

IWF WORLD JUNIOR CHAMPIONSHIPS May 2-8, 2026 - Ismailia (EGY)

Ismailia, Preview: China's teen aims for historic high, a big week for Russia – and Stowers targets world records for Samoa

If China's formidable team of teenagers hit their entry totals they could win half of the 16 medal events at the IWF World Junior Championships in Ismailia, Egypt, which start on Saturday and end on May 8.

A 15-year-old, Hu Wenxun, is down for 280kg in the women's super-heavyweights and Chinese athletes aged 18 or 19 have the highest entries in the five lightest female categories. Chinese men look likely to dominate at 60kg, 65kg and 110kg.

Hu already holds all three youth world records from her only international appearance at the Asian Youth Games in Bahrain last year, where she made 115-152-267.

Since the World Youth Championships started in 2009, the highest total ever made by a female is 272kg by Nadezhda Nogay from Kazakhstan in 2011, when she was a few days short of her 15th birthday. Hu, who was 15 last October, is expected to better that and post an all-time high total.

Despite the strength of China's team, it has steered clear of the 77kg women's category, which could be the highlight of the Championships if the leading medal contenders are in good form.

Among the eight entries are two women who set records at the senior European Championships last week, one of Russia's big hopes for the future, a multiple champion from Egypt and a 17-year-old from the other side of the world whose entry total is 3kg higher than the junior world record.

Seine Stowers, from Samoa, is planning to open on 110-140 according to her coach and national federation president Jerry Wallwork. Success with those two attempts alone would give Stowers a bigger total than the women who won senior European and Pan American titles over the past two weeks, Janette Ylisoini from Finland and Mattie Rogers from the United States.

Stowers – whose elder sister Feagaiga was a continental super-heavyweight champion – has shown she can do it. In her "warm-up" at the Oceania Championships in Samoa this week, she made 112-142-254 on her 18th birthday. She went for the clean and jerk junior world record on 145kg but failed to complete the lift after cleaning it.



Hu Wenxun (CHN), Yerasyil Saulebekov (KAZ), and Seine Stowers (SAM)

Read more [here](#)

Forrester Osei appointed as Athlete Role Model for the 2026 YOG in Dakar

Forrester Osei, the IWF Athletes Commission Chairman, has been officially selected as one of 31 Athlete Role Models for the 2026 Youth Olympic Games, taking place in Dakar (SEN), from October 31 to November 13. Representing Ghana at international level, Osei won gold at the 2016 Commonwealth Championships, took part in several editions of the IWF World Championships, and has been elected Chair of the IWF Athletes Commission in December 2022. In this condition, he is also a full-voting member at the IWF Executive Board.

Since then, he has been a strong advocate for the lifters' rights in the five continents, and was naturally chosen to represent the sport of Weightlifting in the Senegalese Olympic rendezvous. In 2025, he was also nominated as an IWF Ambassador for Prevention of Competition Manipulation.

The Athlete Role Models will be on the ground in Dakar to engage with athletes, providing support and advice and taking part in educational workshops. These workshops cover topics such as career management, injury prevention and mental preparation, among many other things.

Weightlifting will be present within the Engagement Programme of the Games, whereby demonstrations of our Sport will be provided to the local fans. African young lifters will animate the exhibition area, and Mr Osei will have the opportunity to share his experience with those champions-to-be. Moreover, he will be an enthusiastic promoter of the place and value of Weightlifting in the Olympic Programme.

"The Games are held for the first time in Africa, and I am very proud and honoured to be part of this great event. My roots are in this continent and I am quite excited to demonstrate the significance of Sport for the younger generations in this part of the world. The 2026 Dakar Youth Olympic Games will be a privileged occasion to inspire many boys and girls to the benefits of getting together and practice a physical activity. Weightlifting is also growing in Africa, and the Senegalese event will surely provide a huge step forward in terms of development and investment," considered Forrester Osei.



IWF introduces GAMX as a new Official Points System

The International Weightlifting Federation (IWF) is pleased to announce the introduction of GAMX points as a new Official Points System for use at IWF events.

GAMX enables direct and equitable comparison of weightlifters' performances across body weight categories and genders. Developed by Dr. Marianne Huebner, Professor at Michigan State University (USA), the system is based on a peer-reviewed statistical model and the analysis of a comprehensive dataset drawn from World Championships and Olympic Games competition results.

GAMX estimates average performance levels and performance variability for each body weight and gender, separately for the Snatch, Clean and Jerk, and Total, allowing results to be expressed on a common scale. The system supports innovative competition formats such as mixed team events, where men and women contribute equally to team scores, and enables athletes to track performance independently of changes in body weight and age.

With the introduction of GAMX, the IWF continues its commitment to evidence-based innovation and equitable performance evaluation in international weightlifting. The IWF recognises two points systems for its competitions: GAMX Points and Robi Points.

To support practical use by the weightlifting community, web-based applications are available for athletes and coaches to calculate GAMX points for the total (link [here](#)) or for snatch and clean & jerk (link [here](#)). Additional documentation and an Excel-based GAMX calculator (Version 2.0) are publicly available via the Open Science Framework (link [here](#))

European Championships: Nasar (BUL) wins again but this time Ozbek (TUR) is the star – alongside Sterckx (BEL)

The Olympic and world champion Karlos Nasar won his fourth straight continental title at the European Championships in Batumi, Georgia. For once, though, the Bulgarian did not top the individual rankings. Nasar, who is working with a new coach and support team, finished 5kg clear of Ara Aghanyan from Armenia when he won at 94kg on 176-210-386.

That was his lowest total since 2022, the year when he was last beaten. For the first time in two years he left the platform without breaking a world record, having failed with attempts of 183kg in snatch and 223kg in clean and jerk.

Nasar, who weighed in at 92.47kg, lost his first clean and jerk on review after getting three white lights from the referees. The jury said “no lift” because of oscillation and he did not complain.

Nasar’s was third on individual points. His team-mate Ivan Dimov was ranked second despite being beaten at 65kg, and the man who finished 6kg ahead of Dimov, Muhammed Furkan Ozbek from Turkiye, was top by a long way.

Ozbek claimed the European clean and jerk record with his final attempt and finished 1kg short of his own world record on total when he made 140-183-323. Ozbek, 25, is unbeaten since dropping down to 65kg from 73kg, the weight at which he finished fourth at the Paris Olympic Games.

“There is nothing better than seeing the Turkiye flag at the top,” he said.

The fourth, fifth and seventh-ranked athletes on points all came from a high-quality 110kg contest – winner Garik Karapetyan from Armenia, silver medallist Luis Rodriguez from Romania and third-placed Hristo Hristov from Bulgaria.

Karapetyan made up a 6kg deficit in snatch to win on 189-226-415. Rodriguez and Hristov both bettered the European snatch record, which ended up with Rodriguez on 195-219-414. Hristov made 190-222-412. Armenia also won the super-heavyweights, as expected, when the Olympic silver medallist Varazdat Lalayan made 210-241-451 to finish 26kg clear of Daniil Vagaitsev from Russia, who won world and European junior medals in 2021 when he last competed internationally. Lalayan failed with two record attempts at 253kg. Angel Rusev from Bulgaria made his final attempt to win his sixth continental title on 120-155-275 at 60kg. Yusuf Femi Genc totalled 332kg in winning at 71kg; Russia had its first champion in five years when Gevorg Serobian claimed the European snatch record on 161kg and totalled 341kg at 79kg; and Marin Robu from Moldova set a European snatch record of 173kg in winning at 88kg on 373kg. That put Robu sixth in the points list.

Read more [here](#)



Nina Sterckx (BEL, left), and Karlos Nasar (BUL)

Uzbekistan opens weightlifting school to mark International Day of Sport for Development and Peace

The National Olympic Committee of Uzbekistan marked International Day of Sport for Development and Peace on April 6 with the opening of the Akbar Djuraev Weightlifting School, a state-of-the-art training facility for young weightlifters in Tashkent.

The facility is named in honour of Akbar Djuraev, who made history as Uzbekistan's second Olympic weightlifting champion, securing gold at the Tokyo 2020 Games with an Olympic record total of 430kg. The school will serve as a major hub for future generations, aiming to unite young athletes and further expand weightlifting's reach in Central Asia.

"We are very proud to mark the International Day of Sport for Development and Peace with the opening of this state-of-the-art facility," said Otabek Umarov, First Deputy Chairman of the National Olympic Committee of Uzbekistan and Vice-President of the Olympic Council of Asia. *"We know very well that sport has the power to drive social change and bring communities together. I would, therefore, like to thank the Ministry of Sport, Trade Union and everyone involved in making this project a reality."*

"I would like to offer my warmest congratulations to Uzbekistan on the opening of this fantastic new facility," said IWF President Mohammed Jalood. *"Uzbekistan has become a true powerhouse in our sport and the Akbar Djuraev Weightlifting School – honouring one of the brightest Stars at world and Olympic level – is a testament to their dedication. This school provides a vital opportunity to continue the development of weightlifting not only in Uzbekistan but across all of Central Asia, ensuring a bright future for the next generation of young lifters."*

This journey toward excellence was sparked by Ruslan Nurudinov's historic gold medal at the Rio 2016 Olympic Games, which inspired thousands of young lifters and catalysed significant infrastructure development throughout Uzbekistan.

This momentum has not only elevated Uzbek lifters, coaches and officials to a world-class level, but has also established the country as an elite destination for major events.

Building on this legacy, Uzbekistan has successfully hosted the 2021 IWF World Championships and Electoral Congress, the 2021 IWF Junior World Championships, the 2013 IWF Youth World Championships and multiple Asian Championships. This proven track record recently led the IWF to award Uzbekistan the prestigious opportunity to host one of the five IWF Qualifiers for the 2028 LA Olympic Games.



A brand new Weightlifting School, honouring Akbar Djuraev (right)