

WORLD WEIGHTLIFTING DAY- October 16

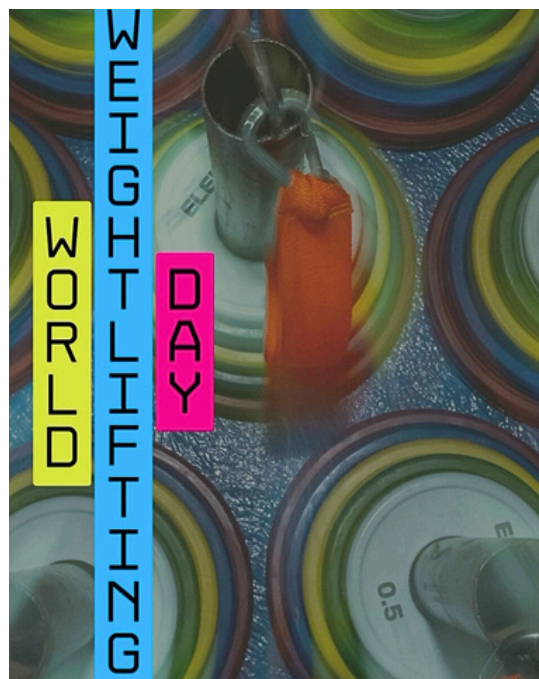
IWF President praises global weightlifting family on World Weightlifting Day

The IWF President Mohammed Jalood praised weightlifters around the world for their dedication and passion for the sport as the IWF celebrated the inaugural World Weightlifting Day on October 16.

An annual celebration established by the IWF, World Weightlifting Day aims to recognise the efforts and passion of the global weightlifting family. The date holds special significance as the day the International Olympic Committee (IOC) reinstated weightlifting to the Olympic programme and secured its place in the Olympic Games Los Angeles 2028.

In a message to the global weightlifting community, IWF President Mohammed Jalood underlined the importance of this symbolic day. *"Today's celebration of the inaugural World Weightlifting Day is a special milestone that marks the beginning of a new tradition for the global weightlifting community,"* he said.

Read more [here](#)



A perfect 'gift' for the World Weightlifting Day: the first-ever Weightlifting Museum in the world opens in China



The IWF President Mohammed Jalood inaugurating the Weightlifting Museum with Mr Zhou Jingqiang (President of China's Weightlifting Federation and VP of the Chinese Olympic Committee)

The IWF couldn't have received a better "gift" on World Weightlifting Day! On October 16, the IWF President Mohammed Jalood was in Shilong Town (Dongguan City, Guangdong Province, China) to inaugurate the first-ever museum consecrated to our Sport.

With the local authorities – namely Mr Zhou Jinqiang, Vice-President of the Chinese Olympic Committee and President of China's Weightlifting Association -, Mr Jalood had the opportunity to visit the facility and congratulate all those responsible for its construction.

"Today it's a special day for the Weightlifting family in the five continents, as we celebrate the inaugural World Weightlifting Day. This comes exactly one year after the historic decision from the IOC, on October 16, 2023 to confirm the inclusion of our Sport in the programme of the 2028 Los Angeles Olympic Games," considered the IWF President.

Read more [here](#)

Leon 2024: highest-ever rate of pre-competition tests on participating athletes!

The 2024 IWF World Junior Championships, held from September 19-27 in Leon (ESP), produced great performances on a sport level, but registered another very significant milestone: it was the IWF event with the highest proportion of athletes tested before its start. Out of the 327 lifters attending the competition, 280 (85.6%) underwent at least one out-of competition test in the six months preceding the beginning of the event.

As a comparison, for the 2023 IWF World Junior Championships, staged in Guadalajara (MEX) last November, 30.1% of the participating athletes had been tested during the same period.

These unprecedented numbers are mainly due to the new Categorisation Rule, in place since January 2024. Under these new regulations, proposed by the International Testing Agency (ITA) and supported by the IWF Anti-Doping Commission, the IWF's Member Federations are categorised based on the doping risk to the sport and are required to fulfil specific anti-doping requirements.



[Read more here](#)

One-year-to-go countdown to the 2025 IWF World Championships in Forde (NOR)

The Norwegian city of Forde, host of the 2025 IWF World Championships, organised on October 12 an exciting one-year-to-go event, featuring both local and international weightlifting stars. The lineup in the women's field included Norway's historical Olympic gold medallist Solfrid Koanda competing with the Olympic gold and silver medallist Maude Charron from Canada, as well as Norwegian European champions Ine Andersson and Sol Anette Waaler.

Among men, the competition was also fierce: it comprised the European U23 medallists Ragnar Holme from Norway and Roberto Gutu from Germany, but also Adrian Helleli and the young, talented local star Marius Alvolai Royseth. The event was a crucial step on the road to the IWF World Championships in October 2025. The lifters competed in a round system, taking into consideration the Sinclair points system.

[Read more here](#)

IWF signs a MoU with the Islamic Solidarity Sports Federation in Lausanne

The IWF recently signed a Memorandum of Understanding (MoU) with the Islamic Solidarity Sports Federation (ISSA), so that new and reinforced ways of co-operation can be implemented in the years to come. The ceremony took place at the IF Forum, held at the Olympic Museum in Lausanne (SUI).

From the IWF side, Ursula Papandrea, First Vice-President, and Achilleas Tsogas, CEO, were present in the ceremony, while Nasser Majali, Secretary General, signed the document on ISSA's behalf (*pictured below*).



Weightlifting continues to shine at the 2026 Commonwealth Games in Glasgow

The Commonwealth Games Federation confirmed the location of the 2026 event in Glasgow, the Scottish city that had already hosted the competition in 2014.

At the same time, the sports programme of the Games was presented and Weightlifting is proudly part of it, along with nine other sports.

The 23rd edition of the Commonwealth Games will take place from July 23 to August 2, and will comprise four main venues within a 13km corridor, ensuring the event is easily accessible to spectators and the 3'000 athletes participating in the competition. The Games are open to up 74 Commonwealth nations and territories representing 2.5 billion people in the five continents. The sport of Weightlifting has been part of the programme since 1950, enjoying huge popularity in many of the participating nations in the event.

[Read more here](#)

EWF successfully celebrates its 55th anniversary in Poland

The European Weightlifting Federation (EWF) lived a memorable week in the end of October in Warsaw (POL), when many commemorative activities took place to celebrate the organisation's 55th anniversary. In the Polish capital, the EWF was founded on September 20, 1969 and the date has been remembered by the weightlifting family of the Old Continent, with an EWF Executive Board and Special Congress, but also with the Junior and U23 European Championships. To highlight the festivities, a new EWF logo was unveiled. The commemoration was led by Antonio Conflitti, EWF President, and Milan Mihajlovic, EWF General Secretary, and besides the EWF authorities, several guests from the IWF family were also in attendance – they included IWF Executive Board members Khaled Mehalhel, President of the African Weightlifting Federation, and Mohamed Al Harbi, General Secretary of the Asian Weightlifting Federation. Among the most important topics presented at the Congress, was the approval of the new EWF logo, a more modern emblem of the Continental Federation, which, however, retains elements from the previous emblem, such as the leaves of laurels, which were joined to a disc, a representative element of our Sport and, of course, the official name of the organisation.

Read more [here](#)



The EWF Executive Board meeting in Poland and the new logo of the European Weightlifting Federation

IWF President supports the creation of the Balkan Weightlifting Federation in Albania

The IWF President Mohammed Jalood was this week in Golem, Albania, for the founding Congress of the Balkan Weightlifting Federation. This regional organisation assembles 11 National Federations – Albania, Bosnia and Herzegovina, Bulgaria, Croatia, Greece, Kosovo, Northern Macedonia, Romania, Serbia, Slovenia, and Türkiye – and aims at creating opportunities and competitions for the weightlifting community in this area of Europe.

At the Congress in Golem was also elected the first Executive Board of the organisation, led by Elez Gjoza, President of the Albanian Weightlifting Federation.

The other members of the EB are: Nedim Masic (BIH, General Secretary), Talan Unlu (TUR, Vice-President), Irena Mitrovska (MKD, member), Damjan Canzek (SLO, member), and Amar Music (CRO, member).



Read more [here](#)

NATIONAL FEDERATIONS' NEWS

Alberto Miglietta succeeds Antonio Urso at the helm of the Italian Federation

Alberto Miglietta is the new President of the Italian Weightlifting Federation (FIPE), after the electoral assembly held this weekend in Rome (ITA). Mr Miglietta was chosen with 99.68% of favourable votes from the delegates and succeeds Antonio Urso in the leadership of the Italian national body. Mr Urso, also the IWF General Secretary, was at the helm of his country's Federation since 2005 and had the opportunity to celebrate the successes of the Italian lifters during a show held on the evening preceding the elections.

"It is with great satisfaction that I take this task - to represent at the highest level the Italian weightlifting family," declared Mr Miglietta after his election.

[Read more here](#)



Alberto Miglietta, new FIPE President

Antonio Conflitti elected to Moldova's NOC Executive Board: a premiere for weightlifting in the country!

A premiere for weightlifting in Moldova: for the first time, a representative of the sport was elected to the Executive Board of the country's National Olympic Committee (NOC). This feat was accomplished by Antonio Conflitti, president of Moldova's Weightlifting Federation, president of the European Weightlifting Federation and member of the IWF Executive Board.

The election took place this Friday, when the Moldovan NOC General Assembly re-conducted Nicolea Juravschi to the organisation's leadership. Mr Conflitti achievement is a reward to the evolution of weightlifting in the country, now represented at the highest level in the country's NOC.

[Read more here](#)



Moldova's National Olympic Committee EB:
Mr Antonio Conflitti is on the photo's far right

Final Entry deadline for Manama 2024: November 6

The IWF National Federations are kindly reminded that the deadline for confirming their final entries for the 2024 IWF World Championships in Manama (BRN) is **November 6, 2024**. At this stage, and through the IWF E-entry system, the IWF members must select a maximum of 12 athletes (10+2 reserve) per gender (if available from the previously registered preliminary entries).

At the same time, NFs are invited to remove athletes who will not compete in the event and confirm the final entries by clicking the "Confirm Final List" button.

On November 22, the verification of final entries will take place, while the IWF World Championships will run from December 6-15, 2024.

[Read more here](#)

