

# WORLD

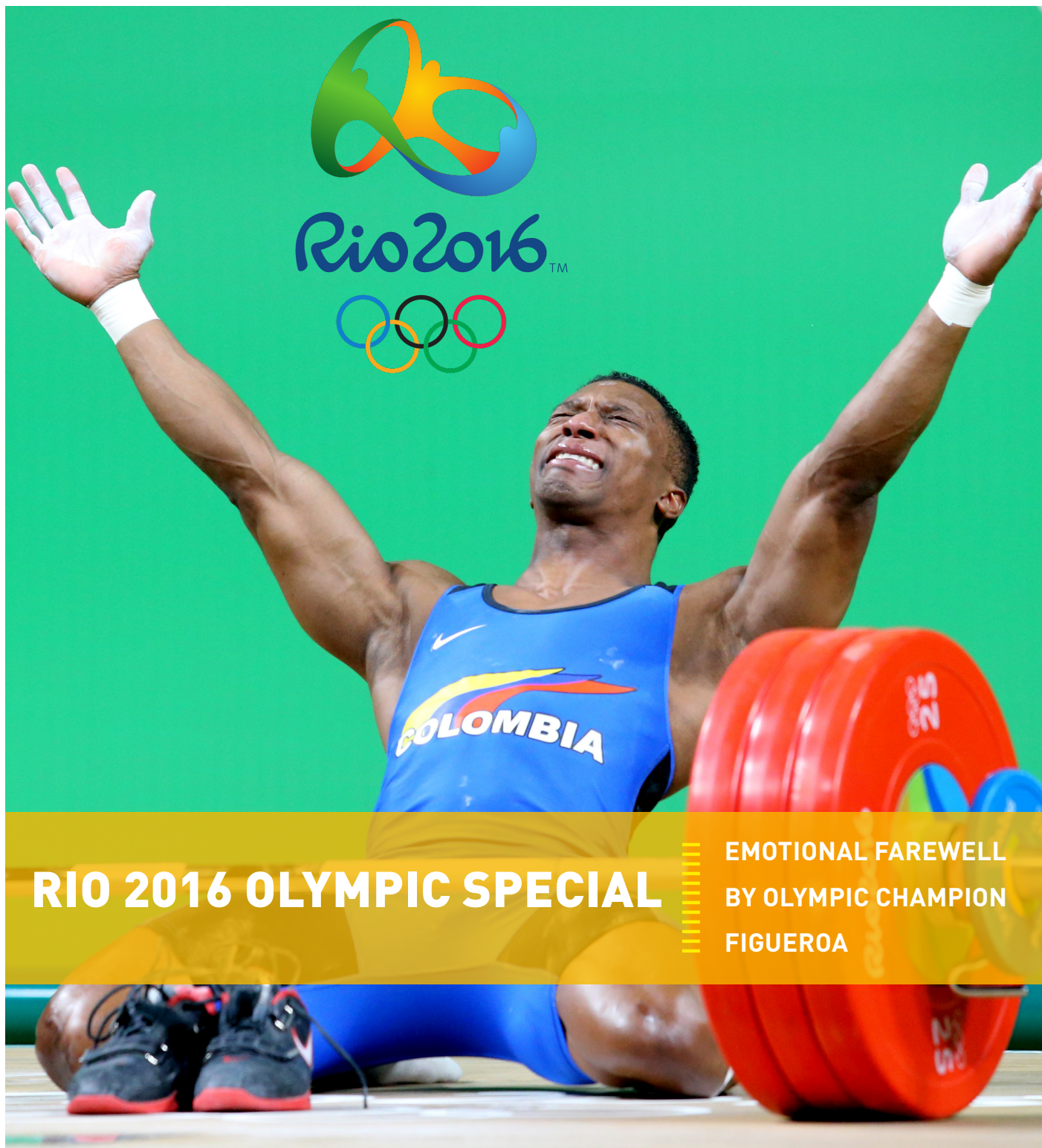
No.138



OFFICIAL MAGAZINE OF INTERNATIONAL  
WEIGHTLIFTING FEDERATION



# WEIGHTLIFTING



**RIO 2016 OLYMPIC SPECIAL**

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BY OLYMPIC CHAMPION  
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255 COMPETITORS

19 OLYMPIC RECORDS

9 WORLD RECORDS

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# FOREWORD

## Dear Readers, Dear Friends

In this post-Rio2016 issue of WORLD WEIGHTLIFTING, I would like to approach two main subjects: on the one hand the Olympic Games just left behind; on the other hand the upcoming period which bears a special importance in the sport of weightlifting.

As far as the Olympic Games are concerned: no doubt the Olympic involvement is the absolute priority for each of the 206 countries under the umbrella of the IOC. Everything, the country's sports governance, the National Olympic Committees and the individual sports, are judged by the people, by the society based on the success achieved in the Games. That applies to weightlifting as well. As a sport, weightlifting passed the Rio2016 test with excellent marks. If not for another reason but because we recorded the highest number of countries ever in the history of the Olympic Games: 92. No better proof of weightlifting's global spread is required. 21 nations shared the medals of which 8 could earn gold, which is unique. Several countries have won their first Olympic medals in our sport – yet another evidence for the universality of weightlifting.

On the whole, from the point of view of weightlifting Rio has been very successful. World records, Olympic records abounded and the competitions were well organised. The Brazilian hosts were largely criticised (let's admit, with a good reason), but within the weightlifting venue everything was well done. The Riocentro was well equipped and the Competition Manager, **Pedro Meloni** deserves special praise for an excellent job. He and his staff were working hand in hand with the IWF, whereby our International Federation also contributed to an efficient management of the competitions. While transportation faced huge problems, the weightlifting competitions were running smoothly, including the professional activity

of the juries, the referees and other Technical Officials appointed. Rio2016 in weightlifting was certainly up to the Olympic standards.

I have to mention a major highlight of the Games: the visit of the IOC President, **Thomas Bach**. He would usually spend about thirty minutes in any Olympic venue, but he spent 2 hours and 35 minutes with us in weightlifting. And his stay was not limited to watching the competition but he also went to see our novelties. We introduced two new features: a "Demonstration Zone" adjacent to the competition venue where triple Olympic champion **Pyrros Dimas** displayed the correct technique of lifting and anybody could try to lift the barbell. Spectators of all ages were swarming around the Demo Zone, eager to try to lift the "fake" polystyrene barbell overhead, and Thomas Bach's attempt with this barbell triggered a "selfie craze" amongst the people. Additionally, we introduced an elegant "IWF Lounge" to accommodate discussions with the representatives of National Olympic Committees, other International Federations, IOC officials, sponsors, etc. in a tastefully decorated and comfortable environment. During the visit of Thomas Bach, we spent an hour *tete-à-tete*. In our discussion the IOC President confirmed that weightlifting was a basic sport and an integral part of the Summer Olympic Games program. It is widely known that the samples taken at the 2008 Beijing and 2012 London Olympic Games have been subjected to a reanalysis and positive results have been disclosed. We should recall that the IWF had carried out extensive and intensive testing prior to both Olympic Games but laboratory techniques of the time were yet unable to discover the presence of certain substances. Now, thanks to the advance of the analysis methods, forbidden substances have been found with several athletes, including weightlifters.

The IWF is known for its fight for clean weightlifting and Thomas Bach has repeatedly expressed his full agree-



IOC President Thomas Bach,





The Rio2016 OC and IWF staffs

ment with our measures. The IWF had stipulated already in its Olympic Qualification System that any country producing several positives would have quota withdrawn. We duly followed suit and applied the rule on the NOCs concerned. Also, following the reanalysis, we were the first to stop athletes already prior to the competitions. I have to talk openly about it, since facts disclosed by an Independent Commission led by Canadian Professor Richard McLaren implicated several Russian weightlifters, whereupon the IWF Executive Board took a rigorous decision banning the whole Russian weightlifting team from participating in the Rio2016 Olympic Games. I am a totally athlete-oriented person and I would do everything for the competitors; I feel so sorry for those lifters innocent but unfortunately the Russian sport management had encroached into the preparation of the athletes to an extent that

was simply unacceptable and the IWF had to make a move. This move could only be a ban on the Russian weightlifting team. Our decision was applauded by the IOC, by President Thomas Bach and the international media alike. Bulgaria had been banned earlier, due to the high number of doping cases they had produced in the last two years. The IWF continues to investigate further into the reanalysis cases with respect to the Executive Board's Tbilisi decision which stipulates that Member Federations having three or more AAFs in the 2008 and 2012 reanalysis process shall be suspended for one year. The suspensions, however, will not enter into force until the cases are closed and to date we have not received the official documents from the laboratories and the IOC. However, the IWF is resolved in maintaining its firm standing against the cheaters, against those breaking the rules of fair

competition. My heart is bleeding but it is clear that we cannot step back and it will serve as a good lesson to anyone participating in the Olympic Games. A strong deterrent from cheating. With the successful Olympic Games behind us we need to look ahead and develop the sport further. We have just registered a milestone decision: at its meeting in Beijing, in September, the IWF Executive Board approved the introduction of an 8<sup>th</sup> bodyweight category for women. The rule up for ratification by the IWF Congress in Penang now includes the category of 90kg instead of the +75kg, as well as the new category +90kg. The proposal was the distillate of a preparatory sequence, including an incentive from the Women's Commission, the Technical Committee and a special working group and based on statistics and the principle of gender parity. The 15kg difference between 75kg and 90kg may though seem to be a big jump, the 90kg limit looks most suitable to divide the large population in the superheavyweight category and provide more balanced conditions instead of the extremes. I am sure the delegates of the Congress in Penang will eagerly welcome the change due as of 1<sup>st</sup> January 2017. In the last 40 years weightlifting has undergone huge changes, huge progress. We have elaborated and implemented an IWF Development Program providing significant assistance to national and continental federations. In May 2017 the IWF will hold its elections and now I wish to invite all Member Federations to nominate candidates to the Executive Board and the various Committees who know weightlifting and are able to contribute to the sport. The IWF will also assist its officers financially to carry out their duties. So far several potential officials have decided against being nominated for fear of not being able to finance their participation in the meetings. That should not be an obstacle and anyone with a dedication, a due knowledge of the sport and of languages should stand for election to the IWF positions. Valuable and dedicated contributions to the international activities are always welcome!



coached by Pyrrhos Dimas, experiencing the joys of weightlifting

*Tamás Aján*  
**DR. TAMÁS AJÁN**  
 PRESIDENT



# OLYMPICS IN RIO: BRILLIANT SUCCESS AND SOME SHADOWS

Others may also be in the same disposition: as far as I am concerned, I left the Rio 2016 Summer Olympics with mixed emotions. The Games were at the same time very successful and, besides the positive treats, burdened with problems and undesirable occurrences. That would include more than just weightlifting, but let us now remain within the limits of our own household. Pavilion 2 of the RioCentro, where the weightlifting competitions were held proved to be suitable for its purpose; after some initial hitches the events began to run smoothly and by the end of it the organisers had fully risen to the occasion. In a global Rio Olympics context we could not complain regarding the attendance: the stalls were fully loaded on more than one occasion, meaning that nearly 6 thousand fans devoted their attention to the battle of weightlifters with each-other and the barbell. The presence of the crowd involved more than just watching: the Brazilian and visiting public practically lived with the developments on the stage, offering applause, cheers and compassion even to attempts missed, and standing ovation to the successful exercises. World records drove the enthusiastic crowds to long and ecstatic cheering. And world records we did have in the course of the ten "weighty" days of the Olympic weightlifting competitions: 19 Olympic and 9 world records were produced in Rio. The field included 255 lifters (103 women and 152 men) in the 15 bodyweight categories. The records will be dealt with in detail in our category-by-category report; let us mention here only that two new records were born in the female and seven in the male sessions. On two occasions we witnessed some superb achievements by

the protagonists concerned: in 77kg LYU Xiaojun (CHN) snatched, Rijat RAHIMOV (KAZ) clean and jerked a new world record; and in superheavyweight an extraordinary duel resulted in a snatch world record first by Georgian Lasha TALAKHADZE, recaptured a minute later by Behdad SALIMIKORDASIABI (IRI), only to let TALAKHADZE again break the world's absolute best mark in total during the second part of the competition. Among the women, DENG Wei (CHN) remained in solo whereby she rewrote the world record list both in clean and jerk and total in the 63kg.

We were able to register a further remarkable Olympic record: 92 nations were represented in Rio, a number unprecedented in any Olympic Games so far. Putting women's weightlifting under the magnifying lens shows a clear supremacy by China: in their five Games since 2000 Sydney Chinese strong ladies have obtained 17 out of the available 35 gold medals, including the three in Rio. The Asian dominance prevailed indisputably: out of the 45 medals (15 golds) Asia took 30 (13), leaving 10 medals (with 1 gold) to Europe, 3 (1) to Pan-America and 2 to Africa.

Prior to this year's Games, 24 nations had won medals among the women and 55 countries among the men. Their list was completed by new medal-winning NOCs in Rio de Janeiro. Namely, the Philippines (1 silver), Egypt (1 bronze) and Spain (1 bronze) signed up on the list of nations boasting medals in women; whereas as of now 58 countries are registered with male medallists, having Uzbekistan (1 gold), Lithuania and Thailand (1 bronze each) in their proud ranks. In an aggregate of both genders, in Olympic history to date weightlifters from 36 countries have won gold medals and 56 nations have taken Olympic medals. For those of you obsessed with data and figures, here you are: among the men, since their first appearance in 1896, 180 gold, 176 silver and





## ► RIO OLYMPIC GAMES 2016

177 bronze medals have been awarded (the irregularity comes from two ties and a medal withdrawal by the IOC). In Rio the 30th female Olympic champion was celebrated: the winner of 53kg, HSU Shu-Ching from Chinese Taipei; the 100th women's Olympic medal was allocated to 75kg winner North-Korean RIM Jong Sim. In men, the 180th gold medal was awarded to superheavyweight Olympic champion TALAKHADZE.

It is worth noting that none of the 2012 London Olympic champions were able to defend their title! Either because they did not – or could not – participate in Rio, or because they were outclassed by someone better. Among the men both 56kg PRK lifter OM Yun Chol and 77kg former champion LYU had to settle for silver, and the +105kg star of the London Games, SALIMIKORDASIABI did not finish with a valid result. By the same token among the women there were no repeaters either; however, London's 69kg gold medallist RIM from DPR Korea did win the Olympic gold again, but a category higher, in the 75kg.

Our joy over the outstanding performances was, however, mingled with pain. Four weightlifters were implicated with doping in connection with the Rio 2016 Games, including those tested and caught with an anti-doping violation prior to the Olympics.

Before continuing with our account, let us make a small by-pass. As we all know, an investigation ordered by WADA has been conducted by a special independent Commission led by Canadian Prof. Richard McLaren and the first, so-called 'McLaren Report' published in July disclosed state-sponsored and organised doping among Russian athletes. The Commission stated that in Russia between 2011 and 2015 a system covering up positive

anti-doping test results was in operation in 30 different sports, involving 643 cases. Russian track and field athletes, therefore, with one exception, could not take part in the Rio Olympics; in other sports those with previous bans for anti-doping violations were not welcome to the Games, either. Considering the repeated violation of the anti-doping regulations, the IWF Executive Board banned the entire Russian team (eight-member quota) from participation in the 2016 Olympic Games.

As far as the consequences are concerned: shortly prior to the start of the Rio Games, the IOC engaged in the reanalysis of samples taken at the 2008 Beijing and 2012 London Olympic Games – this time with the latest analytical methods. Those returning a positive sample in those Games were not allowed to attend the Rio Olympics in the first place. In the reanalysis process ordered by the IOC so far 47 adverse analytical findings (positives) have been disclosed among weightlifters, mainly in the ranks of Olympic medal winners. Five of them seem to have committed double violation, both eight and four years ago: Maiya MANEZA (KAZ), Ilya ILYIN (KAZ), Hripsime KHURSHUDYAN (ARM), Intigam ZAIROV (AZE) and Iryna KULESHA (BLR). And now comes the direct reference to Rio: if all those Olympic medals won by these and the others on the black list are withdrawn and their Beijing or London results are deleted, that will result in significant changes in those Olympic results. Among the possible consequences we may reckon, for instance, with a situation where Rio's 75kg third-place winner Spanish Lidia VALENTIN PEREZ will subsequently collect, in addition to her recent bronze medal, an Olympic gold and an Olympic silver as well!...





# 48KG – OPENING BY TANASAN SOPITA'S VICTORY

**H**er grandfather and her father were both boxers, but she opted for another, similarly successful, sport in her native Thailand: weightlifting, following in the footsteps of her older sister. And well did she decide! A first time Olympian, **Sopita TANASAN** climbed right away to the peak on the opening day of the Rio Olympic Games when she won the gold medal in the lightest women's category. In Pavilion 2 of Riocentro, the place where the strong were contesting, this 21-year old Thai woman scored a hands down victory in the 48kg overtaking Indonesian **Sri Wahyuni AGUSTIANI** and Japanese **Hiromi MIYAKE**. It could have worked out otherwise had the Indonesian girl succeeded with her third attempt in clean and jerk at 115kg but that weight proved all too heavy for **AGUSTIANI**.

**TANASAN** completed three good lifts in snatch finishing with 92kg; followed by **AGUSTIANI** and **Beatriz Elizabeth PIRON CANDELARION** from Dominica, both registering 85kg. In clean and jerk 108kg was enough for the Thai to keep her leading position since – as we indicated above – the Indonesian competitor was unable to lift 115kg after her successful 107kg. Eventually, - pardon us for the expression – in a “Chinese free” field, she progressed to

200kg in total, beating the silver medallist by 8 kilos and the bronze medal winner by 12 kilos.

A “senior” in the Group A of 12 with her 30 years of age, **MIYAKE** made a brilliant finish as she was only 8<sup>th</sup> in snatch but in the clean and jerk she excelled with 107kg and at her fourth Olympic Games appearance added to the London silver a bronze in Rio de Janeiro.

1 TANASAN Sopita	23.12.1994	THA	47.91	92	108	200
2 AGUSTIANI Sri Wahyuni	13.08.1994	INA	47.25	85	107	192
3 MIYAKE Hiromi	18.11.1985	JPN	47.95	81	107	188
4 PIRON CANDELARIO B. E.	27.02.1995	DOM	47.50	85	102	187
5 YELISSEYEVA Margarita	20.07.1992	KAZ	47.72	80	106	186
6 KING Morghan Whitney	08.10.1985	USA	47.79	83	100	183
7 CHEN Wei-Ling	04.01.1982	TPE	47.13	81	100	181
8 PARATOVA Iuliia	07.11.1986	UKR	47.74	84	95	179
9 RANAIVOSOA Marie H. R.	14.11.1990	MRI	47.90	80	93	173
10 OKOEVA Zhanyl	15.11.1993	KGZ	47.56	72	97	169
- VUONG Thi Huyen	22.06.1992	VIE	47.84	--	--	--
- MIRABAI Chanu Saikhom	08.08.1994	IND	47.77	82	--	--



## HIROMI MIYAKE

“Tokyo 2020 could be a splendid place for me to complete my weightlifting career but at this moment I cannot tell whether I shall take part or not. I need to chew over it a few times at home...”





Sopita TANASAN, Thailand snatched 92kg



Happy with the silver medal: Sri W. AGUSTIANI, Indonesia

In contrast, fourth-placed **PIRON CANDELARION** could call herself unlucky, missing out on the podium by a mere kilogram in total. Another kilogram separated her from the 5<sup>th</sup> placed competitor, **Margarita YELIS-SEYEVA** of KAZ, while 6<sup>th</sup> placed US athlete **Morghan Whitney KING** celebrated her breaking the national record in snatch with 83kg previously held by Olympic gold medallist of the 2000 Sydney Games, **Tara NOTT**. **TANASAN** captured Thailand's fourth Olympic gold medal in history. **AGUSTIANI** earned the third silver medal for Indonesia at Olympic Games. Earlier, Japan had one single Olympic silver but now – thanks to **MIYAKE** – their collection was enriched by a bronze medal.



4<sup>th</sup> placed Beatriz E. PIRON C., Dominican Republic



TANASAN scored the first victory



# 53KG – ANOTHER ALL-ASIAN PODIUM

Asia continued to dominate in the 53kg field: after the Thai-Indonesian-Japanese medals, the next female category celebrated winners from Chinese Taipei, Philippines and South-Korea. Although this competition did not lack a Chinese participant, **HSU Shu-Ching's** 212-kg total victory can by no means be attributed to mere chance. On the contrary! The 25-year old woman from Taiwan counted as a favourite from the very beginning, as in 2012 London she had won silver medal and did not rest on her laurels: in 2014 she won the Asian Games, finished second at the World Championships and in 2015 was crowned the Queen in her category at Houston. She was also voted "Lifter of the Year for 2015". Even going into Rio, **HSU** was confident to turn her previous silver medal into gold despite a slight indisposition in her health.

1	HSU Shu-Ching	09.05.1991	TPE	52.60	100	112	212
2	DIAZ Hidilyn	20.02.1991	PHI	52.61	88	112	200
3	YOON Jin Hee	04.08.1986	KOR	52.59	88	111	199
4	KOHA Rebeka	19.05.1998	LAT	52.11	90	107	197
5	DOS REIS SANTOS R.	20.06.1987	BRA	52.57	90	103	193
6	YAGI Kanae	16.07.1992	JPN	52.39	81	105	186
7	SAFITRI Dewi	10.02.1993	INA	52.78	80	105	185
8	VELI Evagjelia	16.07.1991	ALB	51.58	75	90	165
9	BURGOS ORTIZ Lely B.	06.06.1985	PUR	49.53	72	90	162
10	MERCADO LOPEZ S. E.	09.08.1996	NCA	52.85	66	89	155
11	CUEVA URIBE Fiorella F.	04.02.1998	PER	48.32	65	88	153
12	RITO ENOCKSSON S. J.	02.11.1985	URU	51.74	64	82	146
-	LI Yajun	27.04.1993	CHN	52.50	101	--	--



Bronze medal by YOON Jin Hee, KOR



2015 Lifter of the Year HSU Shu-Ching, TPE won her first Olympic gold which may become her second!





Proud medal winners in 53kg

When it came to the show itself, **LI Yajun**, who was world champion in 2013 and bronze medallist in 2014, started better than **HSU**, coming 2 kg close to the world record in snatch with her 101kg (Olympic record). **HSU Shu-Ching** only snatched 100kg at the end of a successful sequence of three attempts.

The clean and jerk changed the set-up: the Chinese became the tragic heroine missing 123kg once and 126kg twice and getting eliminated. The scenario was a carbon copy of that of London in the same 53kg category, when another Chinese, **ZHOU Jun** had failed to total and had to say goodbye to the Olympic Games.

**HSU** benefited from her rival's failure and secured the victory with a 112kg clean and jerk. Though she fell very short of her own world record total of 233kg, she could

afford the luxury of missing a 126kg lift and giving up her third attempt. Her advantage over **Hidilyn DIAZ** from the Philippines was still convincing: 12kg. In third place we find South-Korean **YOON Jin Hee** with 199kg in total.

**DIAZ** obtained the first Olympic medal for the Philippines in weightlifting; **YOON** won the first Olympic bronze for Korea; **HSU** – following two silver and three bronze medals – earned the first Olympic gold medal for Chinese Taipei. Last year's South-American champion, **Rosane DOS REIS SANTOS** landed in fifth place and B Group's best Japanese **Kanae YAGI** became sixth in Rio.

Let us not neglect the ninth-place finisher **Lely BURGOS ORTIZ!** The Grande Dame of Puerto Rico confirmed her prominent position at the age of 31 years: six excellent lifts took her to 162kg in total.



Philippine's **Hidilyn DIAZ** admitted that she had almost given up competing entirely as she felt just struggling in vain but now with the silver medal "all that suffering was paid off"...



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## 58KG – THAILAND'S GOLDEN AND SILVER GIRLS

The Asian Continent did not release its grip over the women's events even in the third category, the 58kg. This time, Thailand dominated again taking not only the gold medal but also the runner-up position. The order, however failed to match the odds because it was not 2012 Olympic silver medallist **Pimsiri SIRIKAEW** who earned the champion's laurels in Rio but 2014 and 2014 junior world champion **Sukanya SRISURAT**. And the latter's supremacy was overwhelming even over her own older compatriot: 8kg was the extent of her advantage. The real battle went on between the second best and **KUO Hsing-Chun** of Chinese Taipei who eventually finished in third place with a total just one kilogram less than the silver medal winner's.

In the snatch portion 26-year old **SIRIKAEW** and 3 years younger **KUO** both recorded 102kg, whereby the Thai competitor pulled through all the three lifts but the Taiwanese was only successful with her first. 21-year old **SRISURAT** - towering above the field - opened with 105kg, continued at 108kg and stopped at the Olympic record weight of 110kg. Practically, the competition's outcome was predictable already before the second act. In clean and jerk the leading trio progressed head-to-head with both Thais finishing at 130kg and **KUO** stopping at 129kg, falling behind **SIRIKAEW** in the fight for the silver medal.







The golden girl: Sukanya SRISURAT

1	SRISURAT Sukanya	03.05.1995	THA	56.89	110	130	240
2	SIRIKAEW Pimsiri	25.04.1990	THA	57.40	102	130	232
3	KUO Hsing-Chun	26.11.1993	TPE	57.86	102	129	231
4	ESCOBAR GUERRERO M. A.	17.07.1980	ECU	57.23	100	123	223
5	ANDOH Mikiko	30.09.1992	JPN	57.56	94	124	218
6	CONTRERAS Yuderqui M.	27.03.1986	DOM	57.58	100	117	217
7	RIVAS ORDONEZ Lina M.	24.04.1990	COL	57.92	96	120	216
8	DOMINGUEZ LARA M. P.	05.03.1988	MEX	57.47	96	115	211
9	FIGUEROA ROLDAN Y. M.	09.01.1993	VEN	57.71	85	116	201
10	KUSTERER Sabine Beate	04.01.1991	GER	57.70	90	110	200
11	SASSER Mathlynn Langtor	25.12.1996	MHL	56.80	87	112	199
12	ROOS Anna Angelica U.	15.04.1989	SWE	57.90	84	110	194
13	IVASIUK Veronika	12.10.1995	UKR	57.10	90	103	193
14	TOOMEY Tia-Clair	22.07.1993	AUS	57.70	82	107	189
15	WINI Jenly Tegu	09.06.1983	SOL	57.50	84	104	188
16	ALBALOOSHI Ayesha S.M.S.	23.01.1992	UAE	57.00	72	90	162

In fourth position we can find Ecuador's champion lifter, **Maria Alexandra ESCOBAR GUERRERO**, born in 1980, who had been a participant already of the – attention! – 2001 World Championships and taken a bronze medal there in the 53kg. Her path to Rio was adorned by a world championship silver medal (in 58kg) in 2013 and positions achieved at the 2004 (7<sup>th</sup>), in the 2008 (5<sup>th</sup>) and the 2012 (8<sup>th</sup>) Olympic Games. Her 223kg total – the same as the one placing her Olympic 5<sup>th</sup> eight years ago. The category boasted another highlight served by **Ayesha Shahriyar Mohamed ALBALOOSHI** whom the public greeted with loud cheers every time she appeared on the stage. The lifter of the United Arab Emirates was wearing a unitard and hijab and though her performance level was far below the average even in Group B she was celebrated by the spectators as an Olympic superstar. **ALBALOOSHI** was grateful for the encouragement and completed five good lifts. This kind of sympathy demonstration is fully understandable and at the same time marks the success of the IWF which has been a pioneer in securing gender equality for women in the sport. In 2011 the rules were changed to allow Muslim women to compete dressed according to their religious standards.



A runner up to her teammate: Pimsiri SIRIKAEW





Oldest with her 36 years (!),  
Maria ESCOBAR  
GUERRERO of Ecuador  
obtained a respectable  
4<sup>th</sup> position

Cheered on by the public:  
Ayesha Sh. ALBALOOSHI  
from UAE





# 63KG – IRRESISTIBLE DENG WEI WON WITH WORLD RECORD

**W**ho thought that we would have to wait until the fourth day to see a Chinese winning gold? Ultimately, the “world order” set in in the 63kg: unquestionably the hottest favourite, **DENG Wei** set new world records in clean and jerk and in total and swept in the gold medal, not giving the slightest chance to the others to jeopardise her crown. Her success further cemented China’s leading position in the all-time Olympic medal chart of women: this was their 15<sup>th</sup> gold medal. Surprisingly, still merely 23 years old today, **DENG** made an explosive debut in 2009 as youth world champion. A short year later she obtained the first Youth Olympic champion title, in 2011 the junior world championship, only to continue with three senior world champion crowns in 2010, then in 2014 and 2015 – the latter two in her current category, the 63kg. The absolute favourite never wavered in Rio: three perfect lifts in snatch culminated in 115kg (not far from the 117kg world record), which is ten kilos more than the output of her number

1	DENG Wei	14.02.1993	CHN	62.34	115	147	262
2	CHOE Hyo Sim	05.12.1993	PRK	62.17	105	143	248
3	GORICHEVA Karina	08.04.1993	KAZ	62.66	111	132	243
4	PEREZ TIGRERO Mercedes I.	07.08.1987	COL	62.74	104	130	234
5	GURROLA ORTIZ Eva Alicia	17.05.1994	MEX	62.60	100	120	220
6	BORDIGNON Giorgia	24.05.1987	ITA	62.75	98	119	217
7	AHMED Esraa Elsayed R.E.	21.11.1998	EGY	61.98	100	116	216
8	RODRIGUEZ MITJAN M.D.L.C.	02.03.1995	CUB	62.20	94	121	215
9	MATSUMOTO Namika	07.02.1992	JPN	62.86	90	115	205
10	VUOHIJOKI Anni Teija O.	24.05.1988	FIN	62.26	85	107	192
11	PALACIOS Joana Valeria	08.11.1996	ARG	62.95	83	107	190
12	RAVOLOLONIAINA Elisa V.	24.02.1992	MAD	61.90	85	100	185
13	KURNAZ Mehtap	01.05.1995	TUR	62.16	81	100	181
-	GULNOI Siripuch	17.07.1993	THA	62.56	108	--	--



## DENG WEI, CHN 147 KG WORLD RECORD

“I was nervous this being after all the first Olympic Games in my life, but I wanted to win and set world records. So now I’m happy. After Rio I won’t stop the hard work because I want further gold medals.”





Medallists of 63kg

one chaser, **CHOE Hyo Sim** of DPR Korea (two times bronze medallist at the recent world championships). The real spectacle, however, came in clean and jerk. **DENG first** lifted 138kg, then 143 and even 147kg for two world records, one in clean and jerk, the other one in total (262kg). Since September 2014 **LIN Tzu Chi** (TPE) had held the 261kg record in total now rewritten by **DENG**. The name next to the new clean and jerk world record did not need to be erased: **DENG** had set the previous 146kg mark as well and it was rather short lived dating back only to last November in Houston. By winning the 63kg the Chinese competitor made spe-

cial statistics: she was merely the second in her category to capture the Olympic title while being the reigning world champion. Earlier, only Ukrainian **Natalia SKAKUN** had managed to win this way, back in 2004. The second position on the dais was occupied by the DPR Korean lifter for her 248kg, and in third place we celebrated Kazakhstan's **Karina GORICHEVA**. On the losing side in the competition we have to register Thailand's **Siripuch GULNOI**, 2016 Asian champion, who was in runner-up position after the snatch with 108kg but failed at her opening 132kg three times in the clean and jerk, and bombed.



Strong on both lifts but still far from DENG: **CHOE Hyo Sim**, PRK



**Anni Teija VUOHJOKI**, FIN



# 69KG – NO SURPRISE: THE CHINESE CARRY ON

If someone wins every single major international meet four years on end might rightfully be considered as the top favourite for the gold at the summit of the year in question, i.e. the Olympic Games. That was the case with China's **XIANG Yanmei**. Following a win at the 2009 junior world championship, **XIANG** continued to reap gold among the seniors: 2013 world champion, 2014 Asian Games champion, only to capture her most recent title in 2015 at the Houston WWC. In Rio she was able to put the icing on the cake, the Olympic gold. At 24 years of age, **XIANG** became the unchallenged heroine of the 69kg.

Two of her rivals were able to keep pace in snatch: **Zhazira ZHAPPARKUL** (KAZ), silver medallist at the last two world championships, lifted only one kilo less than the Chinese, 115kg, and 2014 Youth Olympic champion **Sara AHMED** of Egypt snatched 112kg chasing **XIANG** who finished with 116kg.

The champion-to-be remained undisturbed and forti-

fied her lead in the clean and jerk adding another kilo to make a total of 261kg. Meanwhile **ZHAPPARKUL** lagged behind by the usual one kilo and **AHMED** stayed in third place with her 143kg.

The final ranking showed the same pattern: 261-259-255. The Kazakh woman captured her first Olympic medal in this category; whereas 18-year old **AHMED** bestowed Egypt with the first women's weightlifting Olympic medal in history. Besides, she became the second African woman to win an Olympic medal since Nigerian **Ruth OGBEIFO** won silver in Sydney 2000, in the 75kg category.

Colombian **Leidy Yessenia SOLIS ARBOLEDA** may have hoped to crown her long career (lasting since 2005) with an Olympic medal; alas she earned fourth place again, the same as in Beijing in 2008. 30-year old Armenian **Nazik AVDALYAN**, 2008 and 2016 European champion, 2009 world champion, must have returned disappointed as she remained out of medal reach in Rio de Janeiro.



The uncontested favourite, XIANG Yanmei won in a self-assured manner



Happy as can be: Zhazira ZHAPPARKUL added an Olympic silver to her collection





**SARA M. AHMED**

“It is true Egypt has a proud weightlifting history and I was quite sure I would be a part of sharing Egypt’s glory tonight”

1	XIANG Yanmei	13.06.1992	CHN	68.78	116	145	261
2	ZHAPPARKUL Zhazira	22.12.1993	KAZ	69.00	115	144	259
3	AHMED Sara Samir E. M.	01.01.1998	EGY	68.00	112	143	255
4	SOLIS ARBOLEDA Leidy Y.	17.02.1990	COL	68.61	110	143	253
5	AVDALYAN Nazik	31.10.1986	ARM	68.55	107	135	242
6	PACHABUT Darya	31.12.1994	BLR	66.88	105	132	237
7	DAJOMES BARRERA Neisi P.	12.05.1998	ECU	68.83	107	130	237
8	MUNKHJANTSAN A.	25.12.1997	MGL	68.97	106	131	237
9	BEAUCHEMIN-NADEAU M-E.	13.10.1988	CAN	68.81	98	130	228
10	TILER Rebekah Jade	13.01.1999	GBR	68.59	101	126	227
11	VAIVAI Apolonia	05.02.1991	FIJ	68.88	88	113	201
12	AYNACI Duygu	26.06.1996	TUR	68.83	90	110	200
13	KADYROVA Gulnabat	14.06.1994	TKM	68.73	90	105	195
14	FOUODJI SONKBOU A.	26.08.1987	CMR	68.08	82	105	187
-	PIECHOWIAK Patrycja	01.09.1992	POL	68.32	101	--	--
-	MIKHALENKA Anastasiya	08.12.1995	BLR	67.23	--	--	--
-	HULPAN Florina-Sorina	07.03.1997	ROU	67.52	100	--	--



Happy to be in Rio and succeed with 143kg: Leidy Y. SOLIS A. of Colombia



# 75KG – WINNING GOLD, RIM IS THE FIRST DOUBLE OLYMPIC CHAMPION OF PRK

**F**our years ago in London **RIM Jong Sim**, 23, of DPR Korea triumphed in 69kg; now in Rio she won the contest of the 75kg. The victory made her the first North-Korean woman to own two Olympic gold medals. As a matter of fact, it was a miracle in itself that she was able to participate in the Rio Games at all! She was the one, namely, at last year's world championships in Houston, who suffered a very nasty-looking injury of the hip and although she fought heroically, taking further lifts to earn the silver medal there was a fair chance that she would never be able to lift weights again, let alone compete. By contrast, as she told reporters, her country's excellent physicians put her right again and she had healed perfectly. That she was in perfect physical condition became evidenced by her first attempt: **RIM** waited patiently for all the rest of the field to finish their respective performance onstage before she appeared to make an opening. After 117kg she snatched 121kg in a correction, banking a comfortable 5-kg lead on **Darya NAUMAVA** of Belarus and iconic Spanish star, 2014 and 2015 European champion **Lidia VALENTIN PEREZ**.

The clean and jerk had a similar script: **VALENTIN** 141, **NAUMAVA** 142kg – both finished when **RIM** came out to start lifting at 145kg. She succeeded. Same with 153kg. Though she had no chance at 162kg, her advantage on silver medallist **NAUMAVA** was huge: 16 kilograms. In the battle for the medals the 31-year old Spanish woman "lost" by one kilo and had to settle for bronze. She and the Belarus competitor collected the first European medals of the Rio Games.

Having turned weightlifter from shot putter, **NAUMAVA** captured the first women's medal for the Republic of Belarus in Olympic Games.

At what was so far her third and most successful Olympic Games, **VALENTIN** later told reporters that for her this bronze was worth gold. She added that after placing fourth in London she had come to Rio with the determination to make it to the dais this time while still onstage....

The 4<sup>th</sup>-5<sup>th</sup>-6<sup>th</sup> positions were occupied by Colombian **Ubalдина VALOYES CUESTA**, Ukrainian **Iryna DEKHA** (both with 247kg) and American **Jenny Lyvette ARTHUR**.

Of this trio **VALOYES** deserves special mention – and not only because she earned the best position of the three. Celebrating her fourth Olympic participation and 34<sup>th</sup> birthday, the Colombian flashed five impeccable lifts, missing only the last attempt in clean and jerk. By then, however, her every motion provoked standing ovation from the crowd. The reason: always a favourite with the public, **VALOYES** elegantly placed her weightlifting shoes and belt on the floor quasi saying goodbye to the people and to the sport.



On the way to the second Olympic gold medal:  
RIM Jong Sim, PRK





**RIM Jong Sim:**  
"I'm grateful to the great doctors of my country who have fully restored my health!"





## SPANISH LIDIA VALENTIN



"Now that I have the medal, I'm going to have a big celebration party with my coach and my parents who have joined me here in Rio! I still feel strong and don't want to think of quitting. On the contrary, I hope to be there again in Tokyo in 4 years' time!"



She has a heart for everyone



Convincing silver by Darya NAUMAVA of Belarus

1	RIM Jong Sim	05.02.1993	PRK	74.47	121	153	274
2	NAUMAVA Darya	26.08.1995	BLR	74.63	116	142	258
3	VALENTIN PEREZ Lidia	10.02.1985	ESP	74.00	116	141	257
4	VALOYES CUESTA U.	06.07.1982	COL	74.28	111	136	247
5	DEKHA Iryna	14.05.1996	UKR	74.89	114	133	247
6	ARTHUR Jenny Lyvette	11.12.1993	USA	74.65	107	135	242
7	VALDES PARIS Maria F.	17.03.1992	CHI	74.66	107	135	242
8	NAYO KETCHANKE G. V.	20.04.1988	FRA	73.61	102	135	237
9	GARZA GARZA Alejandra	01.08.1991	MEX	74.59	98	126	224
10	POGHOSYAN Sona	29.06.1998	ARM	72.52	97	126	223
11	OPELOGE Mary	24.01.1992	SAM	74.56	100	118	218
12	PRISCEPA Natalia	17.10.1989	MDA	73.72	97	116	213
13	IPEK Assiya	05.12.1993	TUR	69.77	83	103	186
14	OUASS Samira	22.04.1992	MAR	73.68	75	97	172
-	ANTONIA FERREIRA J.	05.03.1987	BRA	74.89	--	--	--





A stylish exit by a great personality in this sport: Ubaldina VALOYES, Colombia

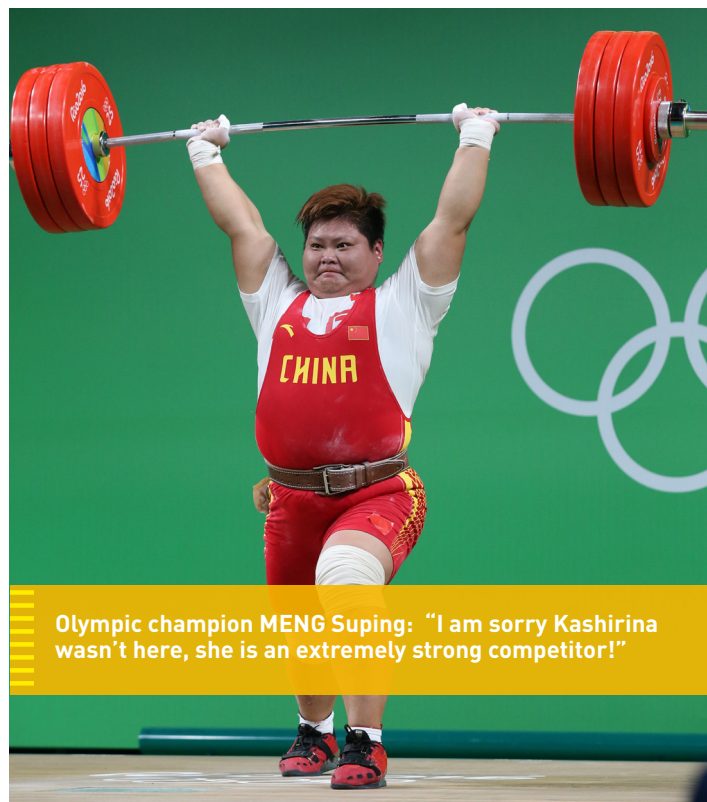


# +75KG – MENG BENEFITS FROM KASHIRINA'S ABSENCE

**E**ven if the final order was not known in advance in the heaviest women's category, the race was significantly simplified. Namely, due to the a high number of cases of anti-doping, the entire Russian weightlifting team had been banned from participation in the Rio 2016 Olympic Games, causing among others the absence of the undisputed favourite of the +75kg, **Tatiana KASHIRINA**, four times world, six times European champion and holder of all the three world records.

The road was thus freed for the rivals, of them most importantly **MENG Suping** from China and **KIM Kuk Hyang** from DPR Korea. Only the two of them could rightly be considered as true contenders for the gold medal, while the rest could cherish little hope to play the protagonist's role. Keeping a bronze from 2009 and three silver medals from the 2010, 2014 and 2015 world championships on her shelf (on both recent occasions defeated by Kashirina), **MENG** popped into the team in the very last moment, said to be filling in for an injured compatriot in a lower category, so that she flew in to Rio directly from the Chinese Central Training Camp after the Games Opening Ceremony.

To what extent the 27-year old Olympic debutante was disturbed by this unexpected call: we cannot know. Fact is that she opened with no lifts in both the snatch and the clean and jerk. But she soon pulled herself together and made a correction on 125kg in snatch, followed by 130kg – also successful. Her rival, **KIM**, bronze medallist of the 2010 Youth Olympic Games and Asian champion in 2016, took a better start: 123, 127, 131kg were marked as good lifts in the snatch. Her small advantage, however, vanished in the clean and jerk where the 23-year old North-Korean came across again with three good lifts (162, 170 and 175kg), but the Chinese proved to be much stronger. Following a correction on 175kg, **MENG** succeeded with 177kg, closing the duel with a total of 307kg against **KIM**'s 301kg and captured the Olympic champion title. Notwithstanding, the DPR Korean competitor may boast having obtained the first Olympic medal for her country in the highest category. The bronze medal was earned by **Sarah ROBLES** thanks to her 286kg, she thus putting an end to a 16-year long era without any American medals. At the age of 28, with 143kg amply outweighing the rest of the field, the US lady was seventh in London and now, with a personal best total, she finally made it to the podium.



1	<b>MENG Suping</b>	17.07.1989	CHN	120.27	130	177	307
2	<b>KIM Kuk Hyang</b>	20.04.1993	PRK	100.34	131	175	306
3	<b>ROBLES Sarah Elizabeth</b>	01.08.1988	USA	143.30	126	160	286
4	<b>HARIDY Shaimaa A. K.</b>	01.01.1991	EGY	123.75	117	161	278
5	<b>LEE Huisol</b>	27.08.1989	KOR	119.49	122	153	275
6	<b>SON Younghee</b>	24.04.1993	KOR	109.58	118	155	273
7	<b>ESPINOSA Yaniuska I.</b>	05.12.1986	VEN	114.08	121	152	273
8	<b>AANEI Andreea</b>	18.11.1993	ROU	120.01	120	145	265
9	<b>USMAN Maryam</b>	09.11.1990	NGR	122.39	115	150	265
10	<b>LYSENKO Anastasiia</b>	02.12.1995	UKR	100.97	117	146	263
11	<b>DHIEB Yosra</b>	31.08.1995	TUN	120.06	111	138	249
12	<b>HOTFRID Anastasiia</b>	25.04.1996	GEO	86.98	113	135	248
13	<b>LAMBRECHS Tracey</b>	27.08.1985	NZL	106.54	98	133	231
14	<b>PETERS Luisa Fatiaki T.</b>	27.06.1993	COK	100.27	100	124	224
15	<b>HIRECH Bouchra Fatima Z.</b>	22.08.2000	ALG	80.35	87	105	192
-	<b>PEREZ REVERON N. A.</b>	29.09.1992	VEN	99.91	117	--	--





**KIM KUK HYANG, PRK:**

“I laugh and cry at the same time, because I’m glad about the silver but I’m sad I couldn’t get the gold.”



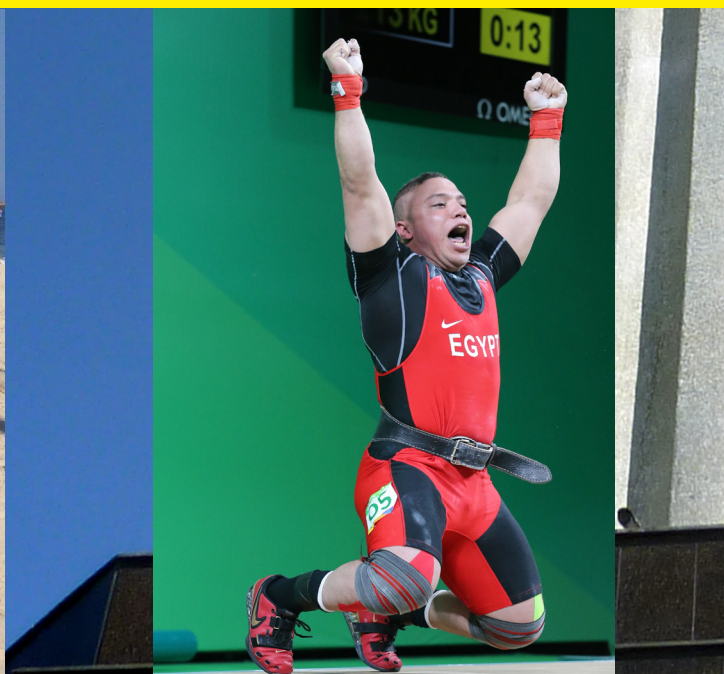
The Pacific represented by Luisa PETERS, Cook Islands



Sarah ROBLES, USA was boundlessly happy about her bronze medal. “It means a lot to me but it means a lot also to the whole American weightlifting sport.”



# THE RIO FEEL









# 56KG – LONG: BEIJING GOLD DOUBLED IN RIO

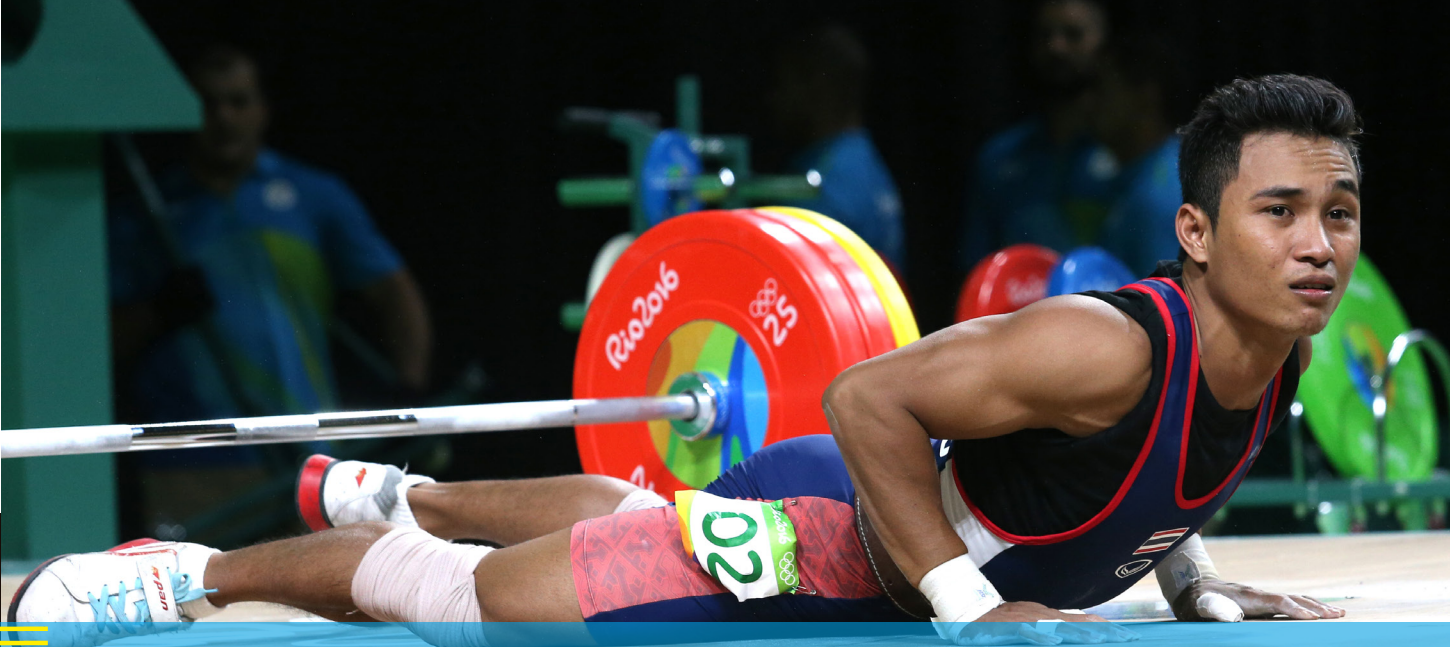
The lowest category offered the highest suspense, a truly dramatic scene warming the hearts of the sport's fans and probably drawing many further "likes" to weightlifting as a whole. Not only was the cast brilliant – with two Olympic champions in the leading roles, Chinese **LONG Qingquan** and North-Korean **OM Yun Chol** – but the act was also fantastic, the finishing battle culminating in a world record. The duel served as a perfect overture to the Rio weightlifting fiesta ahead. At the introduction of athletes, we saw on one end **LONG**, gold medal winner of 2008 at the age of 17(!), on the other end **OM**, winner in London. The latter boasted the additional glory of being the fifth weightlifter in history to hoist triple bodyweight: 168kg. DPR Korea's little-big hero arrived in Rio not only as defending Olympic champion but also as holder of the world record in clean and jerk with 171kg, No.1 favourite, undefeated in any world event for the last four years. **OM** won at the 2013 Asian Championships, the 2014 Asian Games, not mentioning his world titles in 2013, 2014 and 2015 alike. Alas, in Rio 2016, this brilliant series was interrupted and the King was dethroned.

1	LONG Qingquan	03.12.1990	CHN	55.68	137	170	307
2	OM Yun Chol	18.11.1991	PRK	55.57	134	169	303
3	KRUAITHONG Sinphet	22.08.1995	THA	55.43	132	157	289
4	CHONTEY Arli	01.07.1992	KAZ	55.64	130	148	278
5	TRAN Le Quoc Toan	05.04.1989	VIE	55.85	121	154	275
6	DE LAS SALAS DE LA ROSA H.	19.04.1987	COL	55.84	119	147	266
7	SCARANTINO Mirco	16.01.1995	ITA	55.91	115	149	264
8	GARCIA BRITO Luis Alberto	19.04.1995	DOM	55.56	118	145	263
9	MINGMOON Witoon	10.02.1996	THA	55.67	113	148	261
10	PINEDA ZETA Edgar	17.08.1997	GUA	56.00	108	143	251
11	TAKAO Hiroaki	02.01.1992	JPN	55.90	111	138	249
12	TAN Chi-Chung	24.02.1990	TPE	55.89	110	138	248
13	TULO Manueli	25.03.1990	FIJ	55.81	106	136	242
14	GOEGEBUER Tom Richard	27.03.1975	BEL	55.74	111	130	241
15	BRECHTEFELD Elson	02.03.1994	NRU	55.62	98	125	223
-	BRACHI GARCIA Josue	08.09.1992	ESP	55.67	--	--	--
-	THACH Kim Tuan	15.01.1994	VIE	55.55	130	--	--
-	COLONIA Nestor	16.02.1992	PHI	55.11	120	--	--
	DSQUSUKHBAYAR Chagnaadorj	06.05.1997	MGL	55.65	--	--	--



LONG Qingquan – Double happiness: world record in total, 307kg, and Olympic gold medal





Unexpected bronze by **KRUAITHONG Simphet, THA**

Following his Olympic title in Beijing, **LONG** took the world title in 2009 but in 2010 and 2013 he finished second and in 2014 third, and was not entered to the London Olympic Games. However, in Rio he was ready to take back the Olympic laurels.

The 25-year old Chinese proved his excellence as early as in the snatch, making 132kg, then missing 135 but succeeding with 137kg. One year younger **OM** delivered an impeccable series in snatch finishing with 134kg.

In the clean and jerk **LONG** was first to open at 161kg; **OM** took a braver start at 165kg – both good. Next step by the Chinese: 166kg, whereupon **OM** missed 169kg and made it only in the third attempt. This left **LONG** another chance which he grabbed masterfully: he succeeded with 170kg and became the Olympic champion! As a bonus, the 307kg hit a new world record eliminating the record with the “longest beard”. 305kg was the old mark set as long ago as on 16<sup>th</sup> September 2000 at the Sydney Games by Turkish **Halil MUTLU**. **LONG** is the fourth Chinese winning two Olympic titles.

The bronze medal went to second place winner of this year’s Asian Championships, **Sinphet KRUATHONG** from Thailand.

A big disappointment was the fiasco of **THACH Kim Tuan**, 2010 Youth Olympic champion, junior world champion in 2014 and bronze medallist among the seniors in 2015, who was expected to win the second Olympic medal for Vietnam. Alas, in Rio he was unsuccessful, bombing in clean and jerk, following 130kg in snatch.

The young Vietnamese may still be around later on, for instance at the 2020 Olympic Games in Tokyo. Likewise, regarding their age and potential, both **LONG** and **OM** may be there as well, but it was definitely the last competition for the “Great Old Man” – but more correct to say “Great Forever Young Man” – in weightlifting: **Tom GOEGBUER** from Belgium. At 41 years of age, having earned Olympic quota, waved a goodbye to his active competitor’s life and left the Rio platform with a respectable 14<sup>th</sup> position only to continue his association with the sport as a coach.



**OM Yun Chol, PRK** – lost his undefeated status after 4 years





LONG Qingquan, CHN, laid the foundations of his victory with a 137kg snatch





HRH Philippe, King of Belgium paid his personal compliments to Tom GOEGEBUER at his last international competition

## 62KG – TEARS AND SMILES FROM DEPARTING CHAMPION FIGUEROA



**T**he 62kg contest promised multi-participant excitement but eventually it turned out to be a one-man show with tears and smiles thanks to **Oscar Albeiro FIGUEROA MOSQUERA**.

Colombia's deservedly popular and likeable prodigy, 33-year old FIGUEROA was one of the potential protagonists of the bodyweight category numbering 17 athletes due to his respectable scorecard. His first registered result dates back to the 2000 junior world championships, a fifth place. One year later he became the junior world champion. He then captured senior world championship silver (2006), bronze (2013, 2015) medals, yet it was the Olympic Games that proved to be his true landmarks. In 2004 Athens – as a 56-kg lifter – he placed fifth; in 2008 Beijing he could not advance; on the contrary, a hand injury prevented him from finishing with a valid score. Four years later, **FIGUEROA** was silver medallist in London and in Rio he arrived where he always wanted to be: the top step of the Olympic podium!



► RIO OLYMPIC GAMES 2016 - MEN 62 KG

It is a fact that his convincing victory was enabled among others by the untimely exit of his major rival. Chinese **CHEN Lijun**, 2013 and 2015 world champion, was injured in the snatch when taking the first attempt at 143kg. Massage did not help; **CHEN** was unable to come out for the last attempt.

That left three contenders in the basket. Everybody else had finished when **FIGUEROA**, Indonesian **Eko Yuli IRAWAN** and 25-year old Kazakh **Farkhad KHARKI** started to lift. **IRAWAN**, 27, double Olympic bronze medallist was primarily regarded as a potential winner, while all that 25-year old **KHARKI** could offer was a 13<sup>th</sup> place at the world championships of 2015. The Kazakh opened with 135kg but could not get any further. Both the Colombian and the Indonesian made 142kg. In clean and jerk, **KHARKI** was successful with his first



Olympic tally by Eko Yuli IRAWAN, Indonesia: 2 bronzes and now a silver

Newcomer to the Olympic stage, Farkhad KHARKI, KAZ clinched the bronze



**OSCAR ALBERTO  
FIGUEROA  
MOSQUERA**



“I have been lifting for twenty-two years. Now, finally I’ve arrived at the top, I’m the Olympic champion. It’s time to leave. All my life I’ve been lifting for the glory of my country, Colombia. That’s another reason why it’s so hard to quit. But I’d like to finish my studies at the Business School and open a giant sport centre in Cali called ‘Oscar Figueroa Sports Centre’.”



1	FIGUEROA MOSQUERA O. A.	27.04.1983	COL	61.86	142	176	318
2	IRAWAN Eko Yuli	24.07.1989	INA	61.91	142	170	312
3	KHARKI Farkhad	20.04.1991	KAZ	61.60	135	170	305
4	ITOKAZU Yoichi	24.05.1991	JPN	61.87	133	169	302
5	SAAD Ahmed Ahmed M.	01.11.1986	EGY	62.00	133	161	294
6	BARU Morea	15.04.1990	PNG	61.72	126	164	290
7	HASBI Muhamad	12.07.1992	INA	61.97	130	160	290
8	IOANE Vaipava Nevo	14.04.1988	SAM	61.90	120	161	281
9	HAN Myeongmok	01.02.1991	KOR	61.81	130	150	280
10	SALAMANCA PINEDA Julio C.	15.07.1989	ESA	62.00	120	155	275
11	ACOSTA GONZALEZ Julio C.	22.07.1987	CHI	61.30	120	146	266
12	NAKAYAMA Yosuke	20.03.1987	JPN	62.00	121	145	266
13	CONFIANCE Rick Yves	24.05.1994	SEY	62.00	105	127	232
-	JOSEPH Edouard	24.12.1989	HAI	60.20	107	--	--
-	CHEN Lijun	08.02.1993	CHN	61.97	--	--	--
-	KURUKULASOORIYAGE A.S.P.	03.02.1985	SRI	62.00	--	--	--
-	LOPEZ SANCHEZ Jesus A.	17.12.1984	VEN	61.90	125	--	--

on 170kg but missed the next 177kg twice. **IRAWAN** too lifted 170kg and nothing more. **FIGUEROA**, in turn, took 172kg – good; then 176kg – also good. His last attempt at 179kg had no real stake: by that time he was the Olympic champion with a total of 318kg.

The emotional moment came after the last (by the way unsuccessful) lift. The Colombian was overwhelmed by the response of the Pan-American supporters and kept sobbing for minutes, kneeling next to his precious “life companion”, the barbell which he finally kissed goodbye. It was the last attempt in his long and distinguished career. To make his farewell absolutely irrevocable **FIGUEROA** placed his lifting boots on the floor, amidst the standing ovation of thousands of spectators in the venue.



Yoichi ITOKAZU, JPN clinched the bronze



# 69KG – A “NEW” SHI ZHIYONG ALSO BECAME OLYMPIC CHAMPION

The candidate who was chosen to substitute 2008 Olympic champion and triple world champion **LIAO Hui** duly fulfilled his mission. **SHI Zhiyong**, although failing to shatter the world records of his great predecessor, did manage to obtain the Olympic gold medal in the 69kg at Rio de Janeiro. The victory, however, did not come easy: he needed to fight a Turkish rival, **Daniar ISMAYILOV** whom the Chinese eventually defeated only by the smallest margin of one kilo.

Last year's and this year's European champion and 2015 world championship third **ISMAYILOV** took **SHI Zhiyong** by surprise already in the snatch part. The Chinese marched ahead with 156, 160, then 162kg all good lifts, whereby the Turkish equally completed the three lifts nicely but for his last attempt called for 163kg which he duly snatched.

Likewise in clean and jerk, **ISMAYILOV** completed three lifts straight, confirming his claim for the gold. Following 181 and 185kg, 188kg failed to present a problem, either. Meanwhile, however, the reigning world

champion was not idle. The 23-year old Chinese started on 188kg and when it was successful he continued with another good lift on 190kg. As a consequence, when he came out for the 198kg third attempt he was already the Olympic champion. As a matter of fact, he had no real chance to lift that bulk but it was not necessary anyway. He was able to defeat his Turkish opponent by a kilogram and won with 352kg in total.

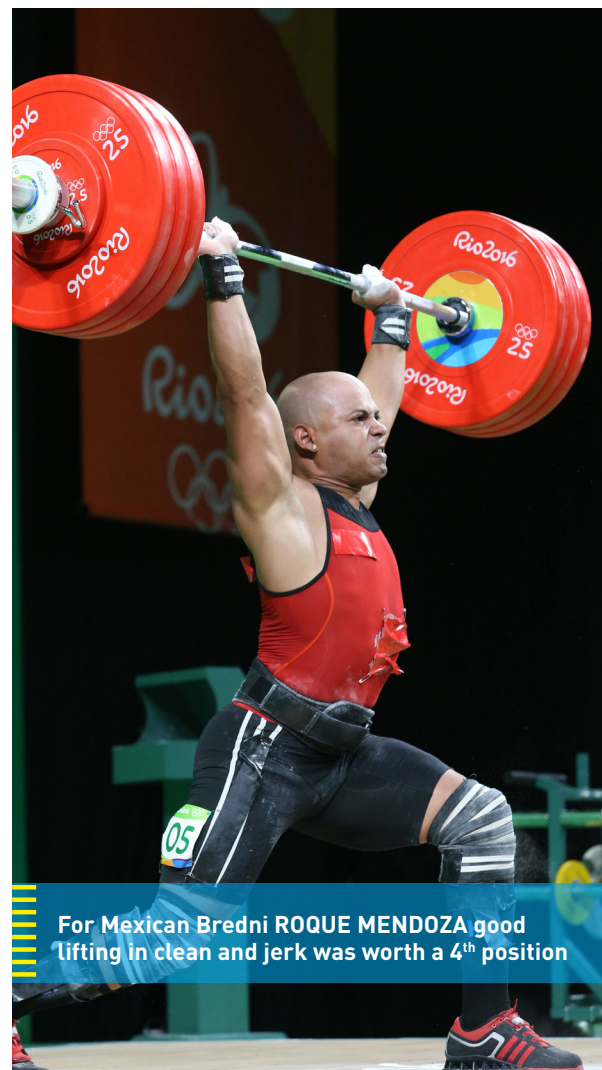
*“At the Chinese National Championships in April I made the same total as here today, at the Olympic Games, but at home I was merely second”* – answered **SHI Zhiyong** when reminded of his having finished as runner-up to **LIAO Hui** in the spring.

In fact, there had been a Shi Zhiyong crowned Olympic champion before; specifically in 2004. Shi Zhiyong “No.1” was born in 1980 and he became the champion in Athens in 62kg. The “new” **SHI Zhiyong** was born in 1993 as Shi Lei, and his coach rechristened him Shi Zhiyong when as a youngster he was admitted to the Chinese Weightlifting Training Centre.



**SHI ZHIYONG, CHN**

“I was surprised to be selected to the Rio team but the choice fell on me and I did my best to meet expectations.”



For Mexican Bredni **ROQUE MENDOZA** good lifting in clean and jerk was worth a 4<sup>th</sup> position



► RIO OLYMPIC GAMES 2016 - MEN 69 KG

Behind the Chinese and the Turkish the third place was obtained by Kirgizstan's **Izzat ARTYKOV**, the Asian champion, who had a total of 339kg, however, his result was later cancelled and he himself disqualified due to testing positive for doping. His Olympic bronze medal is therefore transferred to 2014 (62kg) and 2015 (69kg) junior world champion **Luis Javier MOSQUERA LOZANO** of Colombia, for a result of 338kg.



Daniyar ISMAYILOV, Turkey, fought hard to win but settled for silver

While the duel between **SHI** and **ISMAYILOV** was going on, PRK suffered more disappointment when **KIM Myong Hyok**, a close fourth in the IWF World Championships, made only one good snatch lift and failed with all three clean and jerks, including 188kg missed twice and a desperate third attempt at the impossible weight of 196kg. The same fate befell on Tunisia's pride, 2014 junior world champion, **Karem BEN HNIA**, who, after finishing the snatch with 147kg, failed with the opening 177kg three times in clean and jerk.

1	SHI Zhiyong	10.10.1993	CHN	68.72	162	190	352
2	ISMAYILOV Daniyar	03.02.1992	TUR	68.59	163	188	351
3	MOSQUERA LOZANO Luis J.	27.03.1995	COL	68.54	155	183	338
4	ROQUE MENDOZA Bredni	11.11.1987	MEX	68.63	145	181	326
5	CALJA Briken	19.02.1990	ALB	68.84	145	181	326
6	CECHIR Serghei	15.10.1990	MDA	68.75	144	178	322
7	KINGUE MATAM Bernardin L.	20.05.1990	FRA	68.71	140	180	320
8	WON Jeongsik	09.12.1990	KOR	68.95	143	177	320
9	TRIYATNO	20.12.1987	INA	68.60	142	175	317
10	SANCHEZ LOPEZ David	20.07.1994	ESP	68.61	142	175	317
11	BUNSUK Tairat	11.01.1993	THA	68.65	137	179	316
12	MOHD Hafifi Bin Mansor	28.10.1990	MAS	68.71	140	176	316
13	KWON Yong Gwang	14.01.1996	PRK	68.36	137	176	313
14	YOKUBOV Doston	05.04.1995	UZB	68.95	137	176	313
15	MOSQUERA ROA Edwin O.	26.07.1985	COL	68.69	140	170	310
16	AL DUHAYLIB Mohsen H. A.	01.05.1994	KSA	68.96	135	162	297
17	PAN Chien-Hung	07.08.1988	TPE	68.79	136	160	296
-	ARIANA I Ketut	06.09.1989	INA	68.75	--	--	--
-	BEN HNIA Karem	13.11.1994	TUN	68.87	147	--	--
-	KIM Myong Hyok	03.12.1990	PRK	68.87	157	--	--
-	ARTYKOV Izzat	08.09.1993	KGZ	68.68	--	--	--



Luis J. MOSQUERA eventually obtained the bronze medal for Colombia



# 77KG – LYU XIAOJUN: A NARROW MISS ON A SECOND GOLD

If there was anyone in the Rio title contenders' line to whom everyone would have blindly granted the gold medal in advance, it was definitely **LYU Xiaojun**. The Chinese, 32, had counted as the undisputed favourite thanks to his amazing lifting and of course his brilliant record. It should be noted that even he had made an unexpected blunder that might have weakened the confidence of his supporters: namely failing to total at the 2015 world championships, but it remained a unique event in his career. All the more victories and successes did he register, in contrast, since his debut as 2004 junior world champion, including winning practically every single important competition in the last decade. World champion in 2009, 2011, 2013, Olympic champion in 2012, Asian titles, etc.

Going into the Rio 2016 Olympic Games, **LYU** was the owner of the world records in snatch (176kg) and total (380kg) with the only clean and jerk record left with Russian **Igor PEREPETCHENOV** (210kg, April 2001).

In snatch, everything seemed to run smoothly for **LYU**, wearing gold shoes provided by his confident sponsors, when he progressed from 170kg to 175kg finally breaking his own snatch world record with a lift of 177kg. Not



1	RAHIMOV Nijat	13.08.1993	KAZ	76.19	165	214	379
2	LYU Xiaojun	27.07.1984	CHN	76.83	177	202	379
3	MAHMOUD Mohamed I. Y. A.	21.11.1989	EGY	76.69	165	196	361
4	CHINNAWONG Chatuphum	19.07.1993	THA	76.52	165	191	356
5	SPAC Alexandr	21.11.1989	MDA	76.52	155	192	347
6	CAICEDO PIEDRAHITA A. M.	15.08.1997	COL	76.26	155	191	346
7	MATA PEREZ Andres E.	11.11.1992	ESP	76.32	153	190	343
8	CHOE Jon Wi	29.06.1993	PRK	76.54	153	190	343
9	ABDELBAKI Ibrahim R. I.	06.02.1988	EGY	76.90	152	186	338
10	MULLER Nico	02.11.1993	GER	76.70	151	181	332
11	SIVALINGAM Sathish Kumar	23.06.1992	IND	76.96	148	181	329
12	DENI	26.07.1989	INA	69.38	146	177	323
-	CAPTARI Dumitru	12.07.1989	ROU	76.68	145	--	--
-	KARAPETYAN Andranik	15.12.1995	ARM	76.75	174	--	--



## ► RIO OLYMPIC GAMES 2016 - MEN 77 KG

mentioning the fact that he acquired significant advantage (12kg) on his main challenger, 2015 world champion **Nijat RAHIMOV** of Kazakhstan. Alas, even that gap was not to be too much for the Kazakh to bridge in the end...

The clean and jerk started in a frightening way for **LYU** who failed with 197kg, but quickly made it in a correction and concluded the competition with 202kg. That was the weight at which **RAHIMOV**, 23, having turned Kazakh from Azeri in 2013, opened – successfully. He thus had two lifts to work off the 12kg handicap and, matching **LYU**'s 379kg total to win on bodyweight. He did not think twice and attacked the 214kg barbell right away. That world record weight was to offer him the Olympic gold medal on bodyweight. Though **RAHIMOV**'s best in competition had only been 207kg (which he produced at last year's Worlds having returned from a two-year ban for doping), unbelievably he mastered this enormous 214kg weight, beating the previous world record in clean and jerk by 4kg, and beating **LYU**, also totalling 379kg, on account of lighter bodyweight. The bronze went to last year's world championships runner-up Egyptian – and African – to capture an Olympic weightlifting medal since 1948 (68 years). There was also a tragic hero of the evening: European champion Armenian **Andranik KARAPETYAN** suffered a left elbow dislocation during his 195kg clean and jerk.

### NIJAT RAHIMOV, KAZ



“For the last two years I have only focused on this goal, I’ve worked a lot. A world record depends 95 percent on how much you train and I’ve spent all my time in the gym”.



Medal winners of 77kg



# 85KG – ROSTAMI TURNED BRONZE INTO GOLD



Kianoush ROSTAMI, IRI, breaking his own world record total

Iran's **Kianoush ROSTAMI** won the Olympic gold medal with a world record performance; whilst Romanian **Gabriel SINCRAIAN** can say goodbye to his bronze medal as a new ranking has to be established in the men's 85kg category. Even prior to the official statement, Romanian State Television was the first to announce that **SINCRAIAN** would lose his Rio Olympic bronze medal due to an anti-doping violation. Third in this category, the Romanian, 27, counts as a backslider: he had already been caught in an out-of-competition control in 2013. He served a two-year ban and now he might face the termination of his athletic career. His position may be filled by Kazakh **Denis ULANOV**, 2016 Asian champion, who had finished off the podium merely because of heavier bodyweight than **SINCRAIAN**'s (390kg total to both).

However, let us concentrate on our two title contenders whose duel for the gold medal catered for the suspense. 25-year old Iranian, **Kianoush ROSTAMI** completed successful 174kg and 179kg and failed with 182kg. Nonetheless he acquired an advantage of 1kg on his Chinese rival, because **TIAN Tao** missed 173kg, then again 178kg, and snatched 178kg only in his last attempt. In the clean and jerk, 22-year old **TIAN**, 2015 snatch world champion, continued this capricious performance: missing both 210kg and 217kg before he tried the latter weight again and finally succeeded with it. The 395kg total he thus



"Chinese-style" power jerk led TIAN Tao to silver medal



1	ROSTAMI Kianoush	23.07.1991	IRI	84.26	179	217	396
2	TIAN Tao	08.04.1994	CHN	84.85	178	217	395
3	ULANOV Denis	28.10.1993	KAZ	84.95	175	215	390
4	PIELIESHENKO Oleksandr	07.01.1994	UKR	84.73	175	210	385
5	ASAYONAK Petr	27.02.1993	BLR	84.24	170	207	377
6	KHADASEVICH Pavel	16.07.1993	BLR	84.47	170	195	365
7	ELBAKH Fares Ibrahim E. H.	04.06.1998	QAT	84.79	158	203	361
8	BARDIS Giovanni Battista	21.05.1987	FRA	84.63	165	192	357
9	HENNEQUIN Benjamin D.	24.08.1984	FRA	84.43	155	195	350
10	HERNANDEZ PAUMIER Y.	25.04.1986	CUB	84.49	150	200	350
11	IAKOVIDIS Theodoros	12.02.1991	GRE	84.58	160	190	350
12	PLAMONDON Pascal	12.12.1992	CAN	85.00	155	190	345
13	YU Dongju	19.08.1993	KOR	84.44	150	190	340
14	MUSIC Amar	21.03.1987	CRO	84.58	150	186	336
15	PATTERSON Richard John E.	30.04.1983	NZL	84.13	149	181	330
16	HOANG Tan Tai	30.03.1990	VIE	84.27	145	180	325
17	ROSA DA SILVA Wellison	22.11.1983	BRA	84.69	145	180	325
18	TOKOLA Milko Olavi	10.10.1992	FIN	84.79	145	175	320
19	EL AABIDI Khalid	14.09.1995	MAR	80.57	120	165	285
20	AMOAH Christian	25.07.1999	GHA	83.52	130	153	283
-	MICALLEF Kyle Sean	08.01.1987	MLT	84.87	--	--	--
-	MIRZOYAN Arakel	21.10.1989	ARM	83.67	158	--	--
DSQ	SINCRAIAN Gabriel	21.12.1988	ROU	84.33	--	--	--

scratched together matched the world record and for him granted the silver medal. Namely, **ROSTAMI** did not give a chance to the Chinese to win and, although lifting 215kg only in a correction, confidently hoisted 217kg as well. Having completed this lift, he had two good reasons to celebrate: his Olympic victory, turning the 2012 London bronze to gold in Rio; as well as a new world record in total, 396kg. Eventually, the previous mark was also his: at the Teheran Fajr Cup held in May on home ground he had modified the old (18-year old) world record with a 220kg clean and jerk. In Brazil, **ROSTAMI** joined the proud rank of Iranians boasting Olympic champion titles: **Mahmoud NAMDJOU**, **Mohammad NAS-SIRI** and **Hossein REZAZADEH**.

During the medallists' press conference both the gold and the silver medal winners declared they hoped to continue vying for supremacy in future events.



Thanks to Denis ULANOV, Kazakhstan now has one more bronze medal



# 94KG – MORADI DELIVERED IRAN'S SECOND GOLD

Out of eighteen attempts the medallists of the 94kg completed only 8 successfully. Yet, despite the poor output rate **Sohrab MORADI**, **Vadzim STRALTSOU** and **Aurimas DIDZBALIS** equally deserved their respective medals. This category did not have any plain favourites; the competition was open and therefore exciting among candidates of similar potential.

In snatch, 27-year old Iranian and former Asian champion **MORADI** made a correction on 178kg and finished with 182kg, putting him into the lead. Lithuanian **DIDZBALIS**, world championships bronze medallist two years ago, shocked his coach missing 177kg twice and getting on the verge of being eliminated. Finally, in his last attempt, he mastered the weight and stayed in the race. For a change, last year's world champion, **STRALTSOU** of Belarus made only his opening lift

on 175kg before taking rather weak attempts at 179kg and 180kg. The success rate of lifts did not improve in the clean and jerk. Scoring 210 and 215kg, **DIDZBALIS** missed 223kg and totalled 392kg earning him the bronze. **STRALTSOU** made a carbon copy of his "progress" in snatch: having succeeded with the first 220kg, he went on missing the remaining two attempts at 230kg. The 395kg aggregate result was good for a silver medal. The Olympic champion title was finally obtained by **MORADI**, thanks to a comfortably superior 403kg total result. Having secured the victory with 221kg, he could afford missing 234kg – a hopeless weight anyway – which he did not need, by the way. The main thing was the gold medal and it was already his. **MORADI**'s final output was 15 kilos more than he had lifted in 2013, prior to serving two years of suspension time for doping.



Sohrab MORADI, IRI was not deterred and worked resolutely for the Olympic glory



Vadzim STRALTSOU, Belarus





The best of 94kg proudly flashing their medals

“During those two years I was at home and kept on training very hard, very resolutely,” – he said after the victory. – “People were laughing at me: you should have retired, you were doped, they blamed me, but I had a goal and kept on working stubbornly.”

As opposed to the 2012 Olympic Games when **MORADI** bombed without having completed a valid lift, now he delivered Iran’s second gold medal, right after **ROSTAMI**. Another athlete who had served his time of two years from 2012 was **DIDZBALIS** who, as usual, drew cheers from the crowd with his famous back flip: “If I had only been fourth I wouldn’t have made the flip but now that I’ve won a medal, I did it”, commented the Lithuanian, who, by the way, had never been a gymnast, just learned this one trick – besides winning an Olympic medal.



Sarat SUMPRADIT, THA can be proud of his 4<sup>th</sup> place

1	MORADI Sohrab	22.09.1988	IRI	93.64	182	221	403
2	STRALTSOU Vadzim	30.04.1986	BLR	93.70	175	220	395
3	DIDZBALIS Aurimas	13.06.1991	LTU	92.42	177	215	392
4	SUMPRADIT Sarat	17.04.1994	THA	93.10	177	213	390
5	ABDALLA Ragab A. Saad A.	04.03.1991	EGY	93.45	174	213	387
6	CHUMAK Dmytro	11.07.1990	UKR	93.66	174	213	387
7	HASHEMI Ali	01.11.1991	IRI	34243	173	210	383
8	BERSANAU Aliaksandr	01.09.1992	BLR	93.57	173	208	381
9	HOZA Volodymyr	15.04.1996	UKR	93.66	170	205	375
10	PARK Hanwoong	15.01.1995	KOR	92.39	165	202	367
11	FARRIS Kendrick James	02.07.1986	USA	93.24	160	197	357
12	BOULY Kevin	26.04.1981	FRA	93.76	155	190	345
13	RIBOUEM Simplicie	05.12.1982	AUS	93.25	155	185	340
14	WEBSTER Sonny Curtis	10.03.1994	GBR	93.58	148	185	333
15	PAVON FUNES Christopher J.	18.04.1993	HON	93.26	145	180	325
16	MINKOUMBA Petit David	27.02.1989	CMR	91.61	140	165	305
17	ADEDE James Omondi	31.10.1986	KEN	92.89	116	140	256
-	JUNGBLUT Tanumafili M.	10.06.1990	ASA	92.91	--	--	--





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# AERIAL





# 105KG – UZBEKISTAN HAILS FIRST OLYMPIC CHAMPION

Uzbekistan had never won gold in weightlifting – up until Rio. In the 2016 Olympic Games the ice broke and **Ruslan NURUDINOV** delivered the country's first title in the 105kg. His 431kg total outscored the next best by 14kg and the third-place winner by 15kg.

Fourth at the 2012 London Olympic Games, world champion in 2013, **NURUDINOV** snatched 194kg in Rio. In this part of the competition, his compatriot, **Ivan EFREMOV** was still able to match his pace, also finishing with 194kg. In the clean and jerk, however, the No.1 Uzbek star shifted into sixth gear and bolted from his challengers. He finished with a 237kg best, but he had already been the winner after his second lift.

Calling himself “The World’s Happiest Man”, silver medallist Armenian **Simon MARTIROSYAN** lifted 227kg and as **Alexandr ZAICHIKOV** had finished with 223kg, the Armenian teenager beat the Kazakh. With his 19 years of age, **MARTIROSYAN** is the youngest Olympic medal winner of the category.

“My dream was the gold medal but at 19 I still have time and I’m very happy about the silver” – said the junior Armenian.

1	NURUDINOV Ruslan	24.11.1991	UZB	104.96	194	237	431
2	MARTIROSYAN Simon	17.02.1997	ARM	104.63	190	227	417
3	ZAICHIKOV Alexandr	17.08.1992	KAZ	104.51	193	223	416
4	YANG Zhe	14.07.1991	CHN	104.59	190	225	415
5	EFREMOV Ivan	09.03.1986	UZB	104.90	194	220	414
6	BARARI Mohammadreza	31.03.1988	IRI	104.65	186	220	406
7	MICHALSKI Arkadiusz	07.01.1990	POL	104.77	179	221	400
8	PLESNIKS Arturs	21.01.1992	LAT	103.99	181	218	399
9	ABBOOD Salwan Jasim A.	26.09.1991	IRQ	103.80	180	214	394
10	SPIESS Jurgen Christian	26.03.1984	GER	104.51	170	220	390
11	MARTIROSYAN Sargis	14.09.1986	AUT	104.19	179	210	389
12	MOHAMED Gaber A. F.	01.09.1985	EGY	104.98	173	204	377
13	VIERA ESPINOZA H. M.	16.01.1993	PER	103.85	151	200	351
14	KATOATAU David	17.07.1984	KIR	104.58	145	204	349
-	BONK Bartłomiej Wojciech	11.10.1984	POL	104.07	185	--	--
-	GREGORIO MACHADO M. F.	05.07.1993	BRA	104.47	170	--	--
-	CHKHEIDZE Giorgi	30.10.1997	GEO	104.74	170	--	--

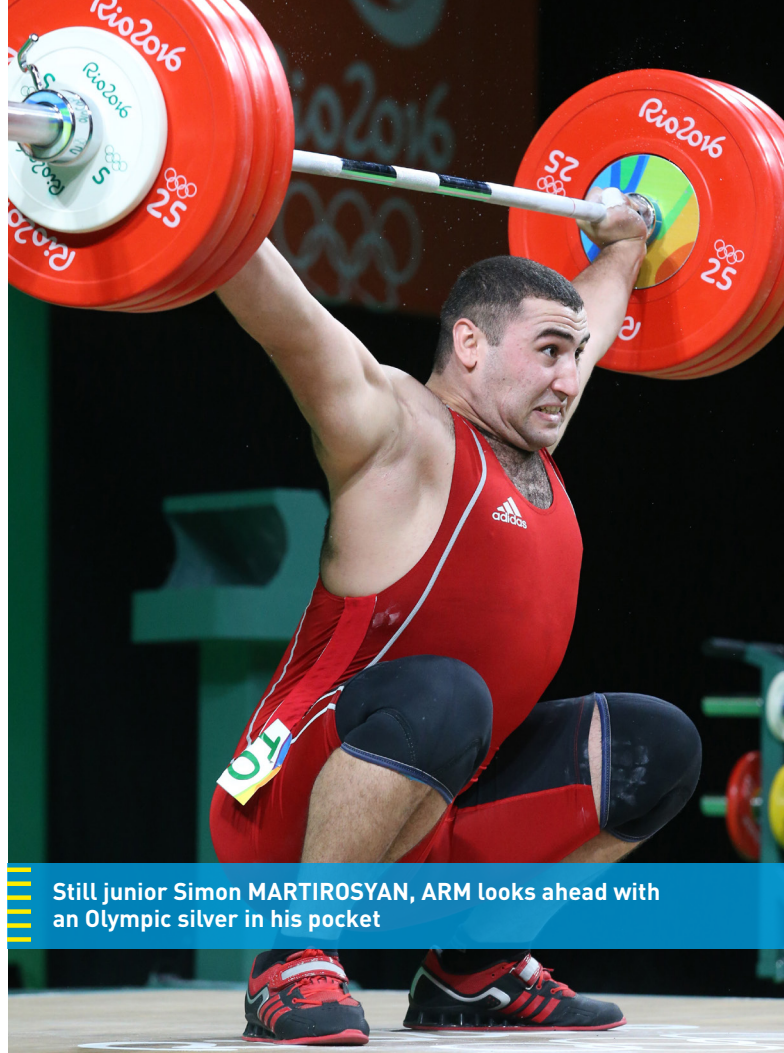




➤ RIO OLYMPIC GAMES 2016 - MEN 105 KG

Despite registering an Olympic record with the 237kg clean and jerk, **NURUDINOV**'s happiness was not complete: "I wanted to lift much more, at least 243kg. In training I've already succeeded with 240," – thus the Uzbek explained his dissatisfaction. Later he added that he was sure he would receive a warm welcome back in his native Uzbekistan. As for short term plans after the Games while still in Rio: "I want to sleep a lot and the next destination is the beach!". He also noted that he was very grateful to the German doctors who had cured him. "Practically I had to miss two years due to injury. I needed two surgeries on my left knee; clearly I must thank the German doctors for what they did to me." To prove the high standard and the keen fight in the leading batch, let us look at the totals that produced the ranking: disregarding **NURUDINOV**'s 431, from runner-up downwards: 417, 416, 415 and fifth-placed **EFREMOV** still registered 414kg!

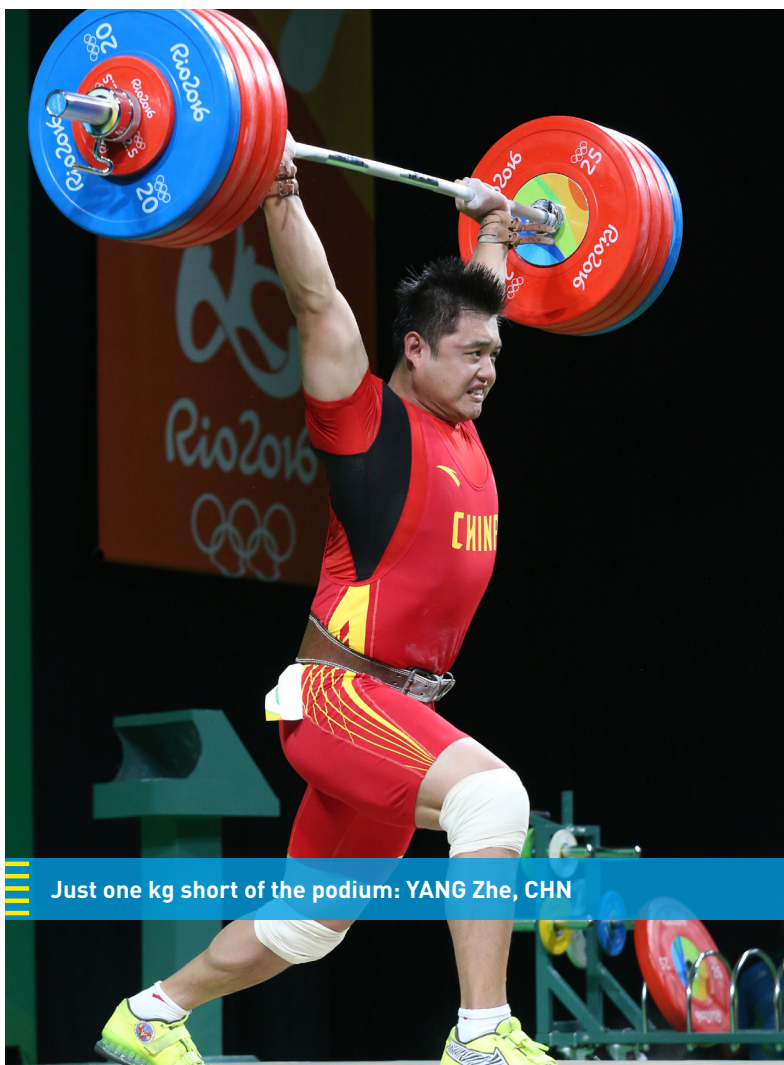
Though finishing only in 14<sup>th</sup> position, every crowd's favourite **David KATOATAU** from Kiribati stole the show with his inimitable 'pleasure dance'. The biggest surprise was caused – perhaps to himself as well – by Poland's 2012 Olympic and 2013 world championship bronze medal winner, last year's European champion **Bartlomiej BONK**, who made zero in clean and jerk.



Still junior Simon **MARTIROSYAN**, **ARM** looks ahead with an Olympic silver in his pocket



Bronze medal for Alexandr **ZAICHIKOV**, **KAZ**



Just one kg short of the podium: **YANG Zhe**, **CHN**



# +105KG – TALAKHADZE RAISED THE ABSOLUTE RECORD TO 473KG

The 10<sup>th</sup>, closing day in weightlifting gifted us with an incredible finish in the show of the superheavies. Prior to the +105kg the question was whether Iran would win its third Olympic gold, unprecedented in Olympic history; meaning whether London's champion **Behdad SALIMIKORDASIABI** could defend his title, or a new champion would be celebrated? And whether any records were still in store for the last competition day in weightlifting?

Both questions were answered – alas perhaps not the way expected. Eventually, not only did **SALIMI** lose his crown, but he also got eliminated from the contest and a new hero was born: **Lasha TALAKHADZE** of Georgia – with an astounding new total world record!

Records started to shower in the snatch. An example for Georgia's new wave, **TALAKHADZE**, 22, 2013 junior world champion, 2015 senior world champion and 2016 European champion, opened with 205kg, continued with 210kg and finally broke **SALIMI**'s snatch world record in the first section of the competition when he lifted 215kg. **SALIMI** took it straight back a minute later with 216kg and was favourite going into the clean and jerk.

Two more men were able to make a mark: Armenian **Gor MINASYAN** (210KG) and the other Georgian giant, **Irakli TURMANIDZE** (207kg).

In the clean and jerk, tension heightened. Having previously won the European title with a 463kg total, **TALAKHADZE** was waiting. He was letting the others struggle before deciding where to enter the race in the final phase. The most weight lifted, 245kg, belonged to the other Armenian, **Ruben ALEKSANYAN. TURMANIDZE** and wrestler-turned-weightlifter **MINASYAN** both closed with 241kg.



Encouraged by the home crowd, Fernando SARAIVA REIS could be proud of his 5<sup>th</sup> position in this strong field



Lasha TALAKHADZE making Olympic history: gold for Georgia



► RIO OLYMPIC GAMES 2016 - MEN +105 KG

1	TALAKHADZE Lasha	02.10.1993	GEO	157.34	215	258	473
2	MINASYAN Gor	25.10.1994	ARM	143.67	210	241	451
3	TURMANIDZE Irakli	13.12.1984	GEO	135.58	207	241	448
4	ALEKSANYAN Ruben	14.03.1990	ARM	151.64	195	245	440
5	SARAIVA REIS Fernando	10.03.1990	BRA	154.58	195	240	435
6	DJANGABAEV Rustam	25.08.1993	UZB	145.88	195	237	432
7	SEIM Mart	24.10.1990	EST	149.10	187	243	430
8	ORSAG Jiri	05.01.1989	CZE	127.27	185	240	425
9	VELAGIC Almir	22.08.1981	GER	149.17	188	232	420
10	NAGY Peter	16.01.1986	HUN	158.86	193	227	420
11	DUSMUROTOV Sardorbek	13.03.1993	UZB	109.79	179	232	411
12	MZHACHYK Aliaksei	30.06.1996	BLR	135.60	187	224	411
13	BIDANI Walid	11.06.1994	ALG	123.46	190	220	410
14	SALAS MANGUIS F. F.	10.02.1988	ECU	162.50	184	221	405
15	ASAAD Man	20.11.1993	SYR	143.42	180	220	400
16	PROCHOROW Alexej D.	30.03.1990	GER	138.31	180	215	395
17	OLSHANETSKYI Igor	16.02.1986	ISR	129.54	165	207	372
18	KRUZEL Ondrej	23.08.1988	SVK	118.64	165	206	371
19	SHYMECHKO Ihor	27.05.1986	UKR	129.75	170	195	365
-	CHEN Shih-Chieh	27.11.1989	TPE	151.66	185	--	--
-	SALIMIKORDASIABI Behdad	08.12.1989	IRI	169.79	216	--	--
-	MOHAMED Ahmed M. A.	27.04.1988	EGY	143.88	190	--	--
-	TOYCHYEV Hojамuhammet	16.01.1992	TKM	144.71	--	--	--



Gor MINASYAN, ARM, silver

**SALIMIKORDASIABI** chose 245kg as his opening attempt, but – surprisingly – the first clean and jerk attempt was no lift, the second was overruled by all five members of the jury judging it no lift (labelled unambiguously as a press-out) and he never came close with his third. The decisions gave rise to a certain brawl when the Iranian camp first protested loudly, then, growing more and more hostile, reacted with threats and triggered an unpleasant atmosphere in the Riocentro. Eventually, the situation was controlled but it was a pity for the incident in which competitor, coach and team official were unworthily involved on Iranian side...

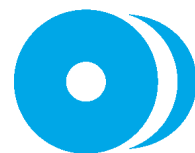
Following **SALIMI**'s exit, the setup became simpler on the stage. **TALAKHADZE** had no problem with 247kg and called for 258kg. If successful, he sets a new world record in total of 473kg. Undisturbed by the turmoil around him, the Georgian did clean and jerk the weight and obliterated **Hossein REZAZADEH**'s 472kg world record held since 26 September 2000. A new age started in weightlifting.



Doubling Georgian honours: Irakli TURMANIDZE won bronze



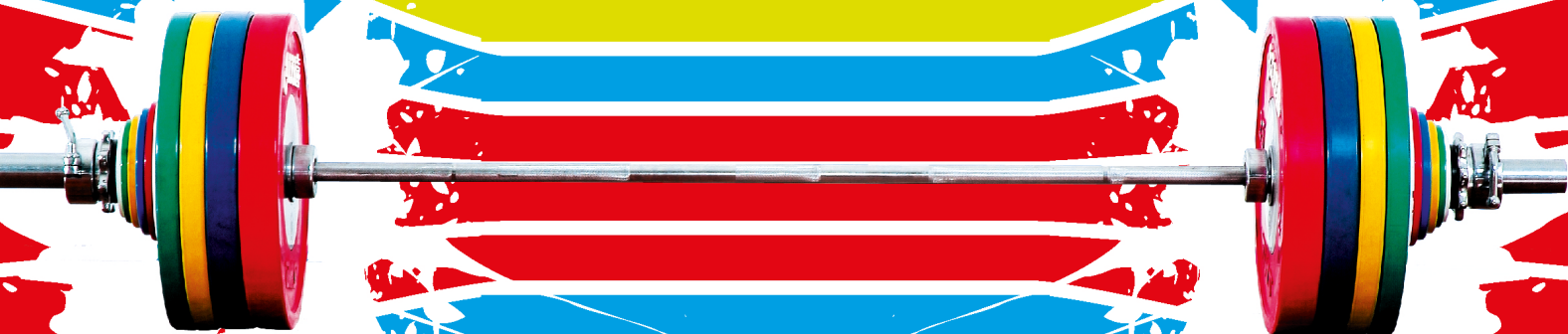
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## WOMEN'S PAGE

# WOMEN RISE TO TOP POSITIONS – ONLY THE SKY IS THE CEILING

**W**e are already used to the sight of the strong representatives of our gender lifting incredible weights on the platform, setting hitherto unimaginable records, fighting like tigresses for athletic excellence and displaying the true spirit of sports(wo)manship. In terms of Technical Officials, thanks to the consistent policy put in place by the IWF, we are near to gender parity: in Rio we had 50-50% rate among female and male TOs! We are, however, less used to having women in the athlete's entourage functions or, less still, in the leadership, decision-making positions. Now, we have some ladies to be proud of – in fact, whom the entire Weightlifting Community can be proud of. Probably it is needless to introduce Madam **Boossaba Yodbangtoey**, recipient of the 2013 IOC Women and Sport Trophy Award. Former Governor of Chiangmai, she was recently re-elected as President of one of the world's strongest Federations, the TAWA (Thai Amateur Weightlifters' Association) by acclamation – yet in Rio or in fact in any other competition you would not find her in the VIP area; much rather in the warm-up, supporting

and tending to her beloved lifters next to the coaches and showing them an example for persistence, love, mental and physical strength. Her reward? Two Olympic champion titles and several medals for Thailand at Rio2016.

Another Federation with great traditions in the sport is the Japanese. Since 15 June 2013, the Japan Weightlifting Association has a new President, Madam **Yuriko Koike**. A former TV anchor, Minister of Defence, Minister of Environment, Member of Parliament, Madam Koike has led Japan's weightlifting towards success. On 31 July 2016 she made history winning landslide election (3 million votes) as Tokyo's first female Governor. Since Tokyo, with 13.6 million people the world's largest city, will be hosting the next Olympic Games, she will oversee the preparations for the 2020 Olympics. Koike said in her victory speech she would pursue policies that would mean that "both women and men can shine in Tokyo". Don't we think the 2020 Games are in good hands with the JWA President? And according to CNN estimations, Koike's pathway may not end with her current position; becoming Japan's first female PM may also be among her plans. Good luck, Yuriko Koike!



TAWA President Boossaba Yodbangtoey always keeps close to her fledglings



Final act of the Rio2016 Closing Ceremony: Yuriko Koike, as Tokyo Governor takes over the Olympic flag from Rio Mayor Eduardo Paes via IOC President Thomas Bach (© 2016 / IOC/ JONES, Ian)



# TECHNICAL CORNER

## THE ENTITLEMENT FACTOR!

**(ENTITLEMENT: THE FACT OF HAVING A RIGHT TO SOMETHING; THE BELIEF THAT ONE IS INHERENTLY DESERVING OF PRIVILEGES OR SPECIAL TREATMENT.)**

**T**hey say that perception is reality and if that is the case in the world of Technical Officials then I suggest we are in some difficulty.

I say that because I truly believe that among many of the International Technical Officials (ITOs) there is a perception that unless you are appointed as a member of the Jury you are less than an Official, you are pedestrian, you are not top of the tree, you haven't made it. Even more disturbing is the fact that if anyone who has served as a Jury member and indeed as the President of the Jury is appointed to another role that particular person believes he/she has been demoted.

How ridiculous! Nothing could be further from the truth! It is like the Entitlement Factor coming to play. For those who feel that way I have little respect because it means to me they know not what makes an ITO, they have no appreciation and no understanding of the complexity embodied in the role of an ITO. To them I say, please go to the IWF website and read, or better still, download the Technical Officials' Guidebook and study it intensely as it will give you a thorough explanation of the various roles and responsibilities, the definitions, the attributes required to become the complete ITO.

Often I am confronted by ITOs at major events who have no idea, no comprehension of how to work the clock if they are asked to be Timekeepers, or how to work at the Marshal Table, or indeed how to perform the duty of Competition Secretary. You see, they have never done it before. In their own countries, because of the position they hold or because of their athletic fame, they are used to doing nothing else but sitting on the Jury. That, I am afraid, is not acceptable, it is not good enough. WE CAN DO BETTER!

The IWF intends to pursue the rotation system. We must all experience the various tasks demanded at World Events and above all it is our obligation to ensure that we create a pathway for younger or less experienced TOs. To do any different would mean to perpetuate the Entitlement Factor!

To be President of the Jury or Jury Member is of course an important role at any of the world events as the Jury has the ultimate control of the competition, but so is the role of the Technical Controller which is equally as important. The TC is the eyes and the ears of the President of the Jury, is the conduit between the Warm-up Area and the competition platform and indeed the whole of the Field of Play. When the TC does not fulfil the task to perfection chaos will take

over. And what about the Chief Marshal position? One mistake and the competition stops, the scoreboard becomes a battlefield much to the frustration of athletes, coaches, officials and the public.

The task of the Referees should be an easy one as they only have to adjudicate if a lift has been performed in accordance with the Rules, however, when under pressure to make a split of a second decision and in front of the whole world watching, sometimes they make errors of judgement. But, what a position to be in! Referees are first to indicate and/or decide that the correct medal or record goes to the correct athlete. Do you think that is an easy position? I think not! Competition Secretaries perform an enormously important task. Verification of bodyweight, correct registration of names, age, attempts, 15/20 kilo rule, warm-up passes and ensuring all the paper work is progressed to the final destination. It takes attention, skill and knowledge of the Rules. Competition Secretaries are the first Officials to welcome the athletes to the competition and it is important that they are made to feel comfortable and relaxed so they can concentrate on their performance. It is a role of paramount importance. Timekeeper is the first job a TO should master. It is not an onerous task but if you have never done it before even those two Start/Stop and 1 and 2 minutes buttons look horrendously complicated. One error and it costs a lift to an athlete or creates problems for the Jury. Attention and concentration is a top requirement for this role.

So you see, it is the ITOs' various roles which control the competitions and not just the Jury or the President of the Jury. One weak link and disaster will happen.

The concept of all positions or roles is an integral piece of the complete competition puzzle and if one piece of the puzzle is missing it is not complete.

To all the ITOs world-wide I say: take pride in your work, experience all the roles and work at them in your countries. There, if you have had international experience you can also assume the role of IWF emissaries, you can assist others and you can convey the IWF message.

Here in my own country of Australia I am proud to say that when I am in town I make myself available to officiate in any capacity at National, State, Club and School event. I am a Technical Official and proud of it.



Technical Officials at the 2016 Rio Olympic Games





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# Weightlifting



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