

## IWF WORLD CHAMPIONSHIPS - RIYADH 2023

### Stellar cast can make it a World Championships for the ages as Saudi Arabia plays host for first time

An impressive array of top-quality athletes, coupled with the event's wider importance in Olympic qualifying, can make the 2023 IWF World Championships one to remember.

Saudi Arabia hosts the IWF's flagship event for the first time at the Prince Faisal bin Fahd Olympic Complex in Riyadh, the capital city, where more than 700 athletes will take part from September 4-17. They include all 20 current world champions, the 13 Tokyo Olympic gold medallists who are still competing, 17 world record holders and a host of continental champions.

Everybody who is intent on competing at Paris 2024 must travel to Riyadh because this is the first of two mandatory events in qualifying, where athletes must participate. Those who are not fully fit, or who are going to the Asian Games and worried about competing twice in a month, can choose to weigh in without lifting, which 27 athletes have done.

They include champions and record breakers Maude Charron from Canada, Mirabai Chanu from India, Lesman Paredes from Bahrain, Loredana Toma from Romania and Karlos Nasar from Bulgaria.

Despite their absence, the line-up in Riyadh is of the highest quality.

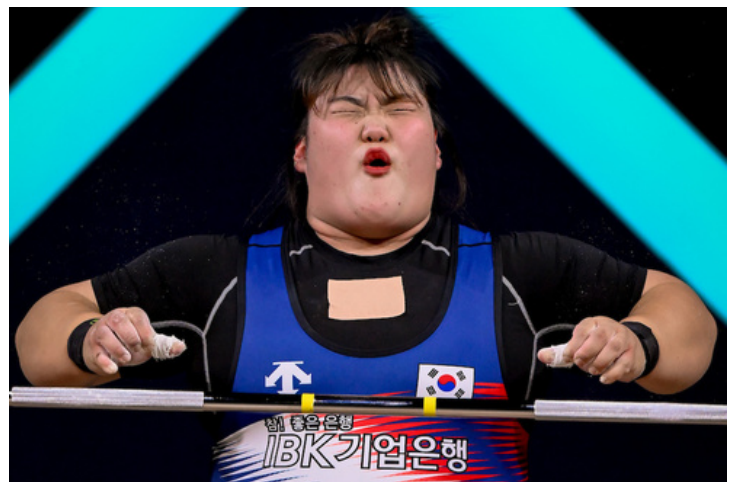
China, the sport's global powerhouse, sends its strongest team and unlike last year all the big names are expected to lift.

There is a welcome return for Shi Zhiyong, who has been injured and has not lifted since winning gold at 73kg in the Tokyo Olympic Games more than two years ago. He is due to compete in the 81kg C Group. Whether because of fitness concerns or tactics, Shi is not the only Olympic champion listed in a C Group. Kuo Hsing-Chun from Chinese Taipei, the 59kg winner in Tokyo, is another, and several more big-name athletes are in B and C Groups. One, the 55kg world champion and multiple junior world record holder Seeraphong Silachai from Thailand, is in the 61kg D Group.

Read more [here](#)



Shi Zhiyong (CHN)



Park Hyejeong (KOR)

## Don't miss the Anti-Doping Education Seminar in Riyadh!

Our International Federation is delighted to be partnering with the International Testing Agency (ITA) at the 2023 IWF World Championships in Riyadh (KSA) to deliver an Anti-Doping Education Seminar, taking place on September 9, at 10am (exact location to be confirmed).

An ITA Education Ambassador, two times Olympic medallist from Canada, Ms. Christine Girard will deliver a presentation for all interested about clean sport. Moreover, all participants will leave with a nice surprise gift!

Finally, an IWF/ITA Information Booth will be available at the venue from September 9-11 for all those who would like to take part in interesting anti-doping activities! Bring your team and friends and come to learn more about our iLiftClean programme!

Read more [here](#)



## IWF NEWS

### Executive Board takes important decisions for the IWF's future

The IWF Executive Board met on August 7 and approved important decisions concerning its future, namely the appointment of an Interim CEO, a new "IWF Human Rights and Non-Discrimination Policy", a Commission to examine the applications of athletes requesting an exemption related to the Olympic Qualification for Paris 2024 and the validation of the AIN delegation for the upcoming IWF World Championships, taking place from September 4-17 in Riyadh (KSA).

In accordance with the IWF Constitution, and respecting the good governance principles, Pedro Adrega, presently the IWF Communications and Marketing Manager was appointed as the new interim CEO of the International Weightlifting Federation, until a definitive CEO can be appointed. After spending 22 years at FINA – the International Swimming Federation, now named World Aquatics -, Mr Adrega has given new dynamics to the communication strategy within the IWF and is namely chairing the working group in charge of establishing the 2024-2032 IWF Strategic Plan.

On the athletes' side, and after having approved in recent months an "Athlete Gender Identity Policy" and appointed a Safeguarding and Integrity Officer, the IWF validated today a "Human Rights and Non-Discriminatory Policy", which applies to all participants involved in our International Federation operations. These guidelines are to be followed by all IWF entities, but also by its commercial partners, service providers, and organisers of the IWF events. The final document was largely inspired by the IOC policy on this important matter.

Related to the Olympic qualification for Paris 2024, the IWF voted positively on the guidelines for a Commission in charge of examining the athletes' request for an exemption related to the qualification process. According to the IWF/IOC Qualification System for the weightlifting competitions at the Olympics, a mandatory presence in some events is part of the procedure. Also in accordance with those Rules, athletes may apply for an exemption, under exceptional circumstances. The mission of the new independent Commission is to analyse and decide on those requests.

Finally, the IWF EB also approved the AIN delegation that will be present at the IWF World Championships. It includes 12 athletes, seven support personnel, and one technical official – all of them have a passport from Belarus.



## “Weightlifting Changed my Life”: A lesson of life in Honduras and in Jordan!

It is often said that sport can be a tool for social success, or even more importantly a way of changing the lives of those practicing it. This is already a nice declaration on paper, but it becomes really interesting when concrete examples of the positive change sport may bring to the athletes are shown. Through an inspiring video – “Weightlifting Changed my Life” – the IWF went to Honduras and Jordan to talk about these young competitors, who saw their lives transformed thanks to their passion for the sport.

In the streets of Tegucigalpa, and in some of the most marginalised neighbourhoods of the Honduran capital, Axel Pavon, Emelin Ortiz, Jorge Hernandez, and Sofia Aleman tell us about their existences before and after weightlifting entered into their lives. Influenced by family or friends, they all underline the powerful impact the sport brought to their existence.

*“This sport helped me a lot as it prevented me from going down the wrong path. It also made me a more mature and tougher person,”* considers Ortiz, who had also fought against the discrimination against women in weightlifting. Aleman also had a *“bumpy road, but it was sure worth it!”* In her case, weightlifting decisively helped her overcome a serious depression episode. *“It literally saved my life”*.

Read more [here](#) and enjoy our video [here](#)

## Improving the level in Myanmar

The Myanmar Weightlifting Federation (MWF) recently organised, with the support of the IWF and Olympic Solidarity, a five-day course for national coaches and ITO's, at the Multi-Purpose Hall in Nay Pyi Taw. More than 20 officials were able to get updated on technical relevant information concerning weightlifting, in a course lectured by Ms Aphinya Dattuyawat, from Thailand, former Asian champion and Olympian. He was assisted by Mr Myo Min (MYA), MWF Deputy Secretary General, Mr Htet Wai (MYA), Deputy Director for the Sports and Physical Education department in charge of Myanmar Anti-Doping Agency, and by Ms Ei Ei Mon (MYA), Assistant Director for Sports and Physical Education and International Relations of the Myanmar National Olympic Committee.

After an Opening Ceremony led by the President of the Myanmar NOC, Mr U Min Thein Zan, all participants took part in theoretical and practical sessions, focusing on several areas: safety, basic training, competition readiness, event rules and regulations, refereeing, video playback technology, psychology and anti-doping education. According to the MWF, the course – held from August 7-11 – was a “complete success” and was well received by all coaches and officials. The workshop sessions, where the level of exchange of information and experience was higher, were particularly appreciated. Finally, all participants were able to pass with distinction (with an average of over 90%) the theory exam at the end of the course.

Read more [here](#)



A successful course in Myanmar



# UPCOMING EVENTS

## IWF at the Paris 2024 Weightlifting Operational Test Event

Paris 2024 Weightlifting Operational Test Event was held at the South Paris Arena 6 on Saturday 12 August 2023. Comprising of men's +102kg and women's 71kg, twenty-five (25) French lifters in total competed across the two bodyweight categories.

The event was hailed as a success as the Organising Committee was able to successfully validate planning objectives such as testing the venue transition, field of play, warm up area, sport equipment, national technical officials, sport specific volunteers, and timing, scoring and results.

Matthew Curtain, IWF Executive Board Member and IF Delegate, as well as Moira Lassen, IF Delegate said they were very pleased to see things run smoothly. The competition also gave all weightlifters and officials the chance to experience being associated within the dynamics of an Olympic environment and so it was certainly a great event for everyone involved.

IWF President Mohammed Jalood, IWF Executive Board Member and Technical Committee Chair Sam Coffa, IWF Executive Board Member and Medical Committee Chair Faithi Masmoudi, IWF Executive Board Member Boukar Tikire and FFHM President Michel Raynaud were also in attendance.



## IWF Grand Prix II in Doha (QAT): Preliminary Entries due on September 4!

The preliminary entries for the IWF Grand Prix II, to be held in Doha (QAT) from December 4-14, 2023 are to be sent until September 4, 2023 – three months before the start of the competition, a qualification event for the 2024 Olympic Games in Paris (FRA).

All the IWF Member National Federations have received updated information on this matter, namely the following timeline:

- **September 4, 2023 – Deadline for Preliminary Entries / Whereabouts information**
- November 4, 2023 – Deadline for Final Entries
- November 14, 2023 – Deadline for participating Member Federations (MF) to transfer 100% of total payment concerning accommodation and entry fees to the Organising Committee. The non-respect of this deadline may lead to the ineligibility of the concerned athletes
- December 2, 2023 – Verification of Final Entries (online)

At the Preliminary Entry stage, MFs can register up to 20 athletes per gender even though the final number of competitors can only be a maximum of 10 athletes (+2 Reserves) per gender, which are to be selected by the Final Entry deadline. After the preliminary registration, no more athletes can be entered by the MFs.

ENTRIES CAN ONLY BE REGISTERED VIA THE IWF ONLINE ENTRY SYSTEM AT: <https://mf.iwf.sport>