

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

China dominates and unveils a teen superstar – and President of Iran praises his team's efforts

China led the way as Asian nations claimed 12 of the 16 titles at the IWF World Junior Championships in Ismailia, Egypt. Besides having seven winners, China had the top individual points scorers for men and women, and introduced a 15-year-old superstar to the weightlifting world.

Hu Wenxun will not leave the youth ranks until the end of 2027, so she has plenty more time to improve a record that is guaranteed to stand the test of time and might never be broken (except by her).

In the final session of the Championships, Hu broke all three of her own super-heavyweight youth world records in making 125-163-288. That would have won any of the three senior continental titles contested so far this year. It equalled the total made by Emily Campbell for an Olympic bronze medal in Paris.

Hu is 15. She lifted the biggest total by any female in the youth age group, 13 to 17, in weightlifting history. She beat the previous highest by 16kg and is capable of extending her dominance in her next competition in July, the World Youth Championships in Colombia. China is sending a team of one – Hu Wenxun.

Chinese women hold the women's super-heavyweight world records at youth, junior and senior level. Their junior star, Li Yan, lifts at the Asian Championships in India on May 17 and has already displaced the 26-year-old double Olympic champion Li Wenwen as her nation's number one. How long before Hu starts pushing towards the top? Hu did not top the individual points list because age is not taken into account, but she was undoubtedly the star of the week.

Ye Xinye, who set a 58kg junior world record in snatch, was rated top on points ahead of her team-mates Peng Tianfeng at 53kg and Lin Jingwei, who set two junior world records at 69kg.

Joseline Lopez from Mexico, second at 58kg, was ranked fourth, then came the 63kg champion Thanaporn Saetia from Thailand, who was winning for the fourth time in a row and has fully recovered from a loss of form in 2024.

Anamjan Rustamova's 257kg total for Turkmenistan at 86kg, the day before her 20th birthday, was also very impressive and she could be one to watch during Olympic qualifying.

Read more [here](#)



Hussein Metwally Abdelrahman (EGY) and Hu Wenxun (CHN)

IWF leadership in Lausanne (SUI) for the ASOIF Assembly

The IWF President Mohammed Jalood and IWF General Secretary José Quiñones were in the end of May in Lausanne (SUI), where they had the opportunity to attend the Association of Summer Olympic International Federations (ASOIF) 50th General Assembly.

The gathering was officially opened by ASOIF President Ingmar De Vos, while a welcome speech was also delivered by the IOC President Mrs Kirsty Coventry. The International Olympic Committee leader highlighted the power of sport and emphasised that all stakeholders within the Olympic Movement must work closely together to fully unlock its potential. Mrs Coventry also underlined the vital role played by the IFs and the importance of their continued development and ambition, stating: *“If you are not strong and striving, neither are we.”*

The Agenda of the Assembly included the Sixth Review of International Federation Governance, a thorough procedure overseen by ASOIF’s Governance Task Force and supported by an independent governance consultancy. The results of this consultation will be published in June.

The General Assembly also received in-person updates from the Organising Committees of Los Angeles 2028, Brisbane 2032 and the Dakar 2026 Youth Olympic Games. Moreover, updates were provided from the IOC on matters relating to IFs and the Olympic Games, especially in the context of the IOC’s “Fit for the Future” process and the related Working Group discussions.

Read more [here](#)

IWF President successfully promotes Weightlifting at the ONOC Assembly

The IWF President Mohammed Jalood was recently in Auckland (New Zealand) for the ONOC (Oceania National Olympic Committees) Annual General Assembly, and had the opportunity to do an inspiring presentation about Weightlifting in this region of the world. The Assembly was also attended by the IOC President, Ms Kirsty Coventry. During his speech, Mr Jalood recalled the historic tradition of our Sport in the Pacific region, namely its importance and significance for many islands of this continent. The IWF President highlighted that many former and present lifters representing these nations had remarkable participation at Olympic Games and World Championships.

“Besides their amazing career, many of them are today at the head of their sport organisations in their territories, namely as presidents of the respective National Olympic Committees, or Weightlifting Federations. The most illustrious example of this success is Marcus Stephen, an Olympian, that then became President of Nauru. At the Opening Ceremony of the Olympic Games, it is very common that flagbearers from Oceania nations are

weightlifters”, declared Mr Jalood. Reflecting on the future, the IWF President recalled the audience that many young lifters from the region have namely shone in the 2025 edition of the IWF World Youth and Junior Championships, held in Lima (PER). *“The grassroot work is there, and the development of new generations of lifters is definitively assured”.*



Read more [here](#)

IWF President Mohammed Jalood (far left) at the ONOC Assembly, where IOC President Kirsty Coventry (third from the left) was also present



IWF General Secretary José Quiñones and IWF President Mohammed Jalood in Lausanne

IWF/ITA: 2025 statistics confirm commitment to anti-doping programme

The International Testing Agency (ITA) recently published the 2025 statistics concerning the partnership with the IWF on its anti-doping programme. Last year, a total of 3068 samples were collected around the world, including 1660 in-competition and 1408 out-of-competition. Moreover, in terms of urine/blood proportion, there were respectively 2280 and 788 samples. This amount of collected samples resulted in a total of 2394 completed tests, performed on 1150 athletes (53% men, 47% women) from 131 countries. As a comparison, 1078 lifters from 120 nations had been tested in 2024.

Concerning the Results Management in 2025, 24 Anti-Doping Rule Violations (ADRV) were confirmed and the respective sanctions imposed (some of the cases occurred before 2025). For last year only, seven Adverse Analytical Findings were detected (there were 14 in 2024, and 28 in 2023). This reduction may be attributed to a more targeted, structured anti-doping approach, expanded education, and stricter requirements related to the Member Federations' Categorisation Rules.

In 2025, the IWF/ITA received 23 TUE (Therapeutic Use Exemptions) application requests.

In terms of Anti-Doping Education, the attendance in webinars/seminars totalled 867 participants from 89 different nationalities. This is also a huge improvement from 2024, when 611 attendees from 77 countries had been present in these initiatives.

All info on IWF/ITA Anti-Doping activities [here](#)



IWF Athletes Commission reaffirms vitality of IWF events around the world



Forrester Osei (AC Chair, right) supporting the athletes in Ismailia, Egypt

The recent IWF World Junior Championships in Egypt showcased the very best of international weightlifting, bringing together talented young athletes from across the globe in a celebration of excellence, determination, and sportsmanship. We extend our heartfelt congratulations to all medallists for their outstanding achievements and performances on the world stage. Equally, we commend every athlete who participated in the championship, your commitment, resilience, and dedication to the sport continue to inspire the global weightlifting community. Fifteen World Records have been improved in Ismailia, proving that the future of our Sport is definitively bright and is in good hands. Special congratulations to the teams of China and Iran, leaders of the medal charts in the women's and men's events, respectively. We also wish to express our sincere gratitude to the Egyptian Weightlifting Federation and the African Weightlifting Federation for their exceptional hospitality and the excellent organisation of the competition. Their efforts ensured a successful and memorable event for athletes, coaches, officials, and supporters alike.

Read more [here](#)

CONTINENTAL NEWS

Pan Am Champs: Three WR for Colombian hero Yeison and stunning wins for Ulrey, Cahoy (USA) and Pessanha (BRA)

Yeison Lopez won praise from the highest level of Colombian sport after setting three world records on his way to victory at the Pan American Championships in Panama City, Panama.

“Let’s stand up and give a round of applause, or better yet three, for our triple world record in weightlifting,” said a Colombian sports ministry statement.

Yeison, who was voted Colombia’s sportsperson of the year in 2025 after winning the 89kg world title, made five good lifts at 88kg and declined the last one. He made a career high 181-216-397 and finished 48kg ahead of the American silver medallist Hutton Boles.

“I am grateful mainly to God, for allowing me to live this wonderful experience,” said Yeison, whose *“big dream”* is to win Olympic gold in Los Angeles. He was second to Karlos Nasar in Paris, where he totalled 390kg at 89kg. Caden Cahoy from the United States and Matheus Pessanha from Brazil were other outstanding performers in the men’s events, winning with career-high totals. Cahoy, 22, missed three attempts but set a continental clean and jerk record in making 150-204-354 at 79kg for his first senior victory.

Pessanha, fully recovered from a knee injury and benefiting from a training camp funded by his national Olympic Committee, went past 400kg for the first time.

Read more [here](#)



Yeison Lopez (COL)

Asian Champs: PRK’s women are outshone by China – and their own men’s team

PRK’s women have been unstoppable since the country returned to international weightlifting in 2023 after a long Covid-related absence.

If they sent their strongest team to a competition – Asian Games, World Championships, continental championships, Grands Prix, World Cup – they finished top of the medals table, racking up countless world records along the way. China named them “the new number one” in women’s weightlifting.

Perhaps it is time for a rethink. At the Asian Championships which ended at the weekend in Gandhinagar, India, China got the better of PRK’s women by winning four golds to three and also finished top of the overall medals table.

It was a different story for PRK’s men. Four of them set world records, they had four champions to China’s three and for the first time in years they outperformed the women.

China’s team in India was considerably younger than PRK’s. Seven of the 15 were 21 or younger and two of them set junior world records to add to those from the recent World Junior Championships in Egypt, where China finished well clear at the top of the medals table. PRK did not participate.

PRK had world records from the 63kg and 69kg champions, Ri Suk (six good lifts for 111-143-254) and Song Kuk-Hyang (112-151-263).

Read more [here](#)



Li Yan (CHN)



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Produced by the IWF Communications

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