

PARIS 2024 OLYMPIC GAMES

Confirmed athletes' list for the Paris 2024 Olympics is now available!

The list of the 122 lifters competing in the Paris 2024 Olympic Games has been finalised and is now available [here](#). It comprises the 120 athletes who completed the qualification process, plus the two competitors who are part of the IOC Refugee Team.

At the end of this procedure, we now know the start list in each of the 10 Olympic bodyweight categories that are part of the Games' programme. Athletes from 58 nations will be represented during the five-day competition, from August 7-11

As per the Qualification competition rules (available [here](#)), 100 lifters (10 per category) were chosen through a qualification path that included participation in a minimum of IWF events, with two of them being mandatory on the road to Paris – the 2023 IWF World Championships and the 2024 IWF World Cup. Ten more athletes were chosen through Continental representation.

Moreover, four additional places were allocated for the host country (France) and the last six spots were reserved for universality places. Once all confirmations were received, a small number of places' reallocations took place. Finally, the two lifters from the IOC Refugee Team (not counting for the 120-quota allocated to the IWF) completed the list.

This makes a total of 12 lifters competing in each category, except the men's 102kg and women's 81kg, both with 13 athletes (including one refugee).

The final sport entries' deadline for the Paris 2024 Olympic Games is on July 8.

"We are very happy and excited to present this list of excellent athletes for the upcoming Olympic Games in Paris. It has been a long but very rewarding road for all those trying to qualify and I sincerely congratulate all those lifters involved in this process. A special tribute is due to all those that finally secured their place in the Games," considered the IWF President Mohammed.

"The quality of our lifters, but also the representation of our sport's universality, are solid guarantees of a great show in Paris! Weightlifting provides an important added-value to the Olympic programme and we are certain that the fans of our sport will live an outstanding experience this summer in France, both being on-site or watching the performances of our Stars on their TV and digital platforms," concluded Mr Jalood.



Marie Fegue (FRA) and Lasha Talakhadze (GEO)

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Women's preview: China looks strongest again, while USA leads way for 'newcomers'

Five Olympic champions will try to win again in the women's events in Paris, where China once more fields the strongest team. Conversely, four nations that have never had an athlete on top of the women's podium are among those going for gold - United States, Norway, Egypt and Australia.

China has won 32 Olympic weightlifting gold medals this century, of which 17 went to women. All three of China's women in Paris topped their respective rankings, compared with two of the men.

Super-heavyweight Li Wenwen is the strongest favourite in all ten weight classes for both genders despite having suffered an elbow injury during qualifying. It kept her out of the Asian Games and the Qatar Grand Prix before she returned, more than six months later, to win decisively at the World Cup in Phuket, Thailand in April.

Li finished 37kg ahead of Emily Campbell from Great Britain when she won in Tokyo, and is ranked 29kg clear of her nearest rival in Paris qualifying, Park Hyejeong from Korea.

The champion is taking nothing for granted. *"I still have room for improvement,"* said Li, who rated her World Cup victory *"one of my best performances during these past four years"*.

Li is likely to make the last lift in Paris, where five days of competition end on August 11, the final day of the Olympic Games. This time the women, rather than the men, are scheduled last.

At the other end of the scales, about 100kg lighter than Li, is Hou Zhihui. The Tokyo 49kg champion left her best till last in qualifying, overtaking team-mate Jiang Huihua with her final lift at the World Cup. She set a snatch world record there and is ranked well clear of three contenders on 200kg - Mirabai Chanu from India, Surodchana Khambao from Thailand and Jourdan Delacruz from the United States

Luo Shifang, who did not compete in Tokyo, was another world record breaker in Phuket. Her 248kg total in the 59kg category was up 18kg from her first qualifying effort. Two Olympic champions are among the other contenders at this weight, Maude Charron from Canada and Kuo Hsing-Chun from Chinese Taipei.

Charron, who put on hold a new career in the police force to continue training for Paris, won at 64kg in Tokyo. *"One of the main reasons why I decided to do another Olympic cycle is so I can get my family there in the stands, to watch me on the biggest stage in the sport,"* said Charron, who like everybody else competed in an empty auditorium in Tokyo



Li Wenwen (CHN, top image), Maude Charron (CAN, middle) and Sara Samir (EGY, bottom)

Read more [here](#)

Men's preview in the next edition of the IWF Newsletter

DEVELOPMENT NEWS

Updating Technical Officials in Kyrgyzstan

An Olympic Solidarity Technical Officials' course was recently held in Cholpon-Ata, Kyrgyzstan, where nearly 20 participants were present. The lecturer of the clinic was Milan Mihajlovic, an IWF Technical Committee member. The attendees were experienced individuals with rich weightlifting background, and the lectures filled with real-life examples that athletes, coaches, and ITOs encounter. Discussions on weightlifting rules and regulations took place during the course, covering all general rules for all lifts and incorrect movements with practical illustrations. The following IWF TCRR topics were discussed: Incorrect Movements and Incomplete Movements and Positions

The city hosting the course has organised the first three editions of World Nomad Games, an international sports competition dedicated to ethnic sports practiced in Central Asia, in 2014, 2016, and 2018. The hosts expressed their belief that the new knowledge gained during the course would significantly contribute to the improvement of ITOs standards in Kyrgyzstan. The country has a rich history in the sport, namely in a continental level, with a local weightlifter winning gold medals twice at the European Championships in 1978 and 1981. The host provided excellent accommodation and technical facilities for the educational event, and their hospitality was exceptional.

"I am confident that with continued collaboration and support, we can further promote the sport of weightlifting and strengthen the bond between different sporting communities. Thank you once again for a memorable and enriching experience in Cholpon-Ata," considered Mr Mihajlovic at the end of the course.



Inspiring Coaches in Nepal

In Kathmandu, Nepal, an Olympic Solidarity course gathered 39 weightlifting coaches, lectured by Ervin Rozsnyik. The goal of the clinic was to improve the knowledge of the coaches and athletes at the Nepal Weightlifting Association and improve the existing weightlifting system through education.

The main objective is to build a base of knowledge about the basics of the sport, by educating not only athletes but also the coaches who are continuing to build up the weightlifting system.

While the practical work was done in the gym at the weightlifting training center in Kathmandu. Training with the athletes and coaches using the existing training facilities, the theoretical education was done in the Nepal Olympic Committee conference room. The participants were truly interested and there were a lot of questions and discussions especially about the training programmes and training of the youth athletes.

"The national federation is growing, and there are new projects about opening weightlifting classes in schools, which are big opportunities for talent identification," pointed out Mr Rozsnyik.



France and China consolidate partnership in weightlifting

A delegation of the city of Ningbo, China, host of the 2026 IWF World Championships was recently in France to visit the French Weightlifting Federation. This meeting is part of a larger partnership programme between the two countries – after the IWF Grand Prix II last December in Qatar, a Chinese delegation travelled to Paris, and in the last weeks the French national team trained in China in order to fine-tune its preparation for the 2024 Olympic Games.

The encounter at the French Weightlifting Federation was a very constructive opportunity to share experiences on themes such as weightlifting as part of the physical education programme in the schools, coaching, or high-level training. The French authorities had the occasion to present their initiatives on these projects, namely the “halter-tour”, aiming at promoting weightlifting in the educational system.

“Obviously, we want our French weightlifters to be the best possible performers, despite the competition from top nations such as China. For that, we are working very hard to meet those expectations. The upcoming Olympic Games besides being a huge popular celebration, constitute also a powerful platform for further development,” considered Michel Raynaud, President of the French Weightlifting Federation and also IWF EB member.



Michel Raynaud with Ningbo's head of delegation during the visit in France

Tom Goegebuer is awarded the Order of Merit by the Belgian National Olympic Committee

The President of the Belgian Weightlifting Federation Tom Goegebuer was recently distinguished with the Order of Merit by the Belgian National Olympic Committee, a tribute for his long-standing devotion to weightlifting.

Born in 1975, Mr Goegebuer has built a remarkable career as an athlete, athlete representative and manager in the sphere of high-performance sport. From a young age, he had a passion for weightlifting, a passion he shared with his father, Richard Goegebuer, who became his coach.

On a sporting level, he has made his way to the European and world summits. His biggest victory came in 2009 with his title of European champion in Bucharest in the -56 kg category. In addition, he has participated in the Olympic Games no less than three times. At Beijing 2008, London 2012 and Rio 2016, where he finished in 13th, 10th and 14th place respectively.

His love for sport has also resonated through his commitment to representing the voice of athletes within the sporting world. He was thus elected to the IWF Athletes' Commission for the period 2012-2020.

In 2017, he was also appointed President of the Belgian Weightlifting Federation. The same year, his name was inscribed in the Weightlifting Hall of Fame of the International Federation, a prestigious recognition for his contributions to the sport.

More recently, his management has been crowned with the qualification for the 2024 Olympic Games of talented Nina Sterckx.