

GREAT NEWS FOR THE IWF!

Weightlifting confirmed on the programme of the Olympic Games LA 2028

Weightlifting has been confirmed on the programme of the Olympic Games Los Angeles 2028, following a vote of the International Olympic Committee (IOC) Session in Mumbai, India, on October 16. It comes after the IOC Executive Board and Olympic Programme Commission recommended the sport for inclusion as part of their discussions.

This very positive decision protects the dreams and ambitions of millions of athletes around the world and provides much needed certainty for all stakeholders of the sport. It reflects strong progress being made in governance and anti-doping reform under the leadership of the refreshed IWF Executive Board elected in June last year.

Since his appointment, IWF President Mohammed Jalood has prioritised dialogue and action to put weightlifting on the path to a new and stronger future in line with the criteria set out for the sport to remain on the Olympic programme.

Reacting to the vote, President Jalood said: *"My first thoughts today are for our global weightlifting community – and especially the athletes – for whom this news will be both a great relief and a cause for rejoicing.*

"It is thanks to everyone's collective efforts that we are here today, and we thank the members of the International Olympic Committee for recognising our unity, commitment to change, and the great strides we are making as a sport.

"Today is a moment for weightlifting to celebrate, but it should not be seen as an end. We must – and will – continue, in line with our strategic priorities, towards a new future for weightlifting as a healthy, modern, and athlete-centred sport."

Antonio Urso, IWF Secretary General considered: *"This is the result of a very hard work and commitment from the IWF family to a change of culture in our sport. The initial shockwave provoked by our exclusion from the Olympic programme in 2028 definitively obliged us to choose a new direction, with a renovated team since June 2022.*

"Working united, in a transparent and determined way, we made a massive improvement in two of the domains that needed more attention: good governance and anti-doping policy. Through a constructive and continuous dialogue with the IOC, this shift was duly valued and our beloved Sport is back to the place it deserves, the Olympic arena.

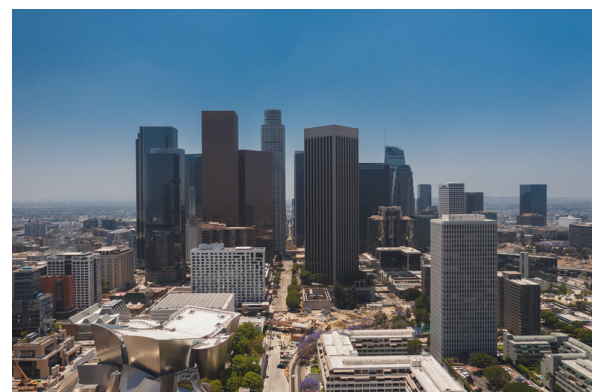
Read more [here](#)



IOC Session in Mumbai (IND): a great milestone in IWF's history



Mohammed Jalood and Antonio Urso in Mumbai



2028: destination Los Angeles!

Athletes discuss the future of the Olympic Movement in Lausanne

Forrester Osei, the Chair of the IWF Athletes Commission (AC) was the representative of our International Federation in the 11th International Athletes' Forum (IAF) that gathered this week in Lausanne (SUI) more than 400 athlete representatives to discuss a series of matters across the Olympic Movement.

AC members from 181 National Olympic Committees (NOC), 54 International Federations (IF), the World Anti-Doping Agency, the International Paralympic Committee, Organising Committees for the upcoming Olympic Games and Continental Associations, as well as members of the Athletes' Declaration Steering Committee and representatives from the World Olympians Association, were present in the Olympic capital.

During the two-day Forum, discussions among participants focused on three main areas:

1. Olympic Games-related initiatives;
2. Support for the network of Athletes' Commissions;
3. Support for athletes directly.

The Forum concluded with a two-hour Q&A session with the IOC President Thomas Bach, who engaged directly with the athlete representatives and replied to their questions on various topics of the Olympic Movement.

Reflecting on the IAF, Forrester Osei underlined that *"it represented a privileged opportunity to meet my counterparts around other sports and regions of the world. This is quite important as we understand that we have a lot of common problems and that only together, sharing our experiences, we can find more efficient solutions to those challenges"*.

The IWF AC Chair also shared his satisfaction with the way athletes are represented and heard within the IWF structure: *"Many were surprised to know that the IWF has three AC members in its Executive Board, with full voting rights. This is also valid for the IWF Congress"*. Mr Osei then concluded: *"This shows the IWF's willingness to put the athletes' voice at the core of our decisions. This level of athlete representation is almost unprecedented in other International Federations, so we can proudly say we are leading the way on this matter"*.

Read complete article [here](#)



Forrester Osei with Kit McConnell, IOC Sports Director

2024-2032 IWF Strategic Plan: don't miss our 4-article series on each of the 4 pillars

After the successful (and unanimous) approval of the 2024-2032 IWF Strategic Plan on September 12 in Riyadh (KSA), we consecrated during four weeks a dedicated article to each of the four basic pillars of this important roadmap.

On September 15, we started the series with Pillar 1 (Safeguarding the IWF stars), and then successively on September 22 with Pillar 2 (Enhancing the IWF events), on September 29 with Pillar 3 (Keeping the IWF safe), and on October 6 with Pillar 4 (Reaching beyond the IWF). The relevant links are:

[PILLAR 1 - Safeguarding the IWF stars](#)

[PILLAR 3 - Keeping the IWF safe](#)

[PILLAR 2 - Enhancing the IWF events](#)

[PILLAR 4 - Reaching beyond the IWF](#)

CONTINENTAL HIGHLIGHTS

EWF Cup in Ancient Olympia (GRE): “It will be part of the sport’s history”

The first edition of the European Weightlifting Federation (EWF) Cup was successfully held in Ancient Olympia (GRE), the birthplace of the Olympic Games, and the privileged venue where the Olympic flame is lit before each edition of the Games. In this so special location, 20 mixed-gender multinational teams coming from twelve European countries and the IWF Refugee Team, each with two competitors (one female and one male), competed in the event. The teams were randomly selected in a drawing ceremony and were named after famous Greek ancient cities.

40 weightlifters from France, Great Britain, Germany, Israel, Moldova, Romania, Spain, Cyprus, Turkey, Bulgaria, Poland, and Greece evolved with enthusiasm in the new format competition. Furthermore, the presence of two athletes from the IWF Refugee Team (Addriel Garcia and Parisa Jahanfekrian) added relevance and global impact to the competition.

On Saturday’s activities, each athlete had a five-minute window to complete the snatch, followed by a five-minute opportunity to complete the clean and jerk trying to achieve the best result through no more than three attempts per each style.

Read more [here](#)



PRK and Liu Huanhua in world-record form at Asian Games

After eight days of intense competition at the Asian Games in Hangzhou, China, the team honours went to DPRK and the top individual was Liu Huanhua from China. Seven world champions were beaten, but that was hardly surprising given they had less than four weeks between winning in Riyadh last month and lifting again in Hangzhou. Tian Tao, who failed in Riyadh but won at 96kg at the Asian Games, said, “Two competitions in one month is very difficult.”

While many athletes had four weeks preparation time, PRK’s team had nearly four years. Because of Covid restrictions, which led to PRK withdrawing from the Tokyo Olympic Games, they had not competed since December 2019, or even longer ago in some cases. PRK could not have made a more spectacular return. On the first day in Hangzhou Ri Song Gum and Kang Hyong Gong both set world records and won gold, at 49kg and 55kg respectively, and by the end of the competition PRK had six gold medals, one more than China. The 59kg winner Kim Il Gyong also claimed a world record for PRK with a snatch of 111kg, taking the record from Olympic champion Kuo Hsing-Chun, who finished third.

Read more [here](#)



Colombia take team honours and American Reeves stars at Pan American Games weightlifting

Colombia topped the weightlifting medals table at the Pan American Games at Santiago in Chile, where the star individual performer was the 20-year-old American Olivia Reeves. Reeves set two junior world records at the International Weightlifting Federation (IWF) World Championships in Saudi Arabia in September and followed up in Chile with a sweep of continental junior records at a different weight.

The world records, which helped Reeves to a World Championship bronze medal, came at 71 kilograms while in Santiago she went up to 81kg and made all six lifts for a career-best 114-144-258.

It was all the more remarkable given that Reeves was only 1.02kg heavier than last time, weighing in far lighter than her rivals on 71.95kg.

Having already won gold, Reeves opted for a final attempt at 144kg, a weight she had never tried in training or competition.

After making it, she said: “It feels pretty great. That’s an all-around best day of my career right there.”

“I just like breaking my personal records. That is the most fun really – me against me.”

Read more [here](#)



OTHER NEWS

Stay tuned for ITA's five webinars on anti-doping education starting on November 7

The month of November will be a busy one in terms of anti-doping education, with the staging of five webinars by the International Testing Agency (ITA). Every Tuesday, from November 7 to December 5, all participants will be able to be briefed and discuss on several topics related to anti-doping. For the weightlifting family, this initiative is part of the #ILiftClean campaign and follows joint activities by the IWF and the ITA at our major events of the year – in 2023, at the IWF World Youth Championships in March, at the IWF World Championships in September and at the next IWF World Junior Championships in November.

The five-webinar series starts on November 7 with the theme *"Introduction to anti-doping – Overview of the system, rights and responsibilities, ADRVs"*. On the following week, participants are invited to discuss *"The Doping Control Process – Testing procedures (urine and blood) and ABP"*, while the third webinar, on November 21 will deal with *"Medications, Supplements, Prohibited List and TUEs (including the principle of Strict Liability)"*. Seven days later, the fourth online rendezvous will present the *"Principles and values of clean sport, including sanctions, consequences and speaking up"*. The last webinar, on December 5, will focus on *"Out-of-competition testing – Requirements of RTP/TP, whereabouts, and use of ADAMS"*.

All info [here](#)

Pyrros Dimas (GRE) elected President of the Mediterranean Confederation

The Electoral Congress of the Mediterranean Weightlifting Confederation (MWC), held in Sliema, Malta, on October 7, has chosen a new Executive Board, chaired by the three-time Olympic champion Pyrrros Dimas, from Greece.

These elections reflected a climate of great unity within the MWC, with most of the decisions taken by unanimous acclamations. Besides Dimas, the Congress chose Manareddin Eshelli (LBA) as General Secretary, while Jesmond Caruana (MLT) and Ahmed Abdelmaksoud (EGY) are the new Vice-Presidents. The MWC Board is completed with the following members: Bossian David (FRA), Maurizio Lo Buono (ITA), Nedim Masic (BIH), Boubaker Bechradi (TUN) and Kamel Saidi (ALG).

Read more [here](#)



Brazilian Weightlifting Federation present at COB Expo

The Brazilian Weightlifting Federation (CBLP) was recently present at the COB Expo in São Paulo. The entity had two of its own spaces in the Pro Magno Event Center, where the fair took place, being an exclusive activation. In addition, the course "Evaluation of athletes in development: effective guidance for the Olympic process" was taught on September 27. The COB Expo was the first initiative of the Olympic movement uniting in the same space managers, active and former athletes, industry, practitioners and fans of the sport. During the five-day event, many activities were held, namely sport competitions, courses and clinics, business opportunities, in addition to the presence of great names in the sport.

Weightlifting had a strong presence on site, as the activation booth, with official competition equipment, received a good audience. Among children and young people, some famous names also tried to be "lifters" for a day, such as the Minister of Sports, André Fufuca, the Secretary of Sports of the State of São Paulo, Helena Reis, IOC Member, Bernard Razman, President of the Brazilian Committee of Clubs, Paulo Maciel, or the President of the Brazilian Olympic Committee, Paulo Wanderley. In addition, athletes João Augusto Coelho, Matheus Pessanha and Beatriz Kamille, from the Brazilian national team of the under-17 and under-20 categories, made training demonstrations for visitors on site.