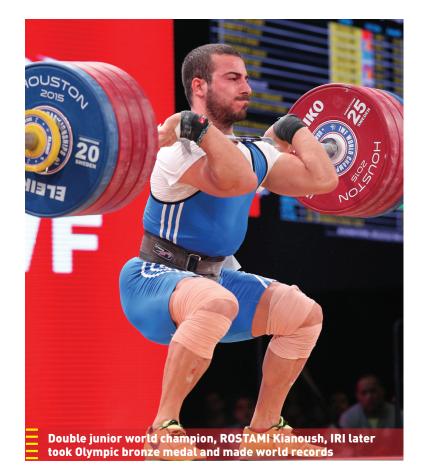
Another argument for focusing on the upcoming challenge of the athletes aged under 20 is that Georgia has never before hosted a world championship - in any sport. Nevertheless, the IWF Executive Board did not take a risk too high when entrusting the Georgian Weightlifting Federation with this task and allow Tbilisi to be entered as a new city to host the 42nd Men's and 22nd Women's Junior World Championships. These figures also reveal that the junior men had started their own agegroup's championships two decades earlier than the girls. Marseille, France was the host of the 1st Junior Worlds in 1975. For the first time the challenge left Europe in 1980 when it was carried out in Montreal, Canada. In 1982, South-America joined in with Sao Paulo, Brazil's largest city being the host. In the following year the fourth continent entered the list of JWC organisers: Africa, when Egypt's capital, Cairo was registered in weightlifting's world map. In 1989 North-America also claimed an edition of the Junior World Championships: Fort Lauderdale, Florida, USA played host to the event. It was not until the 20th JWC in 1994 that Asia was introduced as the organiser of the U20 championships: Jakarta, Indonesia was the host city. The number 21 was "winning" in 1995 when Warsaw, capital of Poland staged the first "co-educated" Junior World Championships for both men and women. Warsaw made history not only by being the first but also by hosting the same event a year later again, in 1996.

Ever since, basically Europe accommodated the most Junior Worlds, but the event also travelled back to Africa (Cape Town, South-Africa, in 1997), North-America (Savannah, USA, 1999), Central-America (Hermosillo, Mexico, 2003 and Antigua Guatemala, Guatemala, 2012), Asia (Busan, South-Korea, 2005, then Hangzhou, China, 2006 and Penang, Malaysia, 2011), only to return to Europe in the last two years: Kazan, Russia, 2014 and Wroclaw, Poland, 2015.

Organisers could rarely complain of a lack of interest. The record holders



TURIEVA Tima, RUS: after the junior title in 2011 she reached the top among the seniors in 2014



## > 2016 IWF JUNIOR WORLD CHAMPONSHIPS PREVIEW

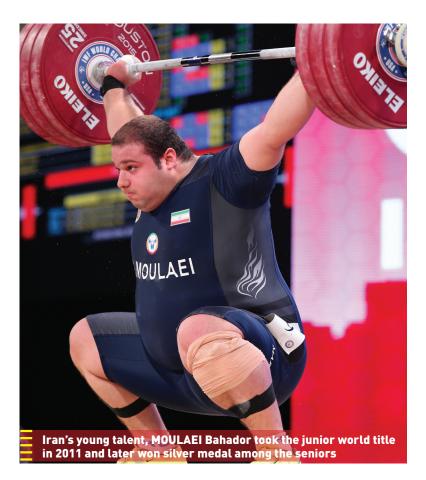
in terms of women participating were Penang and Prague, and among the men Belgrade and Prague. The largest turnout for women athletes was recorded in 2011 in Penang: 120; and the Czech capital welcomed the most countries: 32. The highest number of young male competitors was entered in Belgrade, 217, whereas again Prague in 2007 holds the world record of the most nations – 49 – taking part.

So far, 3,352 medals have been awarded for men indicating that in Tbilisi the 3,400th medal will be allocated. In the women, altogether 1,377 medals have been distributed with further 63 to be awarded in Georgia. Here, we may witness the presentation of the 1,400th medal.

As regards the medal tables by country: since 1975, 66 countries have captured a minimum of one medal for men, with the most collected by Bulgarian athletes: 541, in a breakdown of 257 gold, 157 silver and 127 bronze medals. Next in line is China (406 – 211, 124, 71) and the third best medal collectors were the athletes of the Soviet Union (402 – 165, 165, 72).

In the women, we would not be surprised to find China in first place with altogether 273 medals. It is not likely they can reach the 300 limit in Tbilisi, but they might capture the 200th gold medal as the current standing is 197, in addition to 53 silver and 23 bronze medals. After China we have Russia (170 medals – 76 gold, 55 silver, 39 bronzes) and Thailand (105 – 26, 48, 31).

In Tbilisi, as many as two Olympic Champions are awaiting the young: Kakhi Kakhiashvilis, President GWF, 3 times Olympic Champion, and George Asanidze, MP, Champion of Athens 2004. No-one can understand better the needs of the young competitors than former weightlifters who travelled the world, so we may rest assured that the whole 2016 IWF Junior World Championship Family will have a great time in the Georgian capital.







TEXT: ANIKÓ MÓRA

# INTERVIEW WITH OL-111-MPRESIDENT KAKHI

## WW As 3-times Olympic champion, what are your expectations from the Rio 2016 Olympic Games?

KK Even though at Olympics often we don't witness the greatest results, I wouldn't be surprised to see some youngsters shaking the standards. Sometimes the extraordinary conditions, as they are at the Games, yield something extraordinary in return. No doubt, I have the greatest expectations from our main force, Lasha Talakhadze. We'll see what happens.

## WW Do you expect any new world records in Rio - men or women?

**KK** The world record is a beauty at Olympics. We've seen good and bad surprises at the Games in the past. Again, I can only say: we shall see.

## WW How do you see the current situation with doping in weightlifting?

KK Doping is here, it was before and unfortunately it will remain to some extent. Doping cases are not just harmful to persons or their teams or a sport family, it is harmful to the entire sport society by criminalizing itself in the eyes of humanity. I think we need to tighten measures; I will do my best in favor of total cleansing from doping. I'm not naive, it is very difficult to do.

# WW How is the Georgian weightlifting team preparing for Rio? What are your expecta-tions?

KK Georgia is a small country but with a great sports history. In our Olympic team we have one real medal contender and I think another athlete will fight for the medal, too. In the last 3-5 years we have been improving on the international stage. We have an upbeat, very optimistic mood for Rio.

## WW Congratulations to the GEOWF – your Federation – on having been selected as best National Sport Federation in Georgia last year! Did it mean any advantage for you either in Olympic preparation or for the 2016 JWC?

KK I Well, it's true: that last year we topped the ranking list of 75 Sports Federations. It was the result of hard work by the whole federation, all the members involved. I believe that the high-level European Championships, our overall good results and the development



Exhibits donated by Kakhi Kakhiashvili, including his 230-kg world record barbell, make up a good portion of the Georgian Sports Museum's collection

program of the Federation must have been to our credit. Besides, we

never demand more than is needed from the government recourses and manage the provided budget wisely,

so we have gained respect. We were able to conduct serious coaching seminars and bring modern technologies into the training, recovery and health of athletes. This year is no different - we are fighting for the title of the best.

## WW Since when have you been President of the Georgian Federation? What goals did you set at the beginning and what have you been able to realize?

KK It's been 12 tough and challenging months since I took over. The goals were simple – to have a successful and formidable federation, to have trust in this family and to be progressive. The ultimate goal is to make this sport popular in Georgia and more integrated in all other sports. Weightlifting, being the fundamental to any other sport activities offers basis to all sport persons in our country. We have established a number of new sport facilities and opened up the gates for all the sports representatives. One of the biggest challenges and a serious goal is to have a strong women's team. We would love to have a strong women's team.

WW What does the Junior World Championship mean for Georgia, for your Federation and for your projects? Eventually are you

#### planning to host even larger events?

KK I want to thank my colleagues for the trust of letting us host last year's European Championships. It was quite a challenge. With little flaws here and there, all and all we had positive feedbacks from both the European and International Weightlifting Federations. As for the legacy: the equipment purchased is distributed in the regions and to many of the new clubs opened in the country during this period of time. Everyone understands that by hosting events like the 2016 JWC, we contribute to the popularization of this sport, what is more it is good publicity to the country. To go even further: I am positive that cumulative experience will provide us a solid ground to stand as a powerful contender to be a host of a future, even bigger event. Georgia's uniqueness: hospitality, traditions, history - these elements can be melted into the building block for the strength of International Weightlifting.

## WW Please tell us about your personal life. Any plans for getting married, family?

KK Well, it is logical and somehow, necessary to have a family, to build on your traditions. As for hobbies... Traveling, I guess. Collecting some rare crystals. Some of those crystals were formed a million years ago and we plan to use them for the upcoming Championships... but this is a surprise!





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TEXT: LILLA ROZGONYI

## BETTER THAN THE WORLD? -A GLIMPSE AT THE CHINESE NATIONAL CHAMPIONSHIPS

n various press conferences we have often heard Chinese world or even Olympic champions remark - quasi off the record - that it was more difficult to win selection to the team than win the World Championships or the Olympic Games... Truly enough, according to Chinese custom, given the abundance of worthy candidates to fill the guota earned, it is traditionally and invariably their National Championships that is employed to decide about the selection. The stake is high though simple: you win at home, you are considered as a potential Olympian. You don't win, you stay home. In view of the above, one of the most important and captivating challenges in the lead up to the Rio 2016 Olympic Games was this year's Chinese National Championships, organized by the Chinese Weightlifting Association, this April. With the women's events held in Longyan, Fujian Province, and the men's competitions taking place in Jiangshan, Zhejiang Province (these two events being one week and 700 kilometers apart), athletes were fighting hard to win the National Championships titles to be able to represent their country in Rio. The competitive national field in China leaves no place for failure. The expectations set for the Rio Olympic Games drive the athletes and, ignoring serious risks, they go for weights rarely attempted before. The women's 58kg and Men's 69kg, and 77kg were highly competitive as China has several World and Olympic Champions in these bodyweight categories who performed at their best. Athletes excelled in four bodyweight categories setting "unofficial" world records: W53kg – Li Yajun Snatch 104kg (1kg











Zhou Jinqiang, Executive Vice President of CWA with IWF Communication and Marketing Director Lilla Rozgonyi



over the current world record)W63kg – Deng Wei Clean and Jerk 149kg, Total 264kg (3kg over the current world records) M77kg – Lyu Xiaojun Total 381kg (1kg over the current world record) M85kg – Tian Tao Clean and Jerk 220kg, Total 395kg (2kg and 1kg over the current world records) The Chinese Weightlifting Association tested medallists and additional athletes as well through a great cooperation with CHINADA. Nevertheless, the Championships not being listed as an IWF Event, the records remain invalidated by the IWF. The Championships gave an opportunity to ask some of the superstars of their impressions and philosophy.



## WOMEN

48K G				
HOUZhihui	18.03.1997	94	116	210
53KG				
LI Yajun	27.04.1993	104	128	232
58KG				
CHEN Guiming	03.01.1994	103	134	234
63 KG				
DENG Wei	14.02.1993	115	149	264
69 KG				
XIANG Yanmel	13.06.1992	120	145	265
75 KG				
WANG Zhouyu	13.05.1984	120	140	260
+75KG				
MENG Suping	07.17.1989	140	190	330





#### 69kg: LIAO Hui

"I felt much more stress than usual due to the importance of the competition as this National tournament is also a qualifier for the Rio 2016 Olympic Games. My result today was quite disappointing. If I should rate my performance I would say I was at 60%. Shi Zhiyong gave 100% of his potential. He started his Snatch with his best

weight while I didn't make the best out of it.

I still master the 69kg, but due to the Olympic Games I can't make any single failure. My objectives for Rio are simple: win the Gold medal and break the Record.

## 77kg: LYU Xiaojun

## WW How was your road from Houston to here?

**LX** There is always a right time for people to fail and learn from it. It can be beneficial and lead to self-improvement. In terms of training, Yu Jie and Liao Hui helped a lot especially in the Clean and Jerk. It gave me more confidence and I made considerable technical improvements as well.

My family - wife and daughter - were a strong support in the period that came after Houston.

### WW How did you feel during the competition?

LX The young generation of lifters like Zhong Guoshun, Lu Haojie are working hard to catch up and defeat me. I take it as an encouragement to push myself harder. As Olympic Champion I also want to prove myself and reach higher goals. My opponents help me to overcome my limits.

Three athletes started on the same weights as I did - with a Snatch at 170kg and a Clean and Jerk at 200kg. This made me feel a little insecure because it seemed to me like they were at the same level. I had to do the lifts one by one to secure the lead and take the final attempt to win. After the second lift at 174kg I felt more relaxed. In the Clean and Jerk I decided to do the same and take the first attempt at 200kg, take the leading

position and make a new "unofficial" World Record afterwards. As the other athletes lifted their weights, we decided to lower down to 192kg which is usually an easy one but due to the waiting time in the warm up area it was more difficult to lift that weight than I expected.

After this first attempt I warmed myself up with 60kg-80kg-100kg for the 200kg attempt. Due to this preparation, the second lift was not too difficult.

In the last attempt I planned to take 215kg to prove to myself that I made serious improvements lately. But my coach Yu Jie reminded me about the possibility to break an "unofficial" World Record in the Total if I just make it 207kg. He told me that it's just an exercise. During regular training I can lift 205kg easily so this time Yu Jie encouraged me to try 207kg.

When stepping on the platform I kept repeating: It's just 205kg - 205kg - 205kg... And I made it!

This World Record was planned for Houston but I was too relaxed there. This is a great revenge on my failure there.

I learned a lot from these National Championships. Any success can be reached only one step after another. You have to be well prepared mentally, physically and not in a rush mode.





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## MEN

56 KG				
LONG Qingquan	03.12.1990	135	165	300
62 KG				
CHEN LIJun	08.02.1993	151	177	328
69 KG				
LIAO Hul	05.10.1987	158	196	354
77 KG				
LYU Xiaojun	27.07.1984	174	207	391
85 K.G				
TIAN Tao	09.04.1994	175	220	395
94 KG				
LIU Hao	07.20.1989	171	212	383
105 KG				
YANG Zhe	14.07.1991	195	210	405
+105 KG				
Al Yunan	21.06.1991	191	230	421



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## **IWF INTENSIFIES BATTLE BY EDUCATION**

uch has been going on "on the anti-doping front" recently. However, besides minding the immediate tasks arising, the IWF persistently marches on the route it has designed in terms of intensified attacks on the front of ANTI-DOPING EDUCATION. As part of the Olympic Qualification Process for Rio, IWF Anti-Doping Seminars have been conducted by trained experts at each of the Continental Qualification Championships and Grand Prix.



Many Asian countries were interested in the Anti-Doping education



The Pan-American Qualification Championships was also preceded by a successful AD Seminar conducted in Cartagena, Colombia, by Dr. Marcelo Munoz



Dr. Zakia Bartagi and Dr. Robert Ndjana, lecturers, present certificates to the participants of the IWF AD Seminar for Africa, held in Yaoundé, Cameroon

The IWF Anti-Doping Seminar for Europe in Forde, Norway, was conducted by Dr. Éva Nyirfa and attended by 44 nations

Scandic

# -DOPK TASHK

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In Asia, at the Asian Championships in Tashkent, Uzbekistan, Dr. Patrick Schamasch was the lecturer





# Weightlifting

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