

PARIS 2024 OLYMPIC GAMES

Karlos Nasar leads the way as young stars – and fans – excel on the biggest stage

If Paris 2024 is a good guide, weightlifting is heading for a bright future. While the outstanding individual achievement was Lasha Talakadze winning his third gold, the best performance of the Olympic Games came from Karlos Nasar, who was 20 in May.

Many people expected the formidable Bulgarian to win at 89kg, but few would have expected him to smash the world record on total by 8kg.

Liu Huanhua had, in his own words, “*a breakthrough victory for Chinese weightlifting*” at the age of 22. He is the first man from his country to win in a 100kg-plus category.

Rizki Juniansyah won 73kg gold aged 21 for Indonesia, which also expects much from Rahmat Erwin in the years to come.

Olivia Reeves, also 21, was the first American woman to stand on top of the weightlifting podium at the Olympics. Li Wenwen won her second gold for China aged 24. Solfrid Koanda became Norway’s first female champion at 25.

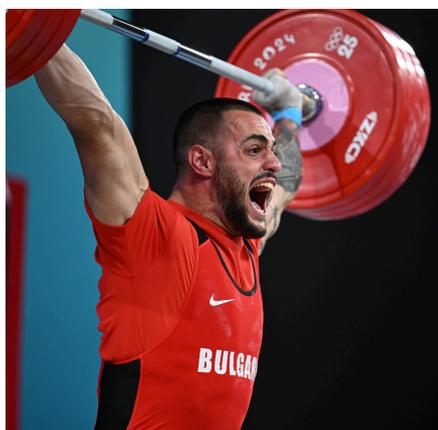
Seven of the 10 winners were 25 or younger, which in percentage terms is twice as many as last time in Tokyo, where the ratio was five in 14 medal events.

We saw outstanding performances by other youngsters in Paris. Mihaela Cambei from Romania went close to winning gold at 21, taking her social media following close to half a million in the process. Park Hyejeong from Korea, also 21, finished second to Li Wenwen and is already looking forward to a rematch at Los Angeles 2028.

Four other 20-year-olds, besides Nasar, shone in the men’s events – medallists Weeraphon Wichuma and Theerapong Silachai from Thailand and Hampton Morris from the United States, plus the exciting super-heavyweight Ali Ammar Yusur from Iraq. Ammar, who broke two junior world records in finishing sixth, should win the junior world title by a long way in Spain next month.

There were many more stars in Paris – thousands of them, sitting and often rising to their feet in the 4,000-capacity South Paris Arena. The fans created a vibrant, party-like atmosphere throughout the sessions.

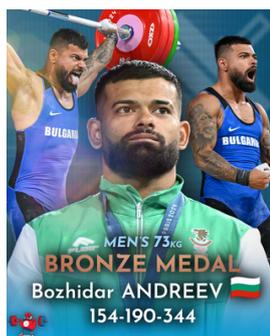
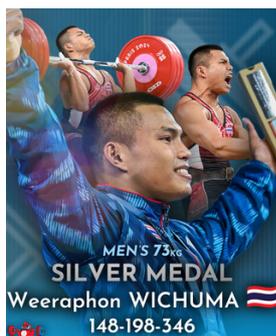
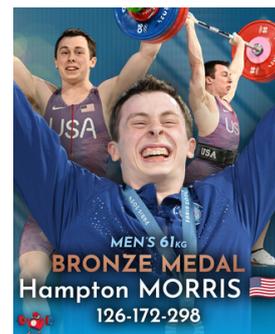
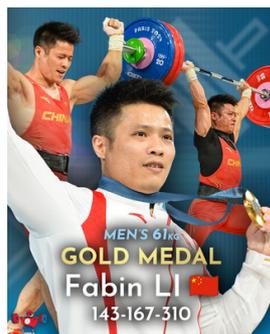
[Read more here](#)



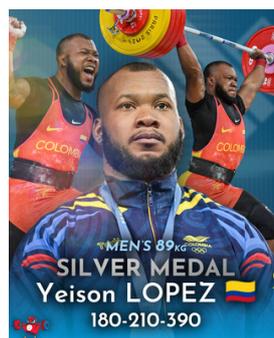
Karlos Nasar (BUL), Olivia Reeves (USA) and Lasha Talakadze (GEO)

MEDALLISTS IN PARIS - Men

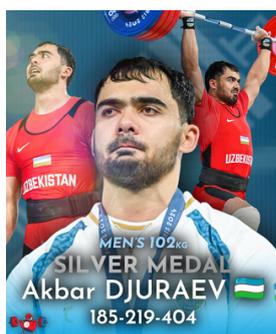
61kg



73kg

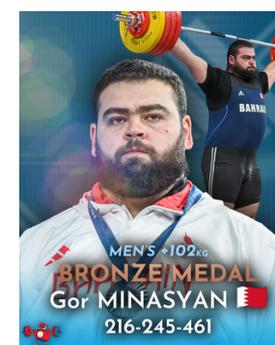
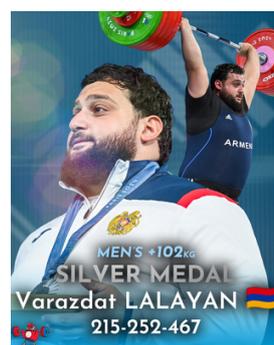


89kg



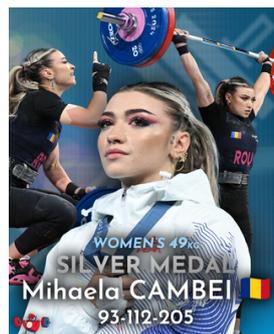
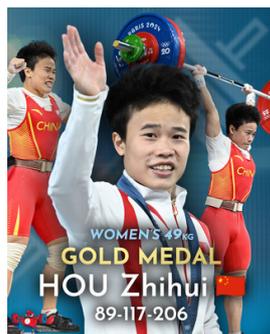
102kg

+102kg

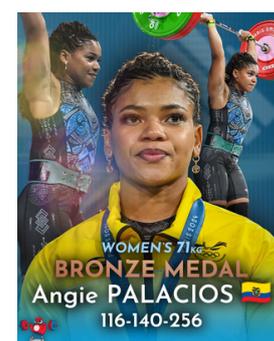
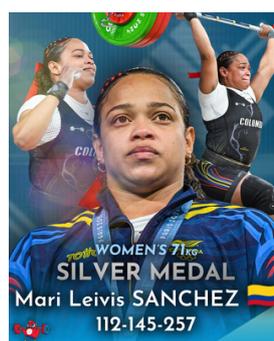
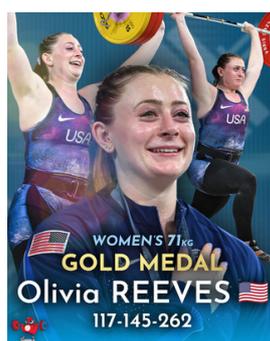


MEDALLISTS IN PARIS - Women

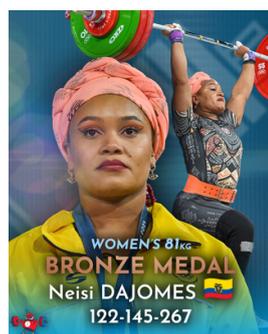
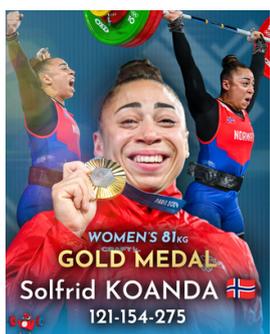
49kg



59kg

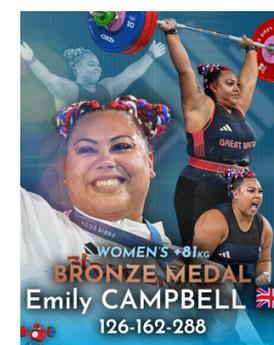
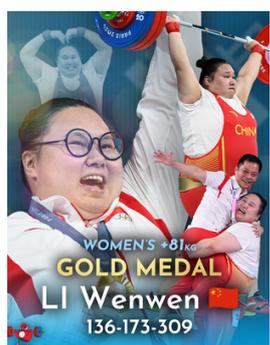


71kg



81kg

+81kg



PARIS 2024 OLYMPIC GAMES

Refugee Olympic lifters: new personal bests and a lesson of life in Paris!

The importance of the moment was marked by the presence of a special spectator in the weightlifting South Paris Arena today: the IOC President Thomas Bach. The 'moment' was the participation of Ramiro Mora, a member of the Refugee Olympic Team, in the men's 102kg final. Two refugee lifters were added to the IWF 120-athlete quota for these Games: Mora, originally from Cuba but presently based in the UK, and Yekta Jamali (Iran/Germany), who competed in the following session, the women's 81kg.

For Mora, his first Olympic participation will certainly remain an unforgettable milestone in his career: finishing seventh in a final of 13 competitors, the 26-year-old largely improved his personal best, making a 166kg snatch and a 210kg clean and jerk, for a total of 376kg.

"This is like a dream for me. I promised my mum that I would come to the Olympics and I would have a good performance, and this is done! I am extremely happy!"

Having started weightlifting at the age of 14 – *"some friends of mine in Cuba were going to the gym and were getting stronger, and I wanted to be the same"* – Mora left the Caribbean island in 2019 to work in a circus in Great Britain. *"I was in charge of making sure the guys doing the trampolines would not finish on the floor – I am a strong guy you know..."* he recalls, smiling in the mixed zone of the South Paris Arena. He is quickly spotted by British Weightlifting and receives the necessary support to pursue his weightlifting career. These efforts prove fruitful, as he becomes Britain's national champion in 2023.

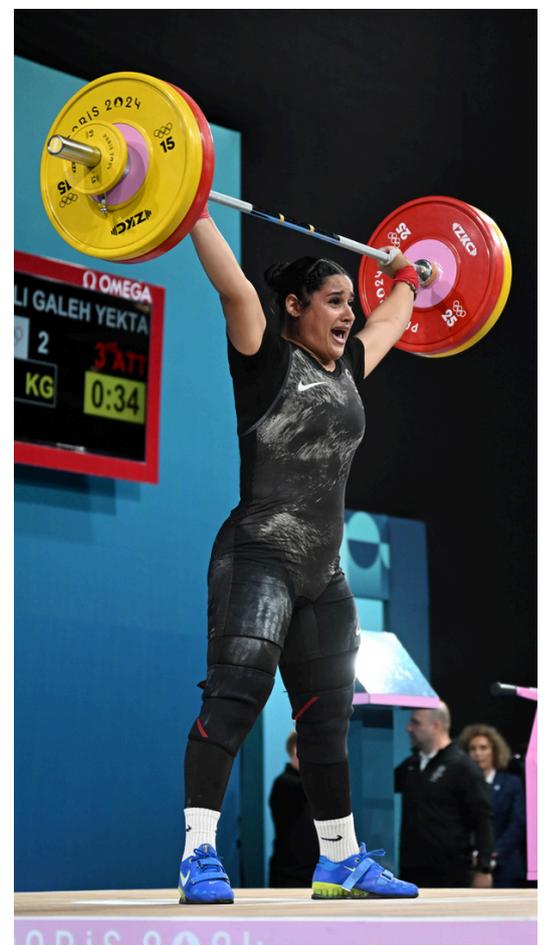
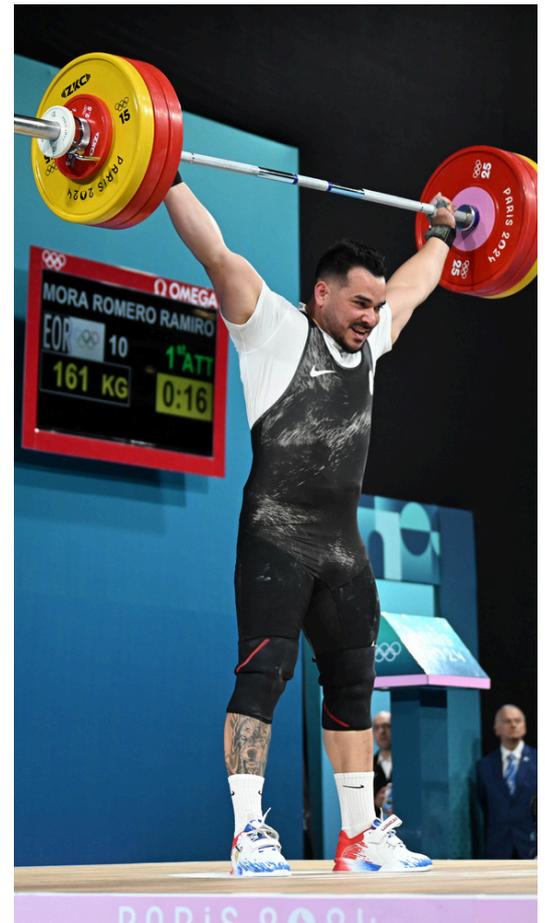
"Going to Blackpool, I immediately felt that I could have better conditions to progress as an athlete. The proof is that today I am here, at the Olympic Games, doing a great result," Mora admits. His Parisian performance is 17kg better than the result he achieved at the 2024 IWF World Cup, held in Phuket (THA) in April, where he did 162-197-359.

"In the beginning, it was quite complicated. When I first asked for asylum in the UK, I couldn't do anything – I could not work, I could not have any activity. That's when my first coach helped me and I re-started training again..." Mora confesses.

From now on, and with an additional motivation at home – his four-month-old daughter – Mora will proceed with the training and his voluntary work as children's coach in England.

"It's very nice to be able to motivate young kids with our example!" On a more competitive level, he adds: *"I will make everything possible to represent Great Britain at the 2028 Olympic Games in Los Angeles!"*

Read more [here](#)



Ramiro Mora and Yekta Jamali

PARIS 2024 OLYMPIC GAMES

Mohammed Jalood: “The Olympic Games are always a source of inspiring stories!”

Mohammed Jalood is an optimistic and confident man. Also a realistic one: “*In Sport, we should never rest on our laurels*”. Elected in June 2022, the IWF President will live the Paris 2024 Olympic Games at the helm of an international federation that has profoundly changed, has become a reliable partner within the Olympic movement but has still “*many priorities to accomplish*”. In this “*long*” journey, Mr Jalood underlines the unity of the weightlifting family and the common goal of moving the Sport in a “*positive direction*”. A new path driven by the athletes’ aspirations, but also by the fans’ desire to experience outstanding competitions around the globe.

Two days before the start of the weightlifting event in the French capital, the IWF President believes it will be a “*thrilling*” milestone in the Federation’s history.



When you were elected in June 2022, could you imagine that just two years later, the IWF would be in such a good situation?

I use to say, and hopefully I act in accordance, that despite being the President, I value very much the team that is around me. It starts with my colleagues from the Executive Board, but also with our Committees and Commissions, our staff in Lausanne, our five continental associations, and 194 National Federations around the world, with their respective athletes, coaches, officials and administrators.

We are a big family, working united for the development and modernisation of weightlifting. In 2022, when the new Board was elected, our programme was extremely ambitious: we needed to build a solid, respected, financially sustainable, reliable, well-governed, and drug-free sport. While there is much to do – in Sport, we should never rest on our laurels (and the athletes know it very well!) – we have achieved so much in such a limited period of time!

We changed our Constitution, we improved on good governance, athlete representation and voice, gender equality, sustainability, financial checks, anti-doping programme (in close co-operation with the International Testing Agency), strategic planning, integrity and safeguarding in the sport, and reinforcement of our headquarters in Lausanne. As you see, many important areas are now being implemented or improved – this led to a new IWF, that is now trustable and is consolidating its deserved place in the Olympic Movement.

After Paris 2024, we enter into a new Olympic cycle, towards Los Angeles 2028. Despite having been already confirmed for those Games, what will be the priorities for the next four years?

There will be many, the work doesn’t stop! As I said, our first mission after the 2022 elections was to restore the reputation and make our organisation evolve from an institutional point of view. Major progress has been made on those fields, so we need to look into more detailed areas of our functioning.

Now that we have a better foundation, we can also improve our communication, leading to a better exposure and promotion of our Sport. This will ultimately result in a better marketing and sponsorship strategy, generating additional sources of revenue for the IWF. The international sport environment is a very competitive and challenging one and weightlifting is part of an ecosystem having many other proposals and concepts. In a fast-changing, digital era only those ones able to change and constantly renovate can have success.

Read the complete interview [here](#)

This interview was made in the first days of August, shortly before the start of the weightlifting competition in Paris. The IWF President reflects on the prospects of success for the Games (which were confirmed some days later) and on the present and future priorities for our International Federation.

PARIS 2024 OLYMPIC GAMES - IWF in good company!



With IOC President Thomas Bach (top left) and Prince Albert of Monaco (top right)



With ITA's Director General Benjamin Cohen



With Bulgaria's Head of Government Dimitar Glavchev



At the China House



At the New Zealand House



With World Aquatics President Husain Al-Musallam



With FIG President Morinari Watanabe

