



Men's 56kg

Once dominant Chinese face fierce competition from DPR Korea

- The lightest weight class to be contested by men at the World Championships will likely become a battle between competitors from China and DPR Korea.
- Om Yun Chol (PRK) is the reigning world champion in both the Clean & Jerk and the Total competition.
- Last year in Wroclaw, the Snatch was won by Long Qingquan (CHN), who will be back to defend his title in Almaty. Long finished second in the Clean & Jerk and second in Total at the 2013 World Championships.
- Om is also the Olympic champion from London 2012, in which he defeated then world champion Wu Jingbiao (CHN) for the gold.
- Joining Long in representing China in Almaty will be Li Fabin (CHN), the Junior World Champion from 2011 (Total).
- Long has won nine World Championships medals in the men's 56kg (G4-S4-B1) and is one shy of the competition record in that respect, the 10 by Wang Shin-Yuan (TPE).
- Chinese lifters have won the Snatch in the men's 56kg in each of the previous nine World Championships. The last non-Chinese lifter to win a gold medal in this event is the legendary Halil Mutlu (TUR), who won the 56kg Snatch world title in 1998, 1999 and 2001.
- Mutlu is still the world record holder in this event, having heaved 305 kilogrammes Total at the Sydney 2000 Olympic Games, well over five times his own bodyweight. Mutlu also still holds the world record in the Snatch. He set that at 138 kilogrammes in Antalya in November 2001.
- Om Yun Chol (PRK) improved his own world record in the Clean & Jerk to 170 kilogrammes at the recent Asian Games in Incheon, Korea.
- Vietnamese lifters have won 10 medals in this event, but never a gold (G0-S2-B8). The Vietnamese flag will be flown by Thanh Kim Tuan (VIE), the reigning Junior World Champion and the silver medallist from this year's Asian Games. In Incheon, he came runner-up to Om Yun Chol (PRK), but finished ahead of Wu Jingbiao (CHN).
- Contending for the medals will be Majid Askari (IRI), who will be celebrating his 23rd birthday on Saturday, 8 November. No weightlifter has won a World Championships medal on his/her birthday this century. The last to do so was Kaori Niyanagi who won two bronze medals in the women's 48kg competition on her 22nd birthday on 21 November 1999.

International Weightlifting Federation

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