

IWF WORLD CUP March 31-April 11, 2024 // Phuket, Thailand

Rizki v Rahmat, red lights and PRK helped to make World Cup memorable – and unique

The IWF World Cup, which ended in Phuket, Thailand on April 11, was an exciting, high-quality, well organised competition that will live long in the memory. It was also unique.

Weightlifting at the Olympic Games in August will be very different from what we saw over 12 days at the World Cup, which rounded off the Paris 2024 qualifying programme. There are three good reasons why – no head-to-heads between team-mates, nowhere near as many red lights and bombouts, and the best team in Phuket cannot be there.

An unforgettable contest between two Indonesians was the highlight in Thailand. Rahmat Erwin had led the Olympic rankings for 482 days, setting world records along the way, only to be knocked out of Paris 2024 by team-mate Rizki Juniansyah in the last five minutes of qualifying.

The long-time rankings leader Jiang Huihua from China, Olympic champion Hidilyn Diaz from the Philippines, Tokyo silver medallist Tamara Salazar from Ecuador and multiple European champion Samuel Gasparyan from Armenia were overtaken by a team-mate in similar, if less dramatic fashion.

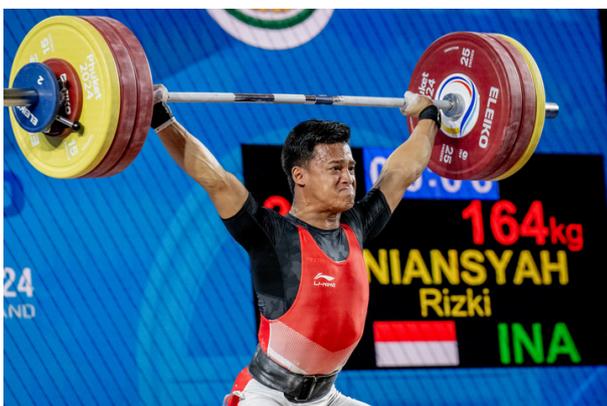
Those showdowns were a feature in Phuket because nations are limited to one athlete per weight category in Paris. This was the last chance for anyone to outperform a team-mate.

PRK claimed eight victories and as many world records, seven of them by women. PRK has shown itself to be the world's strongest weightlifting nation in the seven months since it returned to international competition after a long absence caused by the Covid pandemic. But it entered the Olympic qualifying programme too late for its athletes to be eligible for Paris.

The number of red lights and bombouts added to the World Cup drama. Athletes overstretched themselves in trying to move up the rankings, usually in the B Groups. That will not happen in Paris, where there will not even be any B Groups.

After so many failures, the cut-off point between the 10th-placed lifter and those below barely changed throughout the weight categories. The biggest upward move was 3kg in the women's 59kg, while the cut-off in two categories remained exactly as it was before the World Cup.

Read more [here](#)



Rizki Juniansyah (INA) and Li Wenwen (CHN)

IWF Anti-Doping Seminar: combining Competition and Education

Athletes and support personnel taking part in the IWF World Cup in Phuket (THA) gathered on April 3 in the IWF Anti-Doping Seminar, the first of its kind in 2024, but a customary initiative of our International Federation at its main events. Organised in collaboration with the ITA (International Testing Agency), IWF's partner in all anti-doping activities, the meeting was attended by around 60 participants, who were welcomed by IWF General Secretary Antonio Urso, IWF First Vice-President Ursula Papandrea and IWF CEO Achilleas Tsogas. The Seminar was lectured by Christine Girard, from Canada, an ITA Ambassador and double Olympic medallist in weightlifting, and was also attended by a delegation of Thailand's National Anti-Doping agency.

"It is always with mixed feelings that I have the pleasure to meet all of you. I am happy because I see there is a real desire to be informed and briefed on such an important topic, but at the same time a bit unhappy, as all the resources we are allocating to this cause could be perhaps used in other areas, such as development or training science," confessed Antonio Urso, when addressing to the attendees of the Seminar. "The reality is that there is a real culture of change at the IWF and the very fruitful co-operation with the ITA allows us to be in a much better situation than in past years," also considered the IWF General Secretary.

Christine Girard then proceeded with her presentation, focused on important points such as the definition of an anti-doping rule violation, the principle of strict athlete liability when it comes to the presence of prohibited substances in their bodies, the use of medication and supplements, and the reporting procedures. "Together, we must use all the tools that are available to eradicate doping from sport. It starts by being informed and then by respecting and abiding by all the established protocols that are in place," explained the ITA Ambassador.

Read more [here](#)



2024 Olympic Qualification Ranking (top-3 after Phuket)

MEN

61kg

1. LI Fabin (CHN) – Jinju – 314
2. MORRIS Hampton (USA) – Phuket – 303
3. MASSIDA Sergio (ITA) – Riyadh – 302

73kg

1. JUNIANSYAH Rizki (INA) – Phuket – 365
2. SHI Zhiyong (CHN) – Phuket – 356
3. MIYAMOTO Masanori (JPN) – Phuket – 350

89kg

1. LI Dayin (CHN) – Jinju – 396
2. NASAR Karlos (BUL) – Phuket – 396
3. LOPEZ Yeison (COL) – Phuket – 392

102kg

1. LIU Huanhua (CHN) – Phuket – 413
2. KARAPETYAN Garik (ARM) – Phuket – 401
3. ELBAKH Fares (QAT) – Doha – 400

+102kg

1. TALAKHADZE Lasha (GEO) – Yerevan – 474
2. MINASYAN Gor (BRN) – Jinju – 464
3. LALAYAN Varazdat (ARM) – Phuket – 463

WOMEN

49kg

1. HOU Zhihui (CHN) – Phuket – 217
2. MIRABAI Chanu (IND) – Bogota – 200
3. KHAMBAO Surodchana (THA) – Phuket – 200

59kg

1. LUO Shifang (CHN) – Phuket – 248
2. KONOTOP Kamila (UKR) – Riyadh – 236
3. CHARRON Maude (CAN) – Phuket – 236

71kg

1. LIAO Guifang (CHN) – Riyadh – 273
2. REEVES Olivia (USA) – Phuket – 268
3. PALACIOS Angie (ECU) – Havana – 261

81kg

1. LIANG Xiaomei (CHN) – Doha – 284
2. DAJOMES Neisi (ECU) – Phuket – 269
3. AHMED Sara Samir (EGY) – Tunis – 268

+81kg

1. LI Wenwen (CHN) – Phuket – 325
2. PARK Hyejeong (KOR) – Phuket – 296
3. CAMPBELL Emily (GBR) – Bogota – 287

Lifters Mora and Jamali included in the 2024 Olympic Refugee Team

Two lifters – Ramiro Mora and Yekta Jamali – will be part of the Olympic Refugee Team at the 2024 Paris Olympic Games, a group that comprises 36 athletes representing 12 sports. The announcement was made on May 2 by the IOC President Thomas Bach in Lausanne (SUI): “We welcome all of you with open arms. You are an enrichment to our Olympic Community, and to our societies”.

“With your participation in the Olympic Games, you will demonstrate the human potential of resilience and excellence. This will send a message of hope to the more than 100 million displaced people around the world,” continued the IOC President.

Both lifters now selected for the Games in Paris had the opportunity to compete recently, as part of the IWF Refugee Team, at the IWF World Cup in Phuket, Thailand.

Mora, originally from Cuba and based in Great Britain, was born on September 29, 1997 and ranked 18th in the men’s 102kg, after lifting 162-197-359. Jamali, living in Germany and of Iranian origin, turned 20 years old on March 31 and placed 19th in Thailand in the women’s 81kg category (100-125-225).

Both athletes were part of a long list of 74 IOC Scholarship holders, with a real possibility to represent the Olympic Refugee Team at the 2024 Olympics. This is the third edition of the Games with a Refugee representation, after successful previous experiences in Rio 2016 and Tokyo 2020. *“From the creation of the concept in 2015 until now, we unfortunately saw the number of refugees in the world grow from around 60 million to over 110 million. That is why these athletes must be represented and the programme was even reinforced for Paris 2024,”* explained Mr Bach.

From the athletes’ side, Jamali had spoken in Phuket about her challenging conditions, when arriving in Germany: *“I have no family in Germany, and when I got there I could not train for about six months. But I have friends there who have been so kind and helpful. I am in Frankfurt, and I feel happy now. I hope to get a German passport.”*

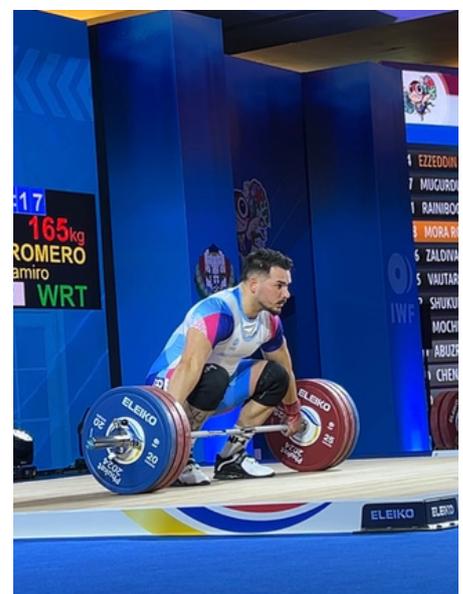
Mora reflects on the importance of this initiative: *“Being part of the Olympic Refugee Team is not just an opportunity to compete; it’s a platform to inspire and represent hope for refugees all over the world”.*

The IWF President Mohammed Jalood also received the IOC news with enormous joy: *“The IWF is very happy to learn that two lifters – Ramiro Mora and Yekta Jamali – will be part of the IOC Refugee Team competing at the upcoming Paris 2024 Olympic Games. After the creation in 2023 of the first-ever IWF Refugee programme, this decision underlines the good work our International Federation is doing in welcoming and including those athletes in our activities. It also showcases the intense work and effort from Ramiro and Yekta – they were both present in our recent IWF World Cup in Phuket (THA) –, who fully deserve their recognition from the IOC”.*

Read more [here](#)



Yekta Jamali



Ramiro Mora

IWF President honoured by the University of Ningbo during IWF visit to China

The IWF President Mohammed Jalood was appointed as Visiting Professor of the Sports Science Faculty of the University of Ningbo (CHN), in a ceremony held on April 28, 2024. That was the highlight of an IWF delegation visit to China, who had the opportunity to be in Fuzhou and Ningbo (host of the 2026 IWF World Championships). On this occasion, Mr Jalood was accompanied by the IWF General Secretary Antonio Urso and the IWF CEO Achilleas Tsogas.

"I am very honoured to receive this prestigious distinction from the University of Ningbo. I share it with the entire weightlifting family, working very hard for the development of our beautiful Sport on the five continents. China is a great powerhouse in weightlifting and Ningbo will surely be an excellent host of our World Championships in 2026!" declared the IWF President after receiving his tribute.

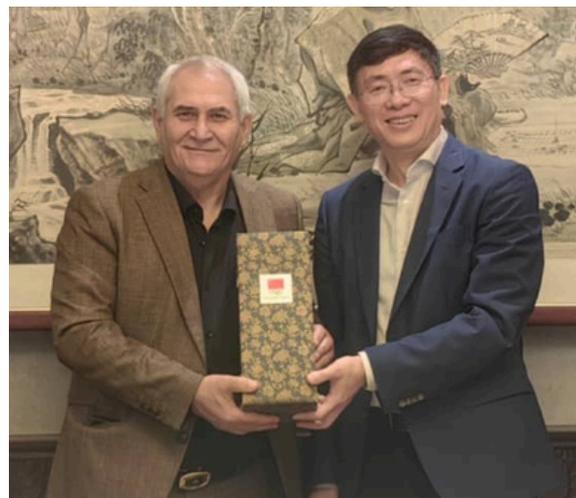
The first two days of the visit were spent in Fuzhou, where the Chinese National Championships took place – the IWF delegation was invited to attend four A Sessions of the event and also visit the outstanding Majiang Weightlifting Training Centre, a world-class facility for the preparation of Chinese and international lifters. On April 27, the group joined Ningbo, chosen in early December 2023 as the host city of the 2026 IWF World Championships. Ningbo is located in the northeast province of Zhejiang, not far from the cities of Shanghai and Hangzhou. It has a population of over nine million citizens and has acquired recent successful experience in staging sports international events. The competition venue of the Championships will be the Ningbo Olympic Sports Centre, a facility constructed in 2019 and with a 10,000-seat capacity. Moreover, all the proposed hotels to host the participants in the competition will be within a 30-minute distance by car from the venue.

In Ningbo, the IWF delegation formally signed the Hosting Agreement for the 2026 World Championships, visited the venue and proposed hotels for the staging of the IWF showcase, and was invited for a lecture on the development of weightlifting and the importance for a city hosting top-level international weightlifting events, at the University of Ningbo. It was also the occasion to pay a fair tribute to the IWF President for his leading role in the progress of the Sport and its increased value within the Olympic movement.

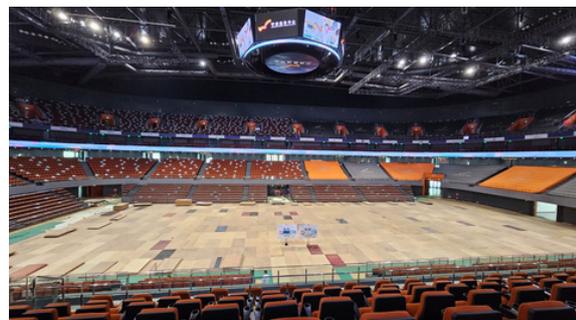
"We had a very fruitful meeting with the organisers and excellent conditions will be provided to all participants in our showcase. I sincerely thank all Chinese authorities for their commitment and enthusiasm in the staging of the 2026 IWF World Championships, as well as for their devotion to weightlifting," concluded Mr Jalood.



From left to right: Achilleas Tsogas (IWF CEO), Antonio Urso (IWF General Secretary), Mohammed Jalood (IWF President), Liu Chengliang (Vice-President of Chinese Weightlifting Association), Zhu Hua (Vice-Mayor of Ningbo Municipal Government) and Zhang Ni (Director of Ningbo Sports Bureau)



Mohammed Jalood (IWF President) with Zhou Jinqiang (Vice-President of Chinese Olympic Committee and President of Chinese Weightlifting Association)



The outstanding venue for the 2026 IWF World Championships in Ningbo, China