



# World Para Powerlifting

## Annual Report Excerpts

Version 1.0

### **World Para Powerlifting**

International Paralympic Committee

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## Version History

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## Advisory

Each World Para Powerlifting Annual Report is excerpted from the International Paralympic Committee's Annual Report for the respective year.

Prior to 2009, the format of the International Paralympic Committee's Annual Report did not explicitly include World Para Powerlifting's (formerly IPC Powerlifting) report and therefore are not included.

# Contents

2018 .....	4
2017 .....	6
2016 .....	8
2015 .....	10
2014 .....	12
2013 .....	13
2012 .....	14
2011 .....	15
2010 .....	16

## 2018

World Para Powerlifting enjoyed continued growth and advancement in 2018. With 11 new countries practicing the sport, the number of NPCs active throughout the year grew to 102. There was an all-time high number of licensed female athletes with a 33 per cent increase year-to-year.

Athletes progressed through the qualification pathway on the road to Tokyo 2020 at four regional championships, while different initiatives made an impact on the sport's development.

The season kicked off with the 2018 Para Central American Games in Managua, Nicaragua in January. The competition featured athletes from all six NPCs in the sub-region, showcasing the growing popularity of the sport.

In February, Nigeria dominated competition at the Gold Coast 2018 Commonwealth Games in Australia, winning gold medals in each of the four medal events.

The first World Cup of 2018 took place in familiar surroundings with Dubai, UAE, staging its ninth annual event. Over five days of competition in February, 122 athletes from 31 NPCs took part with three senior records broken.

In May, 24 European and nine out-of-region NPCs gathered in Berck-Sur-Mer, France, for the 2018 European Open Championships. Seventy-one female and 100 male athletes competed. Athletes and coaches gave a 95 per cent approval rating to the updated Para powerlifting bench design that launched at the competition with enhanced safety features and a more modern look.

The African Championships took place in Algiers, Algeria, in late August, providing an in-region competition opportunity for 15 NPCs and 86 athletes. The competition featured live broadcast with more than 12 hours of coverage. Highlights included two new senior regional and five new junior regional records.

In September, 200 athletes from 29 NPCs met in Kitakyushu, Japan, for the five-day long Asia-Oceania Open Championships. The event saw the continued implementation of enhanced sport presentation elements which drew widespread praise from stakeholders.

This included the use of coloured robotic lights and thematic music for athlete entrances and lift decision outcomes, and smoke to set the tone for athlete entrances for record attempts.

The final regional Championships took place in Bogotá, Colombia, with the hosting of December's Americas Open Championships. Nearly 150 athletes competed from 27 NPCs, representing a 46 per cent increase from the 2015 competition.

The hosting of 13 approved national competitions demonstrated NPCs' holistic approach to developing the sport in terms of athlete identification, coaching and enhancing officiating expertise.

Nine classification opportunities were offered throughout the year across the regions of Africa, America, the Asia and Europe.

Athletes and their coaches received more feedback than ever with the implementation of an updated referee system. Beginning in February, referees and jury members adjudicated lifts using a terminal with buttons representing the different lift sequences; if an athlete receives a "No Lift", the incorrect lift sequences are displayed to the athlete and their coach in the warm-up area so they can correct their movement during their next attempt.

With the support of official partner, ELEIKO, World Para Powerlifting's equipment donation programme benefited nine NPCs, further developing the sport and increasing their competition hosting capacity.

Through the continued delivery of World Para Powerlifting's targeted anti-doping education programme "Raise the Bar: Say NO! to Doping", athletes and their support personnel continued to be educated on the importance of clean sport ahead of competitions. Seven sessions were delivered in collaboration with the Japan Anti-Doping Agency.

To support the professional development of certified technical officials, a new workshop format was introduced before competitions that saw them collaborate, discuss and apply the technical rules and regulations to different competition scenarios.

World Para Powerlifting's comprehensive education programme continued to reach more people and improve the technical knowledge in the sport. Twelve technical official courses were delivered to 130 participants from 26 different countries. Close to 50 participants from 24 countries took part in three coaching courses in Algeria, Ethiopia and Malawi. Participants discussed ways to develop their coaching philosophies, talent identification, training methodologies and different competition processes.

With support from the Agitos Foundation, a workshop was delivered to 20 administrators from Algeria, Kenya and Nigeria with the goal to increase the knowledge and competencies for these countries to host competitions. World Para Powerlifting staff facilitated the course and led activities through the various planning and operational stages. All participants felt their "knowledge and understanding of the competition hosting requirements improved".

Partnerships were made with Citi and Panasonic at the Kitakyushu Asia-Oceania Open Championships and Bogotá Americas Open Championships, respectively, directly benefiting Local Organising Committees through audio-visual equipment and general operations support.

Posts on World Para Powerlifting social media channels continued to have strong engagement rates with fans of the sport. On Facebook alone, posts left more than three million impressions. The number of followers on Facebook and Instagram went up significantly and website visits met yearly targets with 65,000.

## 2017

In a busy year for the sport, the World Championships took place in Mexico City after a delayed start, the first Junior World Championships were staged, two World Cups were held and several workshops took place to further improve standards across the sport.

Following September's devastating earthquake in Mexico City, the World Championships were rescheduled for early December, taking place seven weeks later than originally planned.

Despite some late withdrawals as a result of the rescheduling, 357 athletes (227 male and 130 female) from 71 NPCs took part in 20 medal events. With a new sports presentation concept ensuring the athletes had vocal and passionate support, four world and 14 regional records were set.

With 12 medals, including five golds, China topped the medal table, just ahead of Nigeria. Hosts Mexico won two golds.

As part of the event, the first World Para Powerlifting Junior World Championships were held involving athletes from 18 NPCs who contested 14 medal events – 7 per gender. Athletes broke seven junior world and 16 junior regional records.

With the support of charity equipment supplier and World Para Powerlifting partner Kit us Out, athletes from Armenia, Aruba, Benin, Congo, Guatemala and Tajikistan were provided with donated lifting suits for the World Championships.

Two World Cups were staged in the first half of the year. In late February and early March, 180 athletes from 33 NPCs took part in the World Cup in Dubai, UAE, while in May more than 190 athletes from 35 NPCs competed in Eger, Hungary.

The Para powerlifting competition at the Sao Paulo 2017 Youth Parapan American Games in March involved 36 athletes from nine NPCs. This represented a 60 per cent increase in athlete participation and 50 per cent increase in competing NPCs compared to 2013. This was in part due the introduction of four additional female medal events.

As part of the development of a long-term competition calendar for the sport it was announced during the year that the 2018 African Championships will take place in August in Algiers, Algeria. Astana, Kazakhstan, and Eger, Hungary, were confirmed as the host cities of the 2019 and 2021 senior and junior World Championships respectively.

The World Para Powerlifting Competition and Qualification Pathway 2017-2020 was published in six languages – Arabic, English, French, Japanese, Spanish and Russian.

At the beginning of 2017 a consultation process with all the participating nations, technical officials, athletes, coaches and partners was held to enable all Para powerlifting members to provide recommendations and propose amendments to the Classification and Technical Rules and Regulations. The proposed changes were presented at the Sports Forum held on 3 December.

As part of the sport's ongoing anti-doping programme, the second phase of "Raise the Bar, say NO! to doping" was launched. Nineteen anti-doping workshops were delivered to 35 countries ensuring 216 athletes and 85 team officials were educated about the importance of clean sport.

To further improve standards across the sport, workshops were held throughout the year benefiting classifiers, coaches and referees. A number of the workshops were held as part of the

NPC development programme powered by Toyota and were held in collaboration with the Agitos Foundation.

In Dubai, World Para Powerlifting successfully trained three new educators in coaching, classification and refereeing.

Overall, 48 people from 21 countries took part in national classifier courses that were held in Iran, Mexico, Nigeria and UAE.

Coaching courses were staged in Costa Rica, Great Britain, Mexico, Nigeria, Thailand and UAE involving 99 participants from 28 countries.

Ten national referee courses catering for 99 participants from 26 countries were held during the year in Australia, France, Great Britain, Hungary, Iran, Mexico, Nigeria, Sweden and UAE.

Athlete and coach training camps for 20 athletes from 19 countries were held in Nigeria and Mexico City while a powerlifting spotter and loader course was held in Mexico City.

At December's World Championships Egypt's Sherif Osman was elected to serve a two-year term on the STC as the sport's athlete representative. Later the same month, it was announced that Egypt's Rehab Abougharbya would serve a 20-month suspension after committing an anti-doping violation at May's World Cup in Hungary.

By the end of the year nearly 70,000 people had visited the sport's website, a record for a non-Paralympic year. Media activities reached 21.4 million people.

## 2016

Powerlifting was global news in September when Iranian powerlifter Siamand Rahman became the first athlete in history to lift over 300kg. Competing at the Rio 2016 Paralympics, he eventually lifted 310kg to secure gold in the men's over 107kg class.

His performance was one of many that lit up a hugely successful powerlifting competition at Rio 2016 that involved 180 athletes (102 males and 78 female) from 60 NPCs.

After 20 medal events spanning seven days, Nigeria topped the medals table picking up six golds, two silvers and one bronze medal. In front of vocal crowds, 13 world records were broken.

Thirty hours of the sport were televised globally attracting a cumulative audience of 94.5 million. A further 14.6 million people were reached via the sport's social media channels.

Thanks to a partnership with equipment charity Kit us Out, 16 athletes received lifting suits to compete in at Rio 2016. The suits were provided to Cuba, El Salvador, Ghana, Indonesia, Ivory Coast, Kenya, Laos, Liberia, Mongolia, Namibia, Nicaragua, the Philippines and Togo, as part of a strategy to assist developing countries in the sport.

More than 5,000 people visited the sport's spectator experience area at the Riocentro common domain, courtesy of World Para Powerlifting official partner Eleiko.

Designed with numerous stations to take spectators on a journey through the sport, it educated them about the rules and regulations of the sport. It gave them an opportunity to leave a message for the world's strongest Paralympians on a custom sign wall, weigh in to select their bodyweight category then attempt a lift on an official Rio 2016 Paralympic powerlifting Eleiko competition bench.

Prior to Rio 2016, three World Cups were held in quick succession.

From 21-23 January, 60 athletes from 21 NPCs participated in the Rio de Janeiro World Cup which acted as a Paralympic Test Event. Organised in partnership with the NPC Brazil, the event saw four Americas records set. Ahead of the event, 30 athletes and coaches from 12 NPCs took part in the Athlete and Coaching Training Camp Road to Rio 2016 together with the support of the Agitos Foundation and the NPC Brazil.

Mid-February's World Cup in Dubai, UAE, attracted more than 200 lifters from 42 NPCs. The standard of competition was extremely high with six world, two junior world, 11 regional and two junior regional records broken.

Five days later, more than 200 athletes from 41 NPCs competed in Kuala Lumpur, Malaysia, the season's third and final World Cup event. Three world and six regional records were set as powerlifters grasped their final chance to improve their position in the qualification rankings ahead of Rio 2016.

Classification opportunities were available at all three World Cups as were educational materials regarding "Raise the Bar – Say No! to Doping", the sport's anti-doping programme.

STC meetings were held in Kuala Lumpur in March and in October in Bonn, Germany. A range of topics were discussed, including 2017-2020 technical rules and regulations; competition calendar 2017-2020; future sports development: International Technical Official (ITO)/Classifier appointments and technical classifier and coach education.

During the course of the year it was announced the 2017 World Para Powerlifting Championships will be held in Mexico City, at the same time as the Para Swimming equivalent. The Mexican capital will also stage the first ever Junior World Para Powerlifting Championships in 2017.

It was confirmed the 2018 World Para Powerlifting Asian Open Championships will be held in Kitakyushu, the first major event in the sport to be staged in Japan. Berck sur Mer, France, will host the 2018 European Championships.

Contract negotiations for the 2019 Junior and Senior World Para Powerlifting Championships were finalised with the host city set to be announced in early 2017.

The sport now has all major Championships in place through to Tokyo 2020. As a result, for the first time, the sport published the 2017-2020 World Para Powerlifting competition calendar listing all major competitions prior to the next Paralympics, as well as the World Para Powerlifting Qualification Pathway 2017-2020. In another first for the sport, both the competition calendar and pathway were published in six languages: Arabic, English, French, Japanese, Russian and Spanish.

A number of education programmes on classification, refereeing and coaching were organised during the year.

Between January and March, with the support of the Agitos Foundation and the Foundation for Global Sports Development, four coaching courses were organised in Brazil, Japan, Malaysia and UAE. Forty-nine coaches from 23 countries were trained.

Training courses for NTOs and ITOs were also held in Chile, France Panama and the USA.

A classification education course took place in UAE leading to five new national classifiers.

When Azerbaijan's Maharram Aliyev tested positive for two substances at February's World Cup in Dubai it brought to an end the sport's record run of seven major competitions without an anti-doping violation which stretched back to before the Incheon 2014 Asian Para Games.

At the Rio 2016 Paralympics, Saudi Arabia's Mashal Alkhazai was suspended for eight years for a second anti-doping violation committed during an out-of-competition test.

In November, the sport rebranded from IPC Powerlifting to World Para Powerlifting and by the end of the year the sport's website had experienced an 88 per cent increase in visitor numbers compared to 2015. World Para Powerlifting's social media following also doubled during the year.

## 2015

In terms of participation, IPC Powerlifting is arguably the fastest growing sport in the Paralympic Movement. A total of 1,043 athletes are now licensed, almost two and a half times more the 474 athletes who were licenced at the end of 2012.

The increase in participation, is, in part, down to the development of a comprehensive competition calendar which is now offering athletes from around the world more opportunities to compete at the highest level. Two World Championships are set to take place per Paralympic cycle in 2017 and 2019 and all regional Championships will be staged in 2018.

The first IPC Powerlifting World Cup was held in Dubai, in March. The standard of competition was extremely high with over 120 lifters from 25 countries taking part. Four world records were broken. To coincide with the event, a pilot “Proud Paralympian” project was launched with the aim of supporting athlete development both on and off the field of play, as individuals and active citizens.

Further “Proud Paralympian” workshops were held at the three regional Championships which took place in 2015. By the end of the year 365 lifters and team officials had benefited from the education programme.

April saw the first Americas Open Championships in IPC Powerlifting history hosted in Mexico City. More than 110 lifters from 21 countries competed for medals. One world, three junior world and 10 Americas records were broken during four days of competition.

July’s Asian Open Championship in Almaty, Kazakhstan, attracted more than 200 lifters from 29 countries.

Amongst the nine world records set, Iran’s Siamand Rahman improved his mark in the men’s over 107kg class with a lift of 295kg. Four junior world and 16 Asian records were also broken in Almaty.

The final and biggest competition of the year came in November. The European Open Championships in Eger, Hungary, gathered over 210 lifters from 41 countries. Four world, six junior world, six European and nine junior European records were broken.

All three IPC Powerlifting regional Championships were livestreamed through the IPC’s YouTube channel and on the IPC and IPC Powerlifting websites respectively. Livestreaming for the three Championships totalled 73 hours and 59 minutes and attracted 95,703 viewers from across the globe.

Classification opportunities were provided at all three regional Championships, in addition to a number of other strategically picked events in Canada, China, Congo, Iran, Singapore and the UAE. This ensured that IPC Powerlifting was able to classify 422 athletes.

Away from the regional Championships, 75 athletes from 16 NPCs took part in 10 medal events at the Toronto 2015 Parapan American Games in August. One world and five Americas records were broken.

A month later, Brazzaville, Congo, was the location of the first IPC Powerlifting Paralympic ranking competition in Africa. The event helped to increase the profile and standard of the sport in Africa and provided athletes in the continent with a much needed opportunity to increase their Paralympic ranking to qualify for Rio 2016.

Organised as part of the 2015 All African Games, 90 lifters from 23 NPCs took part, setting 12 African records.

Finally in December, 78 athletes from eight NPCs took part in powerlifting at the 2015 ASEAN Para Games in Singapore. This competition was the 18th and final IPC Powerlifting approved event of the competition year.

During 2015, the IPC conducted tests at seven major competitions and there were no anti-doping violations in the sport. The Raise the Bar – Say No! to Doping athlete and coach education programme continued at all major events.

All IPC Powerlifting events were supported by comprehensive PR and social media activities. This resulted in a 36 per cent increase in website visitor numbers compared to the previous year. The sport's social media accounts also enjoyed strong growth with the Facebook page more than doubling its following.

In total 138 participants attended Technical Officials training courses that were held in Brazil, China, Colombia, Congo, Greece, Hungary, Japan, Kazakhstan, Malaysia, Mexico, Singapore and UAE, whilst 43 participants joined classifier training courses which took place in Congo, Iran, Kazakhstan, Mexico, Russia and UAE and Venezuela. In collaboration with the Agitos Foundation and their 2015 Grant Support Programme, the Introduction to Para Powerlifting Coaching Course was developed and successfully delivered in Congo, Hungary, Kazakhstan and Mexico educating 47 coaches from 20 nations. In 2015 a total of 23 face-to-face education courses were delivered representing a 77 per cent growth on 2014.

A very productive first IPC Powerlifting classification meeting was held in Bonn in February. Topics discussed included IPC Athlete Classification Code compliance, classifier training and development. Deliberations on rules and research projects subsequently saw the 20 degree elbow angle rule removed from the classification process and rules and regulations as it was concluded that it does not fit into the Minimum Impairment Criteria of the sport.

It was announced that Mexico City will stage the 2017 World Championships and Cartagena, Colombia will host the 2018 Americas Open Championships.

IPC Powerlifting secured an agreement through to 2018 with Kit Us Out, a British charity to supply powerlifting suits to those nations and athletes with limited financial or commercial support. The first suits were donated to Armenian athletes at the European Open Championships. Additionally, IPC Powerlifting secured official approved supplier agreements with Watson Gym Equipment and Uesaka through to 2018. With support of official sponsors Eleiko, the IPC Powerlifting Sport Donation Programme was developed which subsequently saw eight nations (Colombia, Hungary, Italy, Kazakhstan, Kyrgyzstan, Mexico, Poland and Tajikistan) benefit from the donation of 21 Eleiko IPC Powerlifting sets.

IPC Powerlifting appointed Ireland's Roy Guerin as an Athlete Liaison Officer for the sport.

## 2014

IPC Powerlifting had an extremely successful year in terms of competition and development, as 25 approved events took place across all five regions and the number of female athletes in those events increased by 30 per cent.

April's IPC Powerlifting World Championships were the biggest in the event's history, drawing 333 athletes from 60 countries to Dubai, UAE.

The top three finishers in the medal standings were Nigeria (five golds, seven total medals), Egypt (four golds, 12 total medals) and China (three golds, seven total medals). In 20 events, 15 world records were equalled or surpassed, with some athletes breaking world records multiple times.

The Championships were streamed live for the first time by IPC Powerlifting, with 13,708 viewers tuning in for nearly 50 hours of coverage from Dubai.

At October's Asian Para-Games, powerlifting drew the second-highest number of countries of all participating sports, drawing 141 athletes from 28 countries. There were eight world, 18 regional and 20 Games records broken over the course of the competition. Iranian Siamand Rahman was the story of the Games, breaking his own world record in the +107kg class.

three times, with an eventual lift of 292.0kg.

The first-ever IPC Powerlifting sponsorship deal was put in place, as a five-year partnership was signed with leading lifting equipment manufacturer, Eleiko. The Swedish company will provide all 63 sets of equipment for the nine IPC Powerlifting World and regional Championships through 2018.

IPC Powerlifting held a successful anti-doping education project, named "Raise the Bar – Say No! to Doping," which was funded by the Agitos Foundation's Grant Support Programme. The initiative reached more than 850 athletes and officials, smashing the original target of 500 participants when the project was originally launched in 2013.

The sport also carried out the successful delivery of 13 face-to-face educational programmes, including eight referee and five classification courses, which was a 23 per cent increase from the previous year. There were 109 participants in those courses from 22 different NPCs.

IPC Powerlifting announced an inaugural Americas Open Championships will take place in 2015 in Mexico City, Mexico. The sport also developed a new competition cycle for 2017-2020, which will include two World Championships in a single Paralympic cycle for the first time.

## 2013

In 2013, there were 25 IPC Powerlifting approved competitions held, including the first European Championships in six years and the first Asian Championships in four years.

To kick off the year, the sport's new Rules and Regulations were implemented following input from the Sport Technical Committee, IPC management team and Sport Forum. The biggest update in the sport was the new bodyweight categories established for the Rio 2016 Paralympic cycle, meaning new world and regional records would be set across all categories during the year.

The IPC Powerlifting European Open Championships were held in May in Aleksin, Russia, drawing 137 athletes from 27 countries. They were shown live to a worldwide audience on the IPC's YouTube channel. Host nation Russia put on a show, topping the medals table with 11 gold and 18 overall medals. They were followed in the standings by Iraq and Poland, respectively.

Ten world and 20 European records were broken, as France's Souhad Ghazouani recorded a world-record lift of 150kg to win gold in the women's up to 73kg category, lifting 4kg more than she did when she won London 2012 gold. Other highlights included Turkey's Nazmiye Muslu smashing the women's up to 41kg world record and Iraq's Faris Al-Ajeeli lifting 240kg – or as much as an adult zebra – in the men's over 107kg category.

Around 200 athletes from 30 countries competed in the IPC Powerlifting Asian Open Championships in Kuala Lumpur, Malaysia, where Nigeria topped the medals table and 10 world records were broken. Iran's Mansour Pourmirzaei was the biggest individual star at the event, lifting a world-record 276kg in the men's over 107kg category.

Outside of competition, IPC Powerlifting held referees courses in 11 different countries and classification courses in three different countries.

IPC Powerlifting's new "Raise the Bar – Say No! to Doping" campaign was launched in co-operation with the Agitos Foundation to educate athletes and teams about anti-doping. The programme targets about 500 athletes, their coaches and the support networks that surround them during training and competition. The first of several education sessions for the programme was carried out at the Asian Open Championships and the Fortazela Open Championships in Brazil. Also during the year, the contract was signed for the 2014 IPC Powerlifting World Championships to be held in Dubai, UAE, hosted by the Dubai Club for the Disabled.

## 2012

The year for IPC Powerlifting, which recognised 12 competitions, was highlighted by the Paralympic Games, where eight world records and five additional Paralympic records were broken and Nigeria topped the medals table.

At the Games, 200 athletes from 62 countries took part in 20 different medal events, drawing an average of 4,500 spectators each day to watch the events at the ExCeL.

Other major competitions included the UK Invitational Powerlifting Championships, the Malaysia Open Powerlifting Championships, the Russian Powerlifting Championships and the Greek Powerlifting Championships.

Following the Games, the IPC staged a national referees training course in Fortaleza, Brazil from 26-29 November, prior to the start of the Brazilian National Championships, in order to increase the number of qualified referees for the sport.

Later in the year, the IPC Powerlifting sport management team and Sport Technical Committee approved the 2013-2016 IPC Powerlifting Rules and Regulations, which came into effect upon the year's conclusion.

In addition, Dr. Bassam Qasrawi was appointed the sport's new Head of Classification, Jorge Moreno took over as the new IPC Powerlifting Sport Manager and Camila Rodrigues as the sport's new co-ordinator.

## 2011

In 2011, IPC Powerlifting recognized 29 competitions, with the largest one being the Parapan American Games in Guadalajara, Mexico. The host nation won four of the six gold medals up for grabs at the event, breaking several Games and Americas records in the process.

Although IPC was involved in lengthy discussions involving a bid from Hungary to host the 2011 European Championships, the event did not take place due to financial reasons.

During 2011, four powerlifters committed anti-doping rule violations and were each suspended for two years.

In addition, the head of classification for the sport resigned, a new rulebook was produced and several referee and classification courses were held.

The reason there was a drop in the number of NPCs in Powerlifting was because the previous year, the 2010 World Championships drew a higher number of participating countries.

## 2010

In total 24 competitions were recognized in 2010 including the IPC Powerlifting World Championships. Following the Championships the IPC Powerlifting Sport Technical Committee held a Sport Forum which was an opportunity for all those involved in the sport to provide feedback and expert information on its future.

Equipment used for competitions and the material of lifting suits were two examples of the topics brought up during the forum, and it was agreed that all the relevant information about the sport should be brought together at the IPC's Powerlifting website [www.ipc-power-lifting.org](http://www.ipc-power-lifting.org)

Four Powerlifters committed Anti-Doping Violations in 2010 and were suspended for periods of between two and three years.

### 2010 IPC Powerlifting World Championships

Taking place from 25-30 July, the 2010 IPC Powerlifting World Championships in Kuala Lumpur, Malaysia saw a total of 292 athletes from 49 countries compete. Of those participants, 114 athletes were women.

The event saw a number of World records broken.

Iran's Siamand Rahman set a new record for seniors and juniors with a 285kg lift in the Men's +100kg. Rahman had to settle for a silver medal however as his record breaking lift was on his fourth attempt which does not count towards medal positions. Months later he improved his World record further with a 290kg lift at the Asian Para Games.

Likewise in the 67.5kg class China's Lei Lui set a new World best lifting 222.5kg in Kuala Lumpur, which he improved further to 224.5kg in December in Guangzhou, China.

In the Men's up to 56kg category, Egypt's Sherif Osman broke his own World record lifting 205kg, almost four times his own body weight.

France's Souhad Ghazouani broke the World record for the Women's 60kg class lifting an impressive 135kg.