

CONTINENTAL NEWS

Pan American Championships: World records for Olivia Reeves and medals every day for USA in Colombia

The United States won medals on all six days of the Pan American Championships (July 12-18) in Cali, Colombia, where Olympic champion Olivia Reeves was in a class of her own. Reeves beat the world standard by 9kg on total at her new weight of 69kg, finishing with a sweep of world records.

Hampton Morris, another American who was on the podium in Paris, and the 20-year-old Colombian Sebastian Olivares also set world records in a high-quality competition that featured 30 continental records.

The host nation had three champions, 11 medals on total and 33 overall. The United States took six titles in winning 10 medals on total and 30 overall. Dominican Republic had three winners, Venezuela two, and Brazil and Cuba one each.

Reeves dropped down from 71kg to the new 69kg category and equalled the best total of her international career, making all six attempts for 119-149-268. Only three of the 28 women who lifted in the heaviest of the new weight categories – 77kg, 86kg and +86kg – bettered Reeves' total, which would have been enough for a bronze medal in the super-heavyweights.

Reeves, 22, made it look easy as she set world records on her second and third lifts in both snatch and clean and jerk. She surpassed the world standard on total three times, and it will be no surprise if she breaks more records at the World Championships in Norway in October.

Two days before Reeves' exploits, Morris had become the first senior world record holder in the IWF's new weight categories, which came into use on June 1, when he made a clean and jerk of 181kg at 65kg. Morris would have had the record on total, too, if he had held on to his final attempt at 186kg. Second-placed Francisco Mosquera from Colombia failed with a world record clean and jerk attempt at 184kg and finished 135-178-313, which was 5kg behind Morris on 137-181-318.

The other winners for the United States were Miranda Ulrey at 58kg on 97-120-217, Mattie Rogers at 77kg on 110-139-249, Kolbi Ferguson in the men's 110kg on 173-215-388 and Aaron Williams in the super-heavyweights on 187-224-411.

Read more [here](#)



Olivia Reeves (USA, top), and Julio Mayora (VEN)

Oceania Championships: Elliott hits heights for Australia, teenager Elder takes gold for Fiji and Dika Toua wins again

Australia, Samoa and Fiji had the stand-out performers at the Oceania Championships in Palau (July 1-5), the first senior IWF competition in which the new body weight categories were used. The Championships were part of the Pacific Mini Games.

The highest female Sinclair points scorers were both Australian, Kiana Elliott and Eileen Cikamatana. John Tafi from Samoa and Fiji's youth world champion Nehemiah Elder were top-rated in the men's events. All four of those athletes claimed Oceania senior records, as did Brenna Kean from Australia and Seine Stowers from Samoa. Dika Toua from Papua New Guinea won her 16th Oceania title, at the age of 41, when she made 69-91-160 at 53kg. It is now 25 years since she first competed internationally.

Dika's team-mate and fellow multiple Olympian Morea Baru, who is six years younger, made 117-156-273 at 65kg to win his 10th continental title. That equals the record number of continental men's titles held by Marcus Stephen, the IWF board member from Nauru.

Elliott, 27, made all six lifts in the 63kg category, for which she weighed in about 4kg light, and claimed continental records in snatch and total on 98-115-213.

"They were quality lifts, which is what I was aiming for, and at a bodyweight that would have landed me in the old 59 class," said Elliott, who works for the South Australia government.

She has broken the 120kg barrier twice in clean and jerk, in 2022, but weighed about 10kg more on both occasions. This was Elliott's first competition since the IWF World Cup in Thailand 15 months ago, where she narrowly failed to qualify for the Paris Olympic Games.

"Throughout this past year I thought I may never step on an international platform again. I'm proud of the work I've done with my team back home in Adelaide and I'm excited to get back into it. There's more to come," Elliott said.

The Commonwealth Games in Glasgow next year is a major target for Elliott and many other athletes at these Oceania Championships.

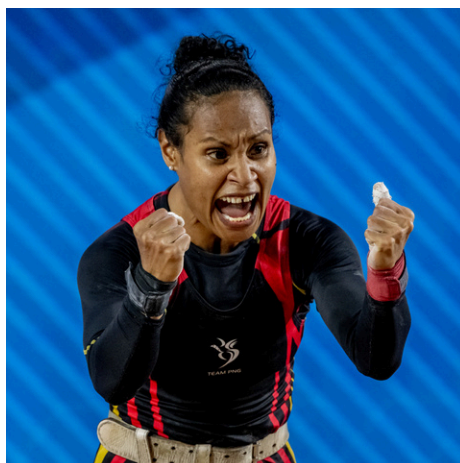
Cikamatana is already a strong favourite for gold in Scotland at 86kg. Having finished fourth in Paris and second at the World Championships last year at 87kg, she started out in the new weight with an Oceania snatch record. Cikamatana made four from six in her 115-140-255.

Kean and Stowers both set continental clean and jerk records. Kean won at 58kg on 79-108-187, and Stowers won at 77kg on 99-128-227.

In the men's events at the Sports Complex Meyuns, 16-year-old Elder made an attempt at the 88kg youth world standard of 192kg in clean and jerk. He made 192kg when he won the youth world title at 89kg last year, and has done more in training according to his coach and father Henry Elder, but this time he failed, then declined his final attempt.

Elder won by a wide margin on 155-175-330, setting a continental snatch record for seniors. He holds all six Oceania youth and junior records at the new weight and will have another try for senior records at the Commonwealth Championships in India in August.

Read more [here](#)



Elder Nehemiah (FIJ), Dika Toua (PNG) and Kiana Elliott (AUS)

INTERVIEW

Sam Coffa: Witness and protagonist of the IWF history



Salvatore 'Sam' Coffa is a living legend in the weightlifting world. At almost 90, he is a privileged witness, but also an important protagonist of our International Federation's rich history. For more than seven decades involved in our Sport, as an athlete, coach, official, and successful administrator, Coffa is also a remarkable storyteller. With his outstanding vitality and prodigious memory, he sat down in May 2025 for a couple of hours and recalled his life. An existence marked by initial difficulties in his homeland (Sicily, Italy) but also with many achievements in his adoptive country, Australia.

His long trajectory incorporates aspects that could illustrate the career of many lifters around the world: his childhood and teenage years, his introduction to weightlifting, and his athletic career, culminating in the dream of his life, the participation in the 1964 Olympic Games in Tokyo.

After his retirement, he made his entry into politics (he was twice Mayor of Hawthorn, in the suburbs of Melbourne). As a sport administrator, Coffa was also a successful President of the Australian Weightlifting Federation for 25 years.

At the end of the 1980s, he became part of IWF sphere. One of his first and most important assignments was the leadership of the Women's Commission, a role that he particularly cherished. His decisive contribution was pivotal for the entry of the women's events in the Olympic programme, in 2000 in Sydney.

Sam Coffa reflects on the technical changes occurred in the Sport, in the future challenges related with the place of Weightlifting in the Olympic Movement, but is also pleased to recall his best memories in the Sport.

On a more personal note, this globetrotter (he has been in 102 countries) still makes a daily walk in the morning and enjoys being with his four children, nine grandchildren, and one great-grandchild. With his contagious smile, he recognises that his extraordinary career was a "sweet revenge" for the difficult early life in Italy.

Let's start from the beginning. You were born in 1936, in Sicily. And then you left for Australia in 1951. How were your childhood and teenage years? What was your family context?

The family context was a post-war one. I was about 10 years old when the war ended – as you may imagine, living in Italy, those were really difficult times...

Education-wise, could you go to school?

In education terms, I entered school late because as I was born in January I had to wait until I was six. But the family is very poor, and they want me to start work, so they said, 'You don't go to school.' They got my uncle, who was a teacher, to train me and I eventually succeeded in the exams. This just gives you an idea that things were tough. No food, not much to go about.

Part 1 of the interview can be found [here](#)

Part 2 of the interview can be found [here](#)

Part 3 of the interview can be found [here](#)

IWF INFO

International Coaching Licence registration now available

On June 30, 2025 the following info was sent to all IWF National Member Federations:

Following the information regarding the International Coaching Licence (ICL) provided to you during IWF Ordinary Congress in Riyadh, May 24th 2025, we would like to update you in the pathway of this Program. We would like to kindly remind you that the International Coaching Licence Program and respective By Laws have been approved by the IWF Congress in Manama (BRN). The obligation is for MFs' coaches participating in IWF Events, to be licenced from 1st of July 2025, a transition period will be allowed.

We are happy to inform you that the ICL registration platform is now available at the new IWF Member Federations' platform which you can find here: mf.iwf.sport

You need to login with your usual Federation's login details and follow the steps written in the [Manual](#). For the registration, you will need to have the signed [Privacy notice](#), passport copy and accreditation style photo of the Athlete Support Personnel.

To apply for the IWF International Coaching Licence, you will also need to upload the signed [Anti-Doping Declaration Form](#).

All requested documents together with the [IWF By-laws](#) and [Privacy Policy](#) are available on the IWF website and at the mf.iwf.sport site.

We hope that this information will be useful for you and that we together will bring the ICL Program alive! In case of any questions or concerns please contact the IWF Secretariat at iwf@iwf.sport or Mr. Colin Buckley at coachinglicence@iwf.sport

LA 2028 Olympic Games: 3 Years To Go!

With 3 years to go for the start of the 2028 Olympic Games, the Los Angeles Organising Committee released the first version of the competition calendar.

After an exciting Opening Ceremony, taking place on July 14, 2028 in two emblematic locations (the LA Memorial Coliseum and the 2028 Stadium), the sport of Weightlifting is scheduled for the second week of the Games, between July 25 (Tuesday) and July 29 (Saturday).

Two A-group sessions will be contested daily in the Peacock Theater, with the first medal event taking place at 16h00 (local time) and the second one at 20h30. Weightlifting will be represented with 120 athletes, competing in 10 bodyweight categories (60 men/5 categories and 60 women/5).

The Closing Ceremony of the LA2028 Olympic Games will take place on Sunday, July 30, at 18h00 (local time).

