



IPC Powerlifting

Media Guide 2016



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President's welcome



Dear media representative,

Welcome to the first edition of the IPC Powerlifting Media Guide, which we hope tells you everything you need to know about the incredible sport of Para powerlifting.

It is not long until the Rio 2016 Paralympic Games get underway, which I firmly believe will be the best ever in terms of athletic performances.

This is especially true for powerlifting, which sees athletes lift up to three times their own bodyweight in the search for gold.

In the years since London 2012 the world's strongest Paralympian, Iran's Siamand Rahman, has broken the men's over 107kg world record an impressive nine times. Currently the holder at 296kg, Rahman has promised to reach 300kg in Rio 2016. If he does so, it will take the sport to new heights.

A series of other athletes have also been putting in impressive performances, with world records broken in 15 out of the 20 weight categories in 2015 and into early 2016.

This, combined with the fact that powerlifting is one of the fastest growing Para sports, will mean that competition at Rio 2016 will be fierce and is set feature one of the deepest fields ever seen at a Paralympic Games.

I hope that you can join us to experience the action between 8-14 September at the Rio centro – Pavillion 2.

Thank you for your support

A handwritten signature in blue ink that reads "Philip Craven".

Sir Philip Craven MBE
IPC President



Media and broadcast contacts

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About Para powerlifting

Powerlifting is the ultimate test of upper body strength and can see athletes lift three times their own body weight.

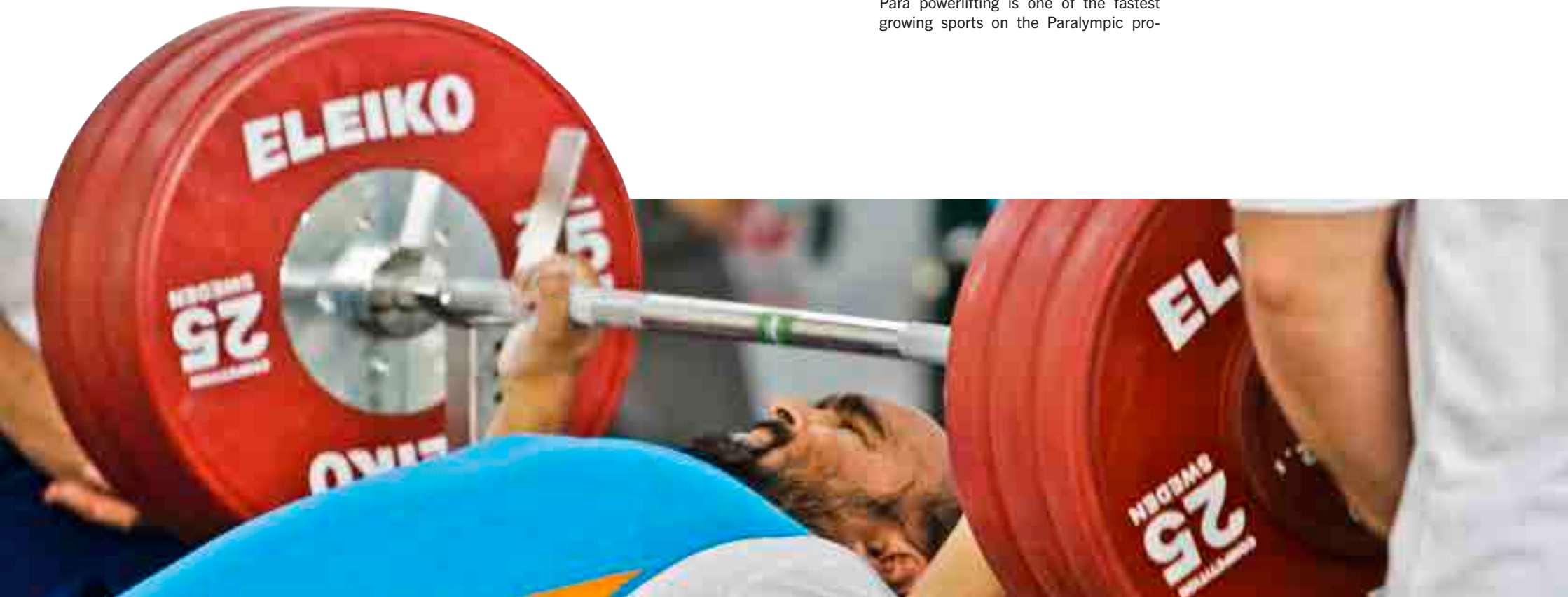
The sport evolved from the original inclusion of weightlifting at the Paralympic Games, after it gradually introduced more impairment groups and rules that brought it closer to powerlifting for able-bodied athletes. At Barcelona 1992, powerlifting replaced weightlifting on the programme.

Para powerlifting is one of the fastest growing sports on the Paralympic pro-

gramme and is open to male and female athletes.

All eligible athletes compete in one sport class, but in different weight categories. The weight categories were changed after London 2012, which is why fans will notice that for Rio 2016 they are different.

The sport is governed by the IPC and co-ordinated by the IPC Powerlifting Sport Technical Committee.



Competition

The bench press is the sport's single discipline, with 10 different categories based on body weight.

Men compete in the up to 49kg, 54kg, 59kg, 65kg, 72kg, 80kg, 88kg, 97kg, 107kg and over 107kg categories.

Women compete in the up to 41kg, 45kg, 50kg, 55kg, 61kg, 67kg, 73kg, 79kg, 86kg and over 86kg categories.

Each competitor has two minutes to complete their attempt.

The "Lift"

After receiving the signal 'start', competitors must lower the bar in a controlled manner and definitively stop it on the chest, hold it motionless on the chest and then press it upwards to arms' length with locked elbows. When held motionless in this position the audible signal 'rack' shall be given and the bar can be placed back on the rack. One spotter stands beside the rack on each side to ensure the bar is returned safely, and also to support the bar should an athlete not be able to complete their lift.

An immediate decision on the legality of the lift is given by three nominated international referees through a system of white and red lights. Two or three white lights indicate a good lift.

Athletes are given three lift attempts, and the winner is the athlete who lifts the highest number of kilograms in their bodyweight category.

In the third round, two weight changes are permitted. The weight change can be higher or lower. No changes are allowed if the lifter has already been called to the platform by the speaker, and/or if the bar has already been loaded.

To attempt a new record it must exceed the previous one set by a minimum of 0.5kg. Where a world record is broken during the actual three lifts of competition the 0.5kg does not count towards the competition total but is rounded down to the full kilogram.

The jury may allow a fourth attempt for a world record.

This adds suspense to the competition as a lifter could break the world record but may not win gold.

Powerlifting offers a tense and dramatic spectacle where coaches have to be good strategists as their athletes battle to out-lift their rivals.

At the Rio 2016 Paralympic Games, more than 180 athletes from 60 countries will compete at the Riocentro – Pavilion 2.

History

Some form of lifting weights has been on the Paralympic programme since the Tokyo 1964 Paralympic Games.

But it has not always been powerlifting as we know it today – one of the most impressive sports spectators can see at the Paralympics.

In 1964, 'weightlifting' made its debut and featured just men with spinal cord injuries.

Over the following years the sport started to include other impairment groups and incorporate rules identical to those of powerlifting for able-bodied athletes.

By the time of the Barcelona 1992 Paralympics it was decided that powerlifting should officially replace weightlifting. Those Games saw athletes from 25 countries compete for medals in 10 events.

The lightest weight category was the men's up to 48kg, whilst the heaviest was the men's over 100kg.

This endured until Sydney 2000 when 10 medal events for women were added to the programme. Here the lightest weight category for women was the up to 40kg and the heaviest the over 82.5kg. By this time the sport had expanded its reach over five continents.

Very little changed in the structure of the competition over the following 12 years until after London 2012, where nearly 200 Para powerlifters competed.

In 2013, in time for the IPC Powerlifting European Open Championships in Alexin, Russia, a change in the weight classes was confirmed.

It followed an extensive review of all bodyweight category trends across major competitions, resulting in the same number of medal events but a different range of weights.

Now the men's begin at up to 49kg, expanding to over 107kg. The women's begin at the up to 41kg and the heavyweights compete in the over 86kg.

This system has been used successfully at all regional and World Championships since London 2012, and will make its Paralympic debut at Rio 2016.

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www.ipc-powerlifting.org
#Paralympics #no2doping

Classification explained

Athletes compete in just one class. Instead, powerlifters are categorised into weight categories.

The sport is open to athletes with all eight eligible physical impairments — impaired muscle power, impaired passive range of movement, limb deficiency, leg length difference, short stature, hypertonia, ataxia and athetosis.

In Para powerlifting, they therefore compete in bench press. Athletes with leg amputations above the ankle or stiffness of the knee joint would, for example, be eligible to compete.

Aside from classification, there are some sport-technical rules regarding safety that require the classifiers to also verify, such as a safe grip of the lifting bar and the ability of the athlete to extend the upper limb in full. Failure to do so would lead to exclusion from the sport for safety reasons.

Helpful links

www.ipc-powerlifting.org

www.paralympic.org/classification



Ones to Watch – Men



One to Watch:

Yakubu Adesokan



Name:

Yakubu Adesokan

Country:

Nigeria

Date of birth:

16 July 1979

Born:

Ibadan, Oyo State, Nigeria

Career highlights

2015 IPC Powerlifting Asian Open Championships	
S	Men's up to 49kg
2014 IPC Powerlifting World Championships	
G	Men's up to 49kg
London 2012 Paralympic Games	
G	Men's up to 48kg

Biography

Despite not having the best start to his career, Adesokan has risen to the top of the men's up to 49kg.

At his first ever national competition, the 2004 National Sports Festival in Abuja, Nigeria, Adesokan fractured his shoulder blade.

He considered quitting the sport to focus on his shoe-making business and faced pressure from his family to stop competing. However, he used his life savings to pay for the treatment of his injury and has not looked back since.

He had the perfect opportunity to prove to his family that he had made the right choice at the London 2012 Paralympic Games. There he stormed to gold in the men's up to 48kg with a new world record.

As a result the Oluyole native's local government named a street after him and made him an ambassador for sport.

Even with weight category changes introduced after London 2012 to reflect powerlifting's growing competitiveness, Adesokan continued to dominate.

He won his first world title in 2014, and in 2015 sealed silver at the Asian Open Championships.

At the Rio 2016 Paralympic Games, Adesokan will realise his dream of competing on the world stage once again and will attempt to retain his Paralympic title.

One to Watch:

Elshan Huseynov



Name:

Elshan Huseynov

Country:

Azerbaijan

Date of birth:

21 November 1977

Born:

Azerbaijan

Career highlights:

2015 IPC Powerlifting European Open Championships	
G	Men's up to 107kg
2015 IPC Powerlifting Asian Open Championships	
G	Men's up to 107kg
2014 IPC Powerlifting World Championships	
B	Men's up to 107kg
2013 IPC Powerlifting European Open Championships	
G	Men's up to 107kg
2010 IPC Powerlifting World Championships	
B	Men's up to 107kg

Biography

Elshan Huseynov has never won a Paralympic gold, despite two attempts. That could all change at Rio 2016

however, with the Azerbaijani in the form of his life following an exceptional 2015.

Huseynov's first Paralympic Games came in Beijing in 2008 in the men's up to 90kg. Four years later at London 2012 he finished just out of the medals in fourth place in the up to 100kg.

He has however tasted podium success at the World and European Championships.

At both the 2010 and 2014 Worlds he left with bronze and at the Euros in 2013, he claimed the title having moved up to men's up to 107kg.

But in 2015, Huseynov really came to life.

At the 2015 Asian Open in Almaty, Kazakhstan, he won gold with a new world record of 243kg.

Then at the European Open in Eger, Hungary, Huseynov once again showed the world why he is the man to watch.

Heading into the competition, Greek rival Pavlos Mamalos was the favourite. As the reigning world champion everyone expected him to win.

Huseynov looked to be off the boil during the face-off, only managing to complete one successful lift compared to Mamalos' two.

But then Huseynov decided to go for broke and attempt a new world record with a fourth round haul. He was successful, adding 1kg onto his own world best from Almaty and bringing his world record count to two for the season.

One to Watch:

Ali Jawad



Name:

Ali Jawad

Country:

Great Britain

Date of birth:

12 January 1989

Born:

Lebanon





Twitter:

<https://twitter.com/AliJawad12>

Facebook:

<https://www.facebook.com/ali-jawad2016/?fref=ts>

Career highlights:

2015 IPC Powerlifting European Open Championships	
	Men's up to 59kg
2014 IPC Powerlifting World Championships	
	Men's up to 59kg
2013 IPC Powerlifting Asian Open Championships	
	Men's up to 54kg
2013 IPC Powerlifting European Open Championships	
	Men's up to 54kg

Biography

Great Britain's Ali Jawad is determined to show the world that anything is possible. Under his favourite hashtag #Strongis-Happy, he regularly posts videos of his training regime to update his adoring fans.

However the road for the Lebanese born lifter has been paved with challenges.

The night before he was due to compete at Beijing 2008, Jawad fell ill. He still competed, finishing ninth, but he was later diagnosed with Crohn's disease.

Then four years later, after a devastating series of events at his home Games at London 2012 denied him a medal, the lifter suffered a flare-up of his condition which could have put him out of action for good.

His moment in the sun came at the 2014 World Championships in Dubai, United Arab Emirates, where his commitment paid off with a world title.

However there was trouble on the horizon once again for Jawad. After Dubai 2014, Egypt's Sherif Osman announced that he was moving up to Jawad's weight category.

In Dubai, Osman had lifted a 205kg world record to win the men's up to 54kg – 11kg more than Jawad's 194kg best.

Then Osman set a 210kg world record in his debut in the up to 59kg in March 2015.

However Jawad refuses to be distracted by the Egyptian's growing confidence as the clock to Rio 2016 counts down.

In 2015 he stormed to the European title and also won gold at the Americas Open Championships, placing him firmly in the running for his first Paralympic medal in 2016.

One to Watch:

Lei Liu



Name:

Lei Liu

Country:

China

Date of birth:

16 November 1987

Born:

Shandong, China

Career highlights:

2015 IPC Powerlifting European Open Championships	
G	Men's up to 72kg
2015 IPC Powerlifting Asian Open Championships	
G	Men's up to 65kg
2014 IPC Powerlifting World Championships	
G	Men's up to 65kg
London 2012 Paralympic Games	
G	Men's up to 67.5kg
2010 IPC Powerlifting World Championships	
G	Men's up to 67.5kg
Beijing 2008 Paralympic Games	
G	Men's up to 75kg

Biography:

Lei Liu hit the big stage in 2008, when he was chosen to carry the Paralympic torch through Zaozhuang in the run-up to the Beijing Paralympic Games.

Liu put on an astounding performance at those Games, winning the men's up to 75kg event with a top lift of 225kg.

He was then switched into the men's up to 67.5kg category, and went on to win gold at the 2010 World Championships in Kuala Lumpur, Malaysia. His heaviest lift of 222.5kg broke the world record for both seniors and juniors.

But this was not enough for the Chinese champion as, with constant training and guidance from his coach Li Weipu, Liu won gold and broke his own world record with a lift of 226kg at the London 2012 Paralympics.

Following changes to the weight categories made after London, Liu began competing in the up to 65kg, where he has won World Championships gold and both Asian and European Open gold in the years since.

At the end of 2015, he switched back to a higher weight category, winning gold at the Asian Open. He went onto set a new world record at a World Cup in Kuala Lumpur, Malaysia, in February 2016.

One to Watch:

Pavlos Marmalos



Name:

Pavlos Marmalos

Country:

Greece

Date of birth:

8 February 1971

Born:

Greece

Biography:

Greece's Pavlos Marmalos is no ordinary powerlifter.

He won Greece's first ever powerlifting medal at Beijing 2008 and also owns a lotteryshop to fund his athletic career. His extraordinary performances, spanning more than a decade, have led him to be one of his country's most recognisable Para athletes.

Despite that, it was not until 2014 that Marmalos began winning titles at the international level.

Since the World Championships, where he won his first gold medal, he has been almost unstoppable, only slipping up against Azerbaijan's Elshan Huseynov at the Asian Open Championships in Almaty, Kazakhstan in 2015.

Huseynov proved to be slightly bothersome to Marmalos throughout 2015.

Whilst Marmalos claimed the European title in Eger, Hungary, from Huseynov, the Azerbaijani set a new world record with a fourth round lift of 243kg.

However Marmalos' career best lift came in Dubai, United Arab Emirates, in 2012, where he hauled 244kg. If he can get back to that form, Huseynov might be worried.

The competition at Rio 2016, with both men going for Paralympic titles and looking equally as likely to win, will be thrilling.

Career highlights

2015 IPC Powerlifting European Open Championships	
G	Men's up to 107kg
2015 IPC Powerlifting Asian Open Championships	
B	Men's up to 107kg
2014 IPC Powerlifting World Championships	
G	Men's up to 107kg
2013 IPC Powerlifting European Open Championships	
B	Men's up to 107kg
London 2012 Paralympic Games	
B	Men's up to 107kg

One to Watch:

Sherif Osman

**Name:**

Sherif Osman

Country:

Egypt

Date of birth:

15 September 1982

Born:

Minya, Egypt

Career highlights

2014 IPC Powerlifting World Championships	
	Men's up to 54kg
London 2012 Paralympic Games	
	Men's up to 56kg
2010 IPC Powerlifting World Championships	
	Men's up to 56kg
Beijing 2008 Paralympic Games	
	Men's up to 56kg
2006 IPC Powerlifting World Championships	
	Men's up to 56kg

Biography

Sherif Osman began his powerlifting career in 2005 after he was encouraged by his coach, Said Abdelhafez, who was the first Egyptian powerlifter to medal at the Paralympics.

Osman had previously been a shot putter, going on to make his name at the 2006 IPC Powerlifting World Championships in South Korea. He lifted 175kg to earn himself a silver medal, falling just short of gold to China's Wang Jian, who lifted 180kg.

With a couple years of training, by the Beijing 2008 Paralympic Games, Osman found himself atop the podium. He won gold in the men's up to 56kg category four days before his birthday, breaking the world record three times on his way to victory.

Afterwards, Osman went on to lift 200kg in his next attempt and with his final lift he cemented his name in the record books by impressively shifting 202.5kg.

Two years later, Osman rewrote the record books once again with a new world record on his way to the world title.

At London 2012, Osman retained his Paralympic title in the men's up to 56kg.

At the 2014 World Championships, Osman, who trains six times a week, won gold in the men's up to 54kg with a new world record.

Then he announced a move up to the men's up to 59kg and in 2015, set a new world record in that category at an IPC Powerlifting World Cup in Dubai. He followed that up with another world best in February 2016.

That could put Great Britain's Ali Jawad, the world champion, in a difficult position come the Rio 2016 Paralympic Games.

One to Watch:

Siamand Rahman



Name:

Siamand Rahman

Country:

Iran

Date of birth:

21 March 1988

Born:

Oshnaviyeh, Iran

And he has continued to prove his status every year since, breaking the world record multiple times to edge towards the most anticipated lift in Para powerlifting – his long awaited 300kg lift.

Rahman's natural physique and body dimensions have always been suited to powerlifting, and he initially took up the sport after his family and coaches in Oshnaviyeh in Iran's West Azarbaijan area encouraged him to try it out.

Career highlights

2015 IPC Powerlifting Asian Open Championships	
G	Men's up to 107kg
Incheon 2014 Asian Para Games	
G	Men's up to 107kg
2014 IPC Powerlifting World Championships	
G	Men's up to 107kg
London 2012 Paralympic Games	
G	Men's up to 100kg
2010 Asian Para Games	
G	Men's up to 100kg
2010 IPC Powerlifting World Championships	
S	Men's up to 100kg

The Iranian began his career supported by his family and coach Ali Asghar in 2008. He appeared on the world stage for the first time at the 2010 IPC Powerlifting World Championships in Kuala Lumpur, Malaysia, where he competed in the men's over 100kg and won silver, losing to teammate Karem Rajabi Golojeh.

He set a new world record on his fourth lift, but unfortunately it did not count toward his medal performance.

During London 2012, he broke the Paralympic record with a lift of 280kg, a mark that previously belonged to Golojeh.

Although he has not attempted 300kg, Rahman claims he has hit that mark in training. He has broken the world record no less than nine times during the 2014 World Championships, the Incheon 2014 Asian Para Games, the 2015 Asian Open Championships and at a World Cup in 2016. His current mark is 296kg.

Biography

Siamand Rahman became the strongest man in Paralympic history after breaking the world record at the London 2012 Paralympic Games.

Most believe he will wait until the biggest stage of all – the Rio 2016 Paralympic Games – to make his attempt on the big one.

Ones to Watch – Women



One to Watch:

Tzu Hui Lin



Name:

Tzu Hui Lin

Country:

Chinese Taipei

Date of birth:

5 November 1981

Born:

Chinese Taipei

Biography

Lin has been one of the top powerlifters since she made her international debut at the World Championships in 1998.

Only four times has she left World Championships or Paralympic Games without the gold medal and only two of those without any medals at all.

In the years since her last non-title winning performance at London 2012, where Lin secured bronze, she has been back to her absolute best.

A shoulder injury hampered her performance then, but in 2014 Lin won her third world title with a new world record.

Rio 2016 will be her fifth successive Paralympic Games, but Lin is determined to go even further, and win gold in Tokyo in 2020, too.

Nigerian world record holder Bose Omolayo will try and stand in her way.

2015 IPC Powerlifting European Open Championships	
G	Women's up to 79kg
2015 IPC Powerlifting Asian Open Championships	
G	Women's up to 79kg
Incheon 2014 Asian Para Games	
G	Women's up to 79kg
2014 IPC Powerlifting World Championships	
G	Women's up to 79kg
London 2012 Paralympic Games	
B	Women's up to 75kg
2010 IPC Powerlifting World Championships	
B	Women's up to 75kg
Beijing 2008 Paralympic Games	
G	Women's up to 75kg
2006 IPC Powerlifting World Championships	
G	Women's up to 82.5kg

One to Watch:

Nazmiye Muratli



Name:

Nazmiye Muratli

Country:

Turkey

Date of birth:

14 June 1979

Born:

Konya, Turkey

Biography

Nazmiye Muratli (maiden name Nazmiye Muslu) originally burst onto the international powerlifting scene when she captured a bronze medal for her country at the 2005 European Championships.

This was a fantastic achievement for Muratli, considering that she had only taken up the sport three months prior.

She first got involved with powerlifting through a friend, who had insisted that she went and trained with her. However, a short while later Muratli decided to give up the sport due to its extreme intensity.

But this sabbatical did not last very long as her parents convinced Muratli to get involved with powerlifting once again.

Muratli was the golden girl at the 2010 IPC Powerlifting World Championships, where she broke the women's up to 40kg world record with a lift of 105kg.

This record did not stand for much longer, though, as Muratli finally became a Paralympic champion at London 2012 with another record breaking lift of 106kg.

Since London, Muratli also secured gold at the 2014 Worlds in Dubai, United Arab Emirates, and at the European Open in Eger, Hungary, making her the favourite for the women's up to 41kg at the Rio 2016 Paralympic Games.

Career highlights:

2015 IPC Powerlifting European Open Championships	
G	Women's up to 41kg
2014 IPC Powerlifting World Championships	
G	Women's up to 41kg
London 2012 Paralympics	
G	Women's up to 41kg
2010 IPC Powerlifting World Championships	
G	Women's up to 40kg
2007 IPC Powerlifting European Championships	
G	Women's up to 40kg

One to Watch:

Amalia Perez



Name:

Amalia Perez

Country:

Mexico

Date of birth:

11 July 1977

Born:

Mexico City, Mexico

Career highlights:

2015 IPC Powerlifting Americas Open Championships	
G	Women's up to 61kg
Toronto 2015 Parapan American Games	
G	Women's up to 61kg
2014 IPC Powerlifting World Championships	
G	Women's up to 61kg
London 2012 Paralympic Games	
G	Women's up to 60kg
Beijing 2008 Paralympic Games	
G	Women's up to 52kg
Athens 2004 Paralympic Games	
S	Women's up to 48kg
Sydney 2000 Paralympic Games	
S	Women's up to 52kg

Biography

Amalia Perez is well established on the powerlifting scene. She has been participating in the sport for over 20 years

now, and during this period she has become one of Mexico's most well-known Paralympians thanks to the success that she has achieved throughout her career.

She made her Paralympic debut at the Sydney 2000 Games, where she won the silver medal in the women's up to 52kg weight category.

After taking another silver medal at the 2002 World Championships, at the 2004 Athens Paralympic Games the Mexican dropped down a weight category in search of a gold medal. However, despite her best efforts she could once again only muster a silver.

Things changed after this event, though, as Perez went one better at the 2006 World Championships, where she finally won a gold medal.

Then in Beijing, she set a new Paralympic record with a lift of 128kg en route to claiming her first Paralympic gold.

In 2012, Perez won her second Paralympic gold medal at the London Games in the women's up to 60kg with a Paralympic-record lift of 135kg to prove to the world that she is only getting better with age.

And that is exactly what she has continued to do, winning World Championships gold in the women's up to 61kg in Dubai, United Arab Emirates, in 2014.

In 2015, as well as gold at the first Americas Open Championships, she set a new world record at the Toronto 2015 Parapan American Games.

One to Watch:

Yujiao Tan



Name:

Yujiao Tan

Country:

China

Date of birth:

4 October 1990

Born:

Taizhou, China

Biography

Tan burst onto the biggest stage in the world at the London 2012 Paralympic Games, winning silver in her first appearance at the age of 22.

The Chinese athlete began powerlifting when she was just 12-years-old and has grown into one of the most revered lifters on the circuit.

In the year before London 2012, her competitors got a taste of what was to come, as Tan set a new world record in the then women's up to 67.5kg.


Less than a year later she was climbing onto the podium in London.

Tan clearly liked the experience and went one better at the 2014 World Championships, winning the world title at her first edition.

In 2015, she was in record breaking form again. At the European Open in Eger, Hungary, Tan added 1kg onto her own mark from the 2014 Incheon Asia Para Games.

Her dream now is to win Paralympic gold at the Rio 2016 Paralympic Games.

Career highlights:

2015 IPC Powerlifting European Open Championships	
	Women's up to 67kg
2015 IPC Powerlifting Asian Open Championships	
	Women's up to 67kg
2014 IPC Powerlifting World Championships	
	Women's up to 67kg
2013 IPC Powerlifting Asian Open Championships	
	Women's up to 67kg
London 2012 Paralympic Games	
	Women's up to 67.5kg

Vital statistics

Top 20 Paralympic Games medallists of all time

Full historical results from all Paralympic Games can be found at Paralympic.org

Men

Rank	Athlete	Country	Gold	Silver	Bronze	Total
1	Gomma G. Ahmed	Egypt	3	1		4
=2	Bernd Vogel	Germany	3			3
=2	Hai Dong Zhang	China	3			3
4	Keum Jong Jung	South Korea	2	1	1	4
=5	Michel Abalain	France	2			2
=5	Monday Emoghawwe	Nigeria	2			2
=5	Ryszard Fornalczyk	Poland	2			2
=5	Lei Liu	China	2			2
=5	Jong Chul Park	South Korea	2			2
=5	Kazem Rajabigoljeh	Iran	2			2
=5	Ryszard Tomaszewski	Poland	2			2
12	Jung Yong Kwak	South Korea	1	2		3
13	Jian Wang	China	1	1	2	4
=14	Kim Brownfield	USA	1	1		2
=14	Huichao Cai	China	1	1		2
=14	Majid Farzin	Iran	1	1		2
=14	Ali Hosseini	Iran	1	1		2
=14	Shaban Ibrahim	Egypt	1	1		2
=14	Henryk Kohnke	Poland	1	1		2
=14	Metwaly Mathna	Egypt	1	1		2

Women

Rank	Athlete	Country	Gold	Silver	Bronze	Total
1	Taoying Fu	China	4			4
2	Fatma Omar	Egypt	3			3
=3	Amalia Perez	Mexico	2	1		3
=3	Lidiya Solovyova	Ukraine	2	1		3
=5	Jian Xin Bian	China	2			2
=5	Emma Brown	Great Britain	2			2
=5	Rui Fang Li	China	2			2
=5	Tzu Hui Lin	Chinese Taipei	2			2
=9	Lucy Ejike	Nigeria	1	2		3
=9	Tamara Podpalnaya	Russia	1	2		3
11	Souhad Ghazouani	France	1	1	1	3
12	Heba Ahmed	Egypt	1	1		2
=13	Grace Anozie	Nigeria	1		1	2
=13	Victoria Nneji	Nigeria	1		1	2
=13	Cuijuan Xiao	China	1		1	2
=16	Carine Burgy	France		2		2
=16	Zhe Cui	China		2		2
=16	Olesya Lafina	Russia		2		2
=16	Mingxia Zhu	China		2		2
20	Hend Abd Elaty	Egypt		1	1	2

Participation

No. athletes	No. countries
1,045	97

World Championships	No. athletes	No. countries
Kuala Lumpur, Malaysia, 2002	234	49
Busan, South Korea, 2006	268	57
Kuala Lumpur, Malaysia, 2010	292	49
Dubai, United Arab Emirates, 2014	300	50

Paralympic Games	No. athletes	No. countries
New York, USA/Stoke Mandeville, Great Britain, 1984	16	6
Seoul, South Korea, 1988	52	16
Barcelona, Spain, 1992	106	25
Atlanta, USA, 1996	141	56
Sydney, Australia, 2000	258	67
Athens, Greece, 2004	229	69
Beijing, China, 2008	203	74
London, Great Britain, 2012	193	61

New powerlifting countries competing at Rio 2016

- El Salvador
- Italy
- Mongolia
- Nicaragua
- Serbia
- Togo
- Honduras



Medals tables

World Championships (Dubai, United Arab Emirates, 2014)

Country	Gold	Silver	Bronze	Total	Rank
Nigeria	5	1	1	7	1
Egypt	3	6	2	11	2
China	3	2	2	7	3
Iran	1	5		6	4
Russia	1	2	6	9	5
Ukraine	1	1		2	6
Great Britain	1			1	=7
Greece	1			1	=7
Jordan	1			1	=7
Chinese Taipei	1			1	=7
Turkey	1			1	=7
Mexico	1	0	2	3	12
Poland		1	1	2	13
Vietnam		1		1	14
Iraq			2	2	15
Azerbaijan			1	1	=16
Brazil			1	1	=16
Indonesia			1	1	=16
Netherlands			1	1	=16

Paralympic Games (London, Great Britain, 2012)

Country	Gold	Silver	Bronze	Total	Rank
Nigeria	6	5	1	12	1
Egypt	4	3	4	11	2
Iran	4	1	1	6	3
China	3	6	6	15	4
Turkey	1	1	1	3	5
Mexico	1		1	2	6
France	1			1	7
Russia		3	1	4	8
Iraq		1		1	9
Chinese Taipei			1	1	=10
Great Britain			1	1	=10
Greece			1	1	=10
South Korea			1	1	=10
Ukraine			1	1	=10

World records

Men

Event	Result	Name	Nationality	Date	Location
Up to 49kg	182kg	Van Cong Le	Vietnam	26/07/2015	Almaty, Kazakhstan
Up to 54kg	205kg	Sherif Osman	Egypt	06/04/2014	Dubai, UAE
Up to 59kg	210.5kg	Sherif Osman	Egypt	16/02/2016	Dubai, UAE
Up to 65kg	217kg	Rasool Mohsin	Iraq	21/10/2014	Incheon, South Korea
Up to 72kg	226kg	Lei Liu	China	26/02/2016	Kuala Lumpur, Malaysia
Up to 80kg	236.5kg	Majid Farzin	Iran	17/02/2016	Dubai, UAE
Up to 88kg	233kg	Hany Abdelhady	Egypt	18/02/2016	Dubai, UAE
Up to 97kg	243kg	Mohamed Eldib	Egypt	18/02/2016	Dubai, UAE
Up to 107kg	243kg	Elshan Huseynov	Azerbaijan	27/11/2015	Eger, Hungary
Over 107kg	296kg	Siamand Rahman	Iran	19/02/2016	Dubai, UAE

Women

Event	Result	Name	Nationality	Date	Location
Up to 41kg	103.5kg	Zhe Cui	China	26/07/2015	Almaty, Kazakhstan
Up to 45kg	106kg	Dandan Hu	China	24/02/2016	Kuala Lumpur, Malaysia
Up to 50kg	126kg	Esther Oyema	Nigeria	02/08/2014	Glasgow, Great Britain
Up to 55kg	126kg	Cuijuan Xiao	China	26/11/2015	Eger, Hungary
Up to 61kg	133kg	Amalia Perez	Mexico	10/08/2015	Toronto, Canada
Up to 67kg	138kg	Yujiao Tan	China	27/11/2015	Eger, Hungary
Up to 73kg	150kg	Souhad Ghazouani	France	25/05/2013	Alexin, Russia
Up to 79kg	137kg	Bose Omo-layo	Nigeria	29/07/2015	Almaty, Kazakhstan
Up to 86kg	144kg	Loveline Obiji	Nigeria	02/08/2014	Glasgow, Great Britain
Over 86kg	153kg	Precious Orji	Nigeria	30/07/2015	Almaty, Kazakhstan

Regional records

African records

Men

Event	Result	Name	Nationality	Date	Location
Up to 49kg	182kg	Yakubu Adesokan	Nigeria	15/09/2015	Brazzaville, Congo
Up to 54kg	205kg	Sherif Osman	Egypt	06/04/2014	Dubai, UAE
Up to 59kg	210.5kg	Sherif Osman	Egypt	16/02/2016	Dubai, UAE
Up to 65kg	214kg	Olumide Kehinde	Nigeria	16/09/2015	Brazzaville, Congo
Up to 72kg	218kg	Mohamed Elfat	Egypt	17/03/2015	Dubai, UAE
Up to 80kg	232kg	Metwaly Mathna	Egypt	08/04/2014	Dubai, UAE
Up to 88kg	233kg	Hany Abdelhady	Egypt	18/09/2015	Brazzaville, Congo
Up to 97kg	243kg	Mohamed Eldib	Egypt	18/02/2016	Dubai, UAE
Up to 107kg	227kg	Mohamed Ahmed	Egypt	19/02/2016	Dubai, UAE
Over 107kg	226kg	Amr Mosaad	Egypt	19/02/2016	Dubai, UAE

African records

Women

Event	Result	Name	Nationality	Date	Location
Up to 41kg	100kg	Jonah Ben	Nigeria	26/07/2015	Almaty, Kazakhstan
Up to 45kg	98kg	Latifat Tijani	Nigeria	15/09/2015	Brazzaville, Congo
Up to 50kg	126kg	Esther Oyema	Nigeria	02/08/2014	Glasgow, Great Britain
Up to 55kg	133kg	Esther Oyema	Nigeria	16/09/2015	Brazzaville, Congo
Up to 61kg	132kg	Fatma Omar	Egypt	05/11/2013	Kuala Lumpur, Malaysia
Up to 67kg	122kg	Amal Mahmoud	Egypt	16/03/2015	Dubai, UAE
Up to 73kg	132kg	Ndidi Nwosu	Nigeria	17/09/2015	Brazzaville, Congo
Up to 79kg	137kg	Bose Omolayo	Nigeria	29/07/2015	Almaty, Kazakhstan
Up to 86kg	149kg	Loveline Obiji	Nigeria	18/09/2015	Brazzaville, Congo
Over 86kg	164kg	Precious Orji	Nigeria	18/09/2015	Brazzaville, Congo

Americas records

Men

Event	Result	Name	Nationality	Date	Location
Up to 49kg	128kg	Gustavo Da Silva Tavares	Brazil	26/04/2015	Mexico City, Mexico
Up to 54kg	161kg	Bruno Carro	Brazil	21/02/2016	Kuala Lumpur, Malaysia
Up to 59kg	186kg	Juan Carlos Garrido	Chile	21/01/2016	Rio de Janeiro, Brazil
Up to 65kg	181kg	Jainer Rafael Cantillo Gnette	Colombia	06/11/2013	Fortaleza, Brazil
Up to 72kg	201kg	Jainer Rafael Cantillo Gnette	Colombia	27/04/2015	Mexico City, Mexico
Up to 80kg	200kg	Jainer Rafael Cantillo Gnette	Colombia	17/02/2016	Dubai, UAE
Up to 88kg	220kg	Jose de Jesus Castillo Castillo	Mexico	09/04/2014	Dubai, UAE
Up to 97kg	225kg	Jose de Jesus Castillo Castillo	Mexico	11/08/2015	Toronto, Canada
Up to 107kg	206kg	Joseano Felipe	Brazil	23/01/2016	Rio de Janeiro, Brazil
Over 107kg	185kg	Robert Yrigoren	Venezuela	28/03/2014	Santiago, Chile

Americas records

Women

Event	Result	Name	Nationality	Date	Location
Up to 41kg	77kg	Leidy Rodriguez	Cuba	08/08/2015	Toronto, Canada
Up to 45kg	95kg	Laura Cerero Gabriel	Mexico	04/11/2013	Kuala Lumpur, Malaysia
Up to 50kg	87kg	Rosaura Rodriguez Padilla	Mexico	07/04/2014	Dubai, UAE
Up to 55kg	122kg	Amalia Perez	Mexico	25/02/2016	Kuala Lumpur, Malaysia
Up to 61kg	133kg	Amalia Perez	Mexico	10/08/2015	Toronto, Canada
Up to 67kg	98kg	Maria Antonieta Ortiz	Chile	25/02/2016	Kuala Lumpur, Malaysia
Up to 73kg	92kg	Jeannette Heredia	Venezuela	10/08/2015	Toronto, Canada
Up to 79kg	125kg	Perla Barcenaz	Mexico	28/04/2015	Mexico City, Mexico
Up to 86kg	125kg	Perla Barcenaz	Mexico	26/02/2016	Kuala Lumpur, Malaysia
Over 86kg	116kg	Edilandia Araujo	Brazil	28/04/2015	Mexico City, Mexico

Asian records

Men

Event	Result	Name	Nationality	Date	Location
Up to 49kg	182kg	van Cong Le	Vietnam	26/07/2015	Almaty, Kazakhstan
Up to 54kg	183kg	Binh An Nguyen	Vietnam	26/07/2015	Almaty, Kazakhstan
Up to 59kg	192kg	Amir Jafari Arangeh	Iran	27/07/2015	Almaty, Kazakhstan
Up to 65kg	217kg	Rasool Mohsin	Iraq	21/10/2014	Incheon, South Korea
Up to 72kg	226kg	Lei Liu	China	26/02/2016	Kuala Lumpur, Malaysia
Up to 80kg	236.5kg	Majid Farzin	Iran	17/02/2016	Dubai, UAE
Up to 88kg	232kg	Seyedhamed Solhipouravanji	Iran	18/02/2016	Dubai, UAE
Up to 97kg	232kg	Mohammed Khamis Khalaf	UAE	23/10/2014	Incheon, South Korea
Up to 107kg	234kg	Ali Sadeghzadeh-salmani	Iran	29/07/2015	Almaty, Kazakhstan
Over 107kg	296kg	Siamand Rahman	Iran	19/02/2016	Dubai, UAE

Asian records

Women

Event	Result	Name	Nationality	Date	Location
Up to 41kg	103.5kg	Zhe Cui	China	26/07/2015	Almaty, Kazakhstan
Up to 45kg	106kg	Dandan Hu	China	24/02/2016	Kuala Lumpur, Malaysia
Up to 50kg	110kg	Shanshan Shi	China	27/07/2015	Almaty, Kazakhstan
Up to 55kg	126kg	Cuijuan Xiao	China	26/11/2015	Eger, Hungary
Up to 61kg	123kg	Yan Yang	China	25/02/2016	Kuala Lumpur, Malaysia
Up to 67kg	138 kg	Yujiao Tan	China	27/11/2015	Eger, Hungary
Up to 73kg	130kg	Taoying Fu	China	29/07/2015	Almaty, Kazakhstan
Up to 79kg	133kg	Lili Xu	China	29/07/2015	Almaty, Kazakhstan
Up to 86kg	128kg	Fengmei Li	China	30/07/2015	Almaty, Kazakhstan
Over 86kg	135kg	Ruifang Li	China	26/02/2016	Kuala Lumpur, Malaysia

European records

Men

Event	Result	Name	Nationality	Date	Location
Up to 49kg	166kg	Vladimir Balynetc	Russia	05/04/2014	Dubai, UAE
Up to 54kg	181kg	Dimitrios Bakochristos	Greece	26/07/2015	Almaty, Kazakhstan
Up to 59 kg	194kg	Ali Jawad	Great Britain	02/08/2014	Glasgow, Great Britain
Up to 65kg	199kg	Ayrat Zakiev	Russia	07/04/2014	Dubai, UAE
Up to 72kg	209kg	Sergei Sychev	Russia	25/11/2015	Eger, Hungary
Up to 80kg	197kg	Wawrzyniec Latus	Poland	08/04/2014	Dubai, UAE
Up to 88kg	200kg	Gunduz Ismayilov	Azerbaijan	09/04/2014	Dubai, UAE
Up to 97kg	221kg	Anton Kriukov	Ukraine	18/02/2016	Dubai, UAE
Up to 107kg	243kg	Elshan Huseynov	Azerbaijan	27/11/2015	Eger, Hungary
Over 107kg	228kg	Petr Filatov	Russia	28/11/2015	Eger, Hungary

European records

Women

Event	Result	Name	Nationality	Date	Location
Up to 41kg	103kg	Nazmiye Muratli	Turkey	05/04/2014	Dubai, UAE
Up to 45kg	96kg	Rayisa Toporkova	Ukraine	06/04/2014	Dubai, UAE
Up to 50kg	122kg	Olesya Lafina	Russia	07/04/2014	Dubai, UAE
Up to 55kg	115kg	Tamara Podpalnaya	Russia	24/05/2013	Alexin, Russia
Up to 61kg	117kg	Tamara Podpalnaya	Russia	24/02/2013	Dubai, UAE
Up to 67kg	115kg	Kheda Berieva	Russia	08/04/2014	Dubai, UAE
Up to 73kg	150kg	Souhad Ghazouani	France	25/05/2013	Alexin, Russia
Up to 79kg	126kg	Vera Muratova	Russia	18/02/2016	Dubai, UAE
Up to 86kg	123kg	Olga Kiseleva	Russia	10/04/2014	Dubai, UAE
Over 86kg	132kg	Marzena Zieba	Poland	26/02/2016	Kuala Lumpur, Malaysia

Current world and Paralympic medallists

World Championships medallists (Dubai, UAE, 2014)

Men

Rank	Name	Result	Nationality
Up to 49kg			
1	Yakubu Adesokan	181kg	Nigeria
2	Van Cong Le	180kg	Vietnam
3	Vladimir Balynetc	166kg	Russia
Up to 54kg			
1	Sherif Osman	202kg	Egypt
2	Vladimir Krivulya	180kg	Russia
3	Qi Feng	177kg	China
Up to 59kg			
1	Ali Jawad	190kg	Great Britain
2	Hamzeh Mohammadi	186kg	Iran
3	Anthony Ulonnam	183kg	Nigeria
Up to 65kg			
1	Lei Lu	203kg	China
2	Ayrat Zakiev	199kg	Russia
3	Shaaban Ibrahim	198kg	Egypt
Up to 72kg			
1	Mohamed Elelfat	217kg	Egypt
2	Roohallah Rostami	209kg	Iran
3	Sergei Sychev	206kg	Russia

Rank	Name	Result	Nationality
Up to 80kg			
1	Xiao Fei Gu	236kg	China
2	Metwaly Mathna	232kg	Egypt
3	Wawrzyniec Latus	197kg	Poland
Up to 88kg			
1	Mutaz Zakaria Aljuneidi	229kg	Jordan
2	Seyedhamed Solhipourounji	225kg	Iran
3	Jose de Jesus Castillo	220kg	Mexico
Up to 97kg			
1	Abdulazeez Ibrahim	235kg	Nigeria
2	Mohamed Eldib	230kg	Egypt
3	Thaer Al Ali	219kg	Iraq
Up to 107kg			
1	Pavlos Mamalos	240kg	Greece
2	Ali Sadeghzadehsalmani	231kg	Iran
3	Elshan Huseynov	230kg	Azerbaijan
Over 107kg			
1	Siamand Rahman	285kg	Iran
2	Mansour Pourmirzaei	265kg	Iran
3	Faris Al-Ajeeli	240kg	Iraq

Current world and Paralympic medallists

World Championships medallists (Dubai, UAE, 2014)

Women

Rank	Name	Result	Nationality
Up to 41kg			
1	Nazmiye Muratli	103kg	Turkey
2	Zhe Cui	97kg	China
3	Ni Nengah Widiasih	93kg	Indonesia
Up to 45kg			
1	Rayisa Toporkova	96kg	Ukraine
2	Justyna Kozdryk	95kg	Poland
3	Laura Cerrero	95kg	Mexico
Up to 50kg			
1	Oleysa Lafina	122kg	Russia
2	Lidiia Soloviova	105kg	Ukraine
3	Gihan Abdelaziz	101kg	Egypt
Up to 55kg			
1	Esther Oyema	125kg	Nigeria
2	Shanshan Shi	115kg	China
3	Anastasia Khonina	109kg	Russia
Up to 61kg			
1	Amalia Perez	128kg	Mexico
2	Yan Yang	115kg	China
3	Jianjin Cui	112kg	China

Rank	Name	Result	Nationality
Up to 67kg			
1	Yujiao Tan	132kg	China
2	Amal Mahmoud	116kg	Egypt
3	Kheda Berieva	115kg	Russia
Up to 73kg			
1	Ijeoma Iherobiem	124kg	Nigeria
2	Amany Ali	121kg	Egypt
3	Vera Muratova	120kg	Russia
Up to 79kg			
1	Tzu-Hui Lin	129kg	Chinese Taipei
2	Gehan Hassan	120kg	Egypt
3	Marcia Cristina Menezes	116kg	Brazil
Up to 86kg			
1	Randa Mahmoud	143kg	Egypt
2	Loveline Obiji	142kg	Nigeria
3	Olga Kiseleva	123kg	Russia
Over 86kg			
1	Precious Orji	151kg	Nigeria
2	Nadia Ali	135kg	Egypt
3	Melaica Tuinfort	113kg	Netherlands

Current Paralympic champions

Paralympic Games (2012, London, Great Britain)

Full historical results from all Paralympic Games can be found at Paralympic.org

Men

Rank	Name	Result	Nationality
Up to 48kg			
1	Yakubu Adesokan	188kg	Nigeria
2	Vladimir Balynets	170kg	Russia
3	Taha Abdelmagid	165kg	Egypt
Up to 52kg			
1	Qi Feng	176kg	China
2	Ikechukwu Obichukwu	175kg	Nigeria
3	Vladimir Krivulya	175kg	Russia
Up to 56kg			
1	Sherif Osman	197kg	Egypt
2	Anthony Ulonnam	188kg	Nigeria
3	Jian Wang	185kg	China
Up to 60kg			
1	Nader Moradi	196kg	Iran
2	Ifeanyi Nnajiogor	188kg	Nigeria
3	Quanxi Yang	185kg	China
Up to 67.5kg			
1	Lei Liu	226kg	China
2	Roohallah Rostami	208kg	Iran
3	Shaaban Ibrahim	202kg	Egypt

Please note that the weight categories were changed following London 2012.

Rank	Name	Result	Nationality
Up to 75kg			
1	Ali Hosseini	225kg	Iran
2	Mohamed Elelfat	219kg	Egypt
3	Peng Hu	213kg	China
Up to 82.5kg			
1	Majid Farzin	237kg	Iran
2	Xiao Fei Gu	228kg	China
3	Metwaly Mathna	227kg	Egypt
Up to 90kg			
1	Hany Abdelhady	241kg	Egypt
2	Huichao Cai	233kg	China
3	Pavlos Mamalos	232kg	Greece
Up to 100kg			
1	Mohamed Eldib	249kg	Egypt
2	Dong Qi	242kg	China
3	Ali Sadeghzadehsalmani	235kg	Iran
Over 100kg			
1	Siamand Rahman	280kg	Iran
2	Faris Al-Ajeeli	242kg	Iraq
3	Keun Bae Chun	232kg	South Korea

Current Paralympic champions

Paralympic Games (2012, London, Great Britain)

Full historical results from all Paralympic Games can be found at Paralympic.org

Women

Rank	Name	Result	Nationality
Up to 40kg			
1	Nazmiye Muratli	109kg	Turkey
2	Zhe Cui	97kg	China
3	Zoe Newson	88kg	Great Britain
Up to 44kg			
1	Ivory Nwokorie	109kg	Nigeria
2	Cigdem Dede	105kg	Poland
3	Lidiia Soloviova	100kg	Ukraine
Up to 48kg			
1	Esther Oyema	135kg	Nigeria
2	Olesya Lafina	120kg	Russia
3	Shanshan Shi	114kg	China
Up to 52kg			
1	Joy Onaolapo	131kg	Nigeria
2	Tamara Podpalynaya	119kg	Russia
3	Cuijian Xiao	118kg	China
Up to 56kg			
1	Fatma Omar	143kg	Egypt
2	Lucy Ejike	135kg	Nigeria
3	Ozlem Becenkli	118kg	Turkey

Please note that the weight categories were changed following London 2012.

Rank	Name	Result	Nationality
Up to 60kg			
1	Amalia Perez	135.5kg	Mexico
2	Yan Yang	125kg	China
3	Amal Mahmoud	118kg	Egypt
Up to 67.5kg			
1	Souhad Ghazouani	146kg	France
2	Yujiao Tan	139kg	China
3	Victoriia Nneji	125kg	Nigeria
Up to 75kg			
1	Taoying Fu	147kg	China
2	Folashade Oluwafemiayo	148kg	Nigeria
3	Tzu-Hui Lin	137kg	Chinese Taipei
Up to 82.5kg			
1	Loveline Obiji	145kg	Nigeria
2	Randa Mahmoud	140kg	Egypt
3	Yanmei Xu	129kg	China
Over 82.5kg			
1	Grace Anozie	162kg	Nigeria
2	Heba Ahmed	140kg	Egypt
3	Perla Barcnas	135kg	Mexico



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Anti-doping

To promote and protect the integrity of sport and the health of athletes, the IPC, together with International Federations, including IPC Powerlifting, and the National Paralympic Committees established the IPC Anti-Doping Code.

The aims of the code, which is fully compliant with the World Anti-Doping Agency Code, are:

- To protect the athlete's right to participate in doping-free sport and thus promote health, fairness and equality for athletes worldwide.
- To ensure harmonised, coordinated and effective anti-doping programmes on the international and national level with regards to detection, deterrence and prevention of doping.

Anti-doping rules, like competition rules, are sport rules governing the conditions under which sport is played. All participants (athletes and athlete support personnel) accept these rules as a condition of participation and are presumed to have agreed to comply with the IPC Anti-Doping Code.

IPC Powerlifting has made extensive efforts in recent years to tackle doping in the sport, such as athlete and support staff education through their successful Raise the Bar #Sayno2doping programme, which has resulted in a significant reduction in the number of anti-doping rule violations.

With the help of this dedicated anti-doping campaign, IPC Powerlifting have reached more than 850 athletes and team officials in total, smashing the original target of 500 when the project was launched in October 2013.

All the participants have become more aware and knowledgeable of the prohibited list of substances, doping controls, health consequences of doping and their rights and responsibilities as athletes and coaches. A well-informed and robust message has been delivered to all of the Para powerlifting community directly, promoting clean, doping-free sport. This has been done through ensuring the anti-doping education message is clearly communicated globally at all competitions and in various languages.

It states the importance of education and shows that, through positive action and the continued commitment of IPC Powerlifting in catching and dealing with athletes who choose to cheat, it will not only benefit the sport and its hundreds of dedicated athletes who choose to remain 'clean,' but it can also change the perception of everyone involved in the sport. Being the strongest or best Para powerlifter in the world does not mean 'turning to use prohibited substances,' it means smarter training, effective nutrition and pushing performance levels of an athlete's natural muscular ability to their full potential.

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All information correct as of August 2016.

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www.ipc-powerlifting.org
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