

BOOK OF THE YEAR





INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS

BOOK OF THE YEAR 2019/2020

AFFILIATED/RECOGNIZED:













































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IFBB TODAY

The International Federation of Bodybuilding and Fitness (IFBB), founded in 1946 in Canada, has 199 affiliated nations and is one of the largest and most active international sport federations in the world.

The IFBB:

- Promotes clean sport and a healthy lifestyle on the society.
- Holds competitions in the eleven following competitive sports: men's bodybuilding, men's classic bodybuilding, men's fitness, men's physique, women's physique, women's body-fitness, women's bikini fitness, women's fitness, mixed pairs, children fitness, men's wheelchair bodybuilding.
- Organizes more than 8,000 local, national, regional, continental and world championships each year. Bodybuilding and Fitness, are very popular sports practised as a healthy lifestyle worldwide.
- www.ifbb.com together with its associated websites receives 15 million hits each month from almost all countries around the world.
- IFBB Social Media reaches a very impressive number of followers, athletes, officials and Fitness enthusiasts, multiplied by millions through the social media of its 199 national affiliated federations
- IFBB is signatory of the World Anti-Doping Agency (WADA)
 Code, and strongly believes and

supports the sport values, and the promotion of health.

IFBB considers that the combination of proper training and nutrition, supported and guided by skilful and well prepared coaches and trainers, are essential to promote athletes, in all levels and disciplines, physical conditions and the public health, with tolerance zero to doping.

The International Federation of Bodybuilding and Fitness (IFBB) is the sport federation responsible for the management of bodybuilding and fitness worldwide, being a full member and/or being recognized by the following sports institutions and organizations:



1. Olympic Organizations:

- Olympic Council of Asia (OCA)
- Pan-American Sports Organization (PANAMSPORTS)
- Central American and Caribbean Sports Organization (ODECABE/ CACSO)
- Central American Sports Organization (ORDECA)
- South American Sports Organization (ODESUR)
- Association of National Olympic Committees of Africa (ANOCA)

As a matter of fact, bodybuilding and fitness has recently participated as medalist sport at the 2019 Pan American Games (the second largest Olympic event following the Summer Olympic Games) held in Lima, Peru.

Furthermore, in December 2019 our sport has been admitted by ODEABE as medalist sport at the next 2022 Central American and Caribbean Games., being as well medalist sport at the South American Games and others.

The incorporation of our sport in all this Games is a great source of inspiration for all the athletes and officials, contributing and helping to educate them in the principles of Fair play, clean sport and solidarity.

This year we have been honored with the recognition by the International Federation of University Sports (FISU), which opens new fields of expansion and promotion of fitness and healthy lifestyle as a service and a source of enjoyment amongst students worldwide.

2. Recognition by International **Sport Organizations:**

- Global Association of International Sports Federations (GAISF)
- Association of Pan-American **Sports Confederations** (ACODEPA)
- Association of African Sports Confederations (AASC)
- International University Sports Federation (FISU)
- Alliance of Independent Recognized Members of Sport (AIMS)
- International World Games Association (IWGA)

3. Affiliation to International **Education and Coaching Institutions:**

- European Union Sport Forum
- European College of Sport Science (ECSS)
- International Sport Press Association (AIPS)
- International Council for Coaching Excellence (ICCE)

- International Council of Sport Science and Physical Education (ICSSPE)
- International Pierre de Coubertin Committee (CIPC)
- Peace and Sport
- · Muscle and Health, the official IFBB magazine with printed and online editions in Spanish, English, Korean, Arab and Indi languages; IFBB events, Photo galleries, athlete interviews, IFBB news together with Nutritional and training articles in a reader friendly design; with high informative and educational values.
- As the worldwide authority on weight training and fitness nutrition, the IFBB has extensive Educational programs at IFBB Academy, that provides qualified certifications, with international validity, about training, nutrition and healthy lifestyle, followed by Bodybuilding, Fitness, Health and Sport related individuals and from a variety of academic and professional backgrounds as a complementary source of inspiration.

With the strong belief that Sport practice and principles are significant contributions to a better society, IFBB look the future, in solidarity with the whole world sport community, in best spirit.





MESSAGE FROM IFBB PRESIDENT DR. RAFAEL SANTONJA

DEAR FRIENDS IN SPORT:

You get in your hands the new IFBB book of the Year 2019/2020, a difficult period, with the Covid-19 pandemic affecting the entire world, bringing a lot of sorrow, human loses and uncertainties, and, definitely, changing our lives, our way to socialize, the way of education, the way we work and the global economy.

The world of sport has been also, drastically affected by these terrible circumstances.

In this situation, we must follow the applicable national and international regulations and the advice from governments and sanitary authorities.

All this has to be done with positive energy and best spirit, maintaining our focus on the fact that any epidemical situation has expansion, stabilization and reduction periods, and that with adequate care, it will come to an end soon or later.

With all this in mind, we decided to follow with the organization of some key events, following always the decisions from the competent authorities, and having as first priority the aplicación of best health protocols, to grant the integrity of athletes, officials and fans, celebrating with them in safe environments our passion for sport and healthy lifestyle.

The IFBB Book of the Year is already a traditional product published in a yearly basis, compiling all the most significant IFBB activities and events from each year. This year due to the whole situation the IFBB Calendar of Activities started later, but, in the meantime, it has been a year

fulfilled of interesting meetings, new achievements and successful events.

I am sure that you will enjoy it and that this book will be part of your personal library, as a collector issue that, along the years, will keep refreshing your memories on the IFBB history.

BODYBUILDING & FITNESS ARE:

- Sports
- Successful complimentary training for other sports
- · Healthy lifestyle at all ages

As sport, the IFBB organizes more than 8.000 competitions worldwide in a regular year, in which athletes from very young ages in children fitness categories to our master bodybuilding champions, represent the maximum expectation of human



physical muscular development in healthy harmony.

As complementary training for other sports, helps the athletes to become stronger, optimizing muscular density at the ideal performance body weight, to achieve his/her maximum potential.

The Bodybuilding and fitness lifestyle is followed by millions of people worldwide.

Regardless age, sex, and previous physical condition, bodybuilding training and nutrition can help individuals to achieve stronger, balanced bodies with a proper control of body fat and in good health.

Bodybuilding and fitness weight training and nutrition techniques are great allies of physiologists, physiotherapists and the medical community to prevent and recover from injuries, accidents and maintain the muscular body functions in better condition for longer time. Bodybuilding and fitness are excellent support for anti-aging. In fact, the aging process is expressed physically by the progressive deterioration of lean body mass, and it is represented by the progressive loss of muscles with increase of fat and connective tissues, what brings the ultimate musculoskeletal and physical deterioration.

Numerous scientific research already proved the great efficiency of fitness training and nutrition to prevent and / or reverse this process. Recent studies have even shown that strength training can cause functional reversal of aging at the molecular level, "repairing" very poorly functioning genes of elder people. Nothing else in human history has shown the similar effect! The best visual example of it, are our athletes over 60 and plus years old, and their healthy muscular bodies.

The IFBB is very conscious of all these capacities of our sport, and includes in its board a Scientific and Research Commission, working with scientific and university institutions worldwide in elaboration of reports, participation in symposiums and congresses, and promoting antiaging fitness lifestyle in the society.

The IFBB is pleased to be active in all these areas in the strong believe that physical health is a great contribution from sport to society.

Looking forward for the full and global recovery, and the ending of this tought times, to celebrate together passion for a sport, in health, friendship and Solidarity

Your friend in sport,

Dr. Rafael Santonja IFBB President











The international federation of bodybuilding and fitness IFBB, is the official governing body for the sports of bodybuilding and fitness, being recognized or affiliated by the most prestigious international sports organizations.



IFBB RELATIONS WITH INTERNATIONAL SPORTS INSTITUTIONS































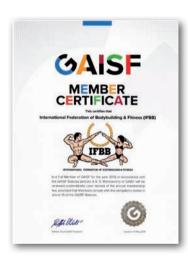






A. THE IFBB IS A MEMBER OF THE GLOBAL ASSOCIATION OF INTERNATIONAL SPORTS FEDERATIONS (GAISF)

The IFBB was officially recognized by GAISF in 1971 (https://gaisf.sport/members/).





IFBB President, Dr. Rafael Santonja, meeting Mr. Raffaelle Chiulli President of GAISF (Global Assembly of International Sports Federation) and Mr. Ban Ki-Moon, Uncle John Graham (a member of the wider Yugumbeh Language Group, Traditional Custodians of the Gold Coast Region)

B. THE IFBB IS A WADA CODE SIGNATORY

The IFBB is firmly committed in the fight against doping in sport and is a defendant of the public health. As a consequence, the IFBB is the unique international federation in the sports of bodybuilding and fitness being recognised by the World Anti-Doping Agency since 2003, when it became a WADA Code Signatory (https://www.wada-ama.org/en/code-signatories).





C. THE IFBB RECOGNITIONS

The IFBB is a member of and/or is recognised by most of the international sports associations and organisations worldwide.

1 OLYMPIC ORGANIZATIONS

1.1. Olympic Council of Asia (OCA)



https://www.ocasia.org/sports/81-bodybuilding-bo.html





IFBB President, Dr. Rafael Santonja, meeting with H.R.H. Sheikh Ahmad Al Fahad -President of the Olympic Council of Asia (OCA).

1.2. Panam Sports (PASO)



https://www.lima2019.pe/deportes-panamericanos/fisicoculturismo





IFBB President Rafael Santonja giving the IFBB Spirit of Sport's Award to the President of PANAMSPORTS (Panamerican Sports Organization), Eng. Neven Ilic Alvarez



1.3. Central American and Caribbean Sports Organization (ODECABE)



https://www.copanama.com/panam%C3%A1-2022.html

ODECABE Executive Committee approves three new sports for Panama 2020, among them, bodybuilding.





IFBB President, Dr. Rafael Santonja, meeting with Luis Mejía, President of the Central American and Caribbean Sports Organization (CACSO), as well member of the International Olympic Committee and President of the Olympic Committee of the Dominican Republic.

1.4. Central American Sports Organization (ORDECA)





With Mr. Henry Núñez, President of the Central American Olympic Organization (ORDECA) and Gral. Juan Santiago Estrada.



1.5. South American Sports Organization (ODESUR)



https://www.aipsamerica.com/web/el-fisicoculturismo-ingresa-a-los-juegos-sudamericanos-de-2018/

Bodybuilding was included in the sports program of the South American Games held in Asunción (Paraguay) in 2018.





IFBB President, Dr. Rafael Santonja, meeting the President of ODESUR (South American Sports Organization), Mr. Camilo Pérez in his office, at the 4th South American Beach Games.

1.6. ODEBO Bolivarian Sports Organization



The Bolivarian Sport Organization is a sports organization based in America. It organizes the Bolivarian Games in which IFBB participates with Bodybuilding and Fitness as medalist sports



IFBB President, Dr. Rafael Santonja, meeting with Baltazar Medina, President of the Bolivarian Sports Organization (ODEBO), as well President of the Olympic Committee of the Colombia.



1.7. Association of National Olympic Committees of Africa (ANOCA)





IFBB President, Dr. Rafael Santonja, meeting Mr. Mustapha Berraf, President of the Association of African Olympic Committees (ANOCA), and also President of the Algerian Olympic Committee (COA).

2. INTERNATIONAL SPORTS ASSOCIATIONS

2.1. Association of Pan-American Sports Confederations (ACODEPA)



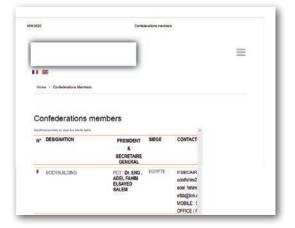
http://acodepa.org/en/confederations



2.2. Association of African Sports Confederations (AASC)



https://www.ucsa-aasc.org/confederation-members





2.3. Alliance of Independent Recognized Members of Sport (AIMS)



http://aimsisf.org/news/author/bodybuilding/

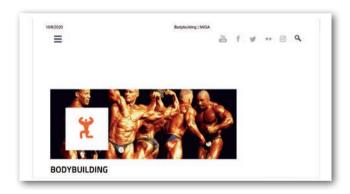


2.4. International World Games Association (IWGA)



The IFBB was one of the 12 founding members of the International World Games Association in 1980.

https://www.theworldgames.org/sports/Bodybuilding-45





2.5. International University Sports Federation (FISU)







3. MEMBERSHIP / PARTNERSHIP WITH SPORTS-RELATED ASSOCIATIONS

Being conscientious of the benefits that a bodybuilding lifestyle can play in the populations health, the IFBB maintains active relationships with scientific and sport international organizations, expanding its practice as an ideal anti-aging tool for which the best examples are the legion of outstanding athletes who compete in the IFBB master categories.

3.1. European Union Sport Forum



3.2. European College of Sport Science



3.3. International Sport Press Association





IFBB President, Dr. Rafael Santonja, meeting Mr. Giovanni Merlo (Italy), President of International Sports Press Association (AIPS).

3.4. International Council for Coaching Excellence



3.5. International Council of Sport Science and Physical Education



3.6. International Pierre de Coubertin Committee



3.7. Peace and Sport



3.8. Sport Academy Europe





FBB CATEGORIES

MEN'S BODYBUILDING

Athletes train to develop all parts of their body and muscles to maximum size but in balance and harmony

There should be no "weak points" or underdeveloped muscles. Moreover, they should follow a special pre-competition training system, to decrease the bodyfat level as low as possible and remove the underskin water to show the quality of muscles: density, separation and definition.

The competitor who displays more muscle details scores the highest. The other matter to be assessed is general view of the physique, which should be proportionally built. Broad shoulders and narrow waist, as well as adequately long legs and shorter upper body, are what the judges are looking for.

These qualities are displayed during two physique assessment rounds when competitors do seven mandatory poses during comparisons of three to eight athletes chosen by the judges.

There are three rounds, including one offering athletes the opportunity to show their physique during 60-second free posing to music. Judges will assess each round, giving athletes individual places.



MEN'S CLASSIC BODYBUILDING

Classic bodybuilding is a version of the sport based on the classic physique concept.

To create equal chances, the competitors' bodyweight is limited according to their body height, following a special IFBB formula for each body height category.

Since muscle mass is limited, special attention is paid to the overall view of the physique, body proportions and lines, muscle shape and condition, including density, body fat level, definition and details.

These values are assessed by the judges during rounds one and three. In round two, like in bodybuilding, free posing routines are performed to music of the athletes' choice.

There are two assessments rounds, with the same rules as in bodybuilding.

CLASSIC PHYSIQUE

This new concept in our Bodybuilding modalities is a different version of the Classic Bodybuilding. The relationship between height and weight is different, more kilos, and the criteria worths basically in the old, classic look. Even more, the attire is a retro style one, a short with a minimum long at the sides of 15 cms. Bodies must be classic V shape look, well proportionated, more artistic way to pose. The vacuum pose is the key pose in this division, where a tiny waist is very important in the total physique score. This sport division is growing in every contest under IFBB in despite of being born only months ago.

Classic Physique want to show again the classic look that in the 60's and 70's years in the last century did famous our sport, Bodybuilding. In fact the competition system is doing two news poses; Vacuum pose; famous in the older era of 50's to 80's, the reason for this is easy: evoiding distended bellies and this movement is specially able to show who is the one with problems in this pose. The second new one pose is not only ONE pose, to the calling voice "your favorite classic pose" you can do whatever pose you consider to do, You can not repeat poses and you can not pose to the rear. This way the athlete is free to show his best side to the judges.

Muscle size, classic physique look, tiny waist, rounded muscles, good shoulders and abdominals are the main weapons among the winners.



WOMEN'S FITNESS (

This concept was introduced by the IFBB in the early 90's, in response to the increasing demand for competitions for women who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique and also to show their physiques in motion. In Women Fitness, the emphasis is placed on a shapely, athletic-looking physique, assessed by comparisons of four quarter turns and athletic ability, assessed during a very attractive and dynamic fitness style routine.







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MUSCULAR AND MEN'S PHYSIQUE

In 2012 the muscular and men's physique division was officially launched as a new IFBB sport discipline.

It has proved to be a very popular category so the IFBB has increased the number of men's physique categories from two to six: 170cm, 173cm, 176cm, 179cm, 182cm and over 182cm.

They perform two rounds of quarter turns, wearing board shorts of their choice.

The second and final round begins with a short individual onstage presentation of each competitor.

Judges assess the shape and symmetry of the athletes, as well as their muscles and overall condition.

Competitors' stage presence and personality are also part of the judges' verdict.

WOMEN'S BIKINI FITNESS

This category was introduced in 2011.

Overall body lines, balance and proportions, body tone and healthy appearance are taken into consideration.

The emphasis is on a well-shaped, fit, healthy and attractive appearance, similar to that of models.

Judges look for a wellshaped, fit, healthy and attractive appearance during two rounds, where athletes wear a two-piece bikini and high-heels.

Quarter-turns are performed in each round, with a presentation also giving athletes the chance to display their body whilst moving.

Hard, lean muscles are not considered necessary in the category, which is designed for women who aim to keep their body in shape and eat healthily.



WOMEN'S FIT-MODEL

New IFBB sport, new possibilities, new challenge.

This IFBB new sport discipline is intended to display the beauty of the human body in a bit different way than in already existing divisions. To create this possibility, an additional, new round was added in both men and women categories, combining sport qualities with elegance of moves, gestures and a kind of "showmanship", wearing non-sport attires. In women's categories it is an evening gown. The Fit-Model competitors must be viewed with the emphasis on a "healthy and balanced" physique, in an attractively presented, impressive "Total Package". Competitors must demonstrate their grace, poise, elegance and sophistication. The gown will.

In the first three rounds athletes wear a one-piece, tight-fitting swimsuit. This attire was specially selected to enable competitors to have a softer midsection, displaying rather attractive body lines and a bit of personality.

Judges should pay attention to the overall appearance of a competitor, the overall body development and shape, proportionally and symmetrically developed, complete physique, the hair and facial beauty, the athlete's ability to present herself with confidence, poise and grace and the general impression made by the competitor.

WOMEN'S BODYFITNESS

This concept was introduced by the IFBB in the early 90's, starting as an official competition in 1996 in response to the increasing demand for events for women who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique. It was also designed to show their physiques in motion.

In women's body fitness, the emphasis is placed on a shapely, athletic-looking physique, assessed by comparisons of four quarter turns and athletic ability, assessed during a very attractive and dynamic fitness style routine.

Athletes have the possibility to show their figure in a short individual presentation. Two rounds of quarter turns in the bikini-style costume of their own choice and classic stiletto pump of any colour are assessed. The top six competitors then perform individual presentations, before conducting quarter turns as a group.

Overall athletic appearance is judged, with focus on muscle tone and shape, with a small amount of body fat. Hair, make-up and individual style of presentation are also central to the event.



MIXED PAIRS

Mixed pairs were officially recognised by the IFBB a sport discipline in 1983 as a bodybuilding mixed pairs.

In 2013, however, the IFBB cancelled women's bodybuilding, so now the mixed pairs category is open for women participating in female physique or female fitness or female body fitness performing with male bodybuilder or male classic bodybuilder.

Men from mixed-pairs perform mandatory poses in the same as in bodybuilding. Women perform these poses in the same style as in women's physique.

Male competitors wear the same attire as in bodybuilding, while women follow the same dress code as in women's physique.



Mixed pairs competition consists of three rounds: Round one - the semifinals - are the comparisons. Round two are mandatory poses and round three are the posing routine in the finals.

The overall physique of both partners for the degree of proportion, symmetry,

muscle size and quality, including density and separation, as well as skin tone is judged.

The couple will also be judged as a unit with particular attention being given to how well their individual physiques complement each other and how well they move in unison.

In the routine round judges pay particular attention to how well each couple display their physiques to music. Judges are looking for smooth, artistic, and well-choreographed routines which may include any number of poses, although a mandatory set poses must be included.

The couple must also include intermittent pauses during their routine to display the muscular development of their physique.



WOMEN'S PHYSIQUE

The women's physique division was introduced at the beginning of 2013 for women who want to prepare for a heavier, bodybuilding-style body but who do not want to be extremely dried, lean and muscular. Competitors want to remain athletic and aesthetically pleasing.

There are three rounds. In round one - the semi-finals - competitors' physiques and muscularity are assessed during quarter turns and four compulsory poses.

In the finals compulsory poses and the posedown are performed in round two and a short, 30-second posing routine to music of competitor's choice in round three.

There are two categories in this division: up to 163cm and over 163cm.



WOMEN'S WELLNESS FITNESS

The wellness fitness division is intended for women who prefer a muscular physique without muscle separation and who wish to be athletic and aesthetically pleasing, with a bigger body mass than in bikini fitness.

Wellness fitness is placed somewhere between bikini fitness and women's physique.

The assessment of the physique, judging criteria and rounds are the same as women's bikini fitness. Competitors perform quarter turns in all rounds plus individual "I-walking" presentation in the finals.

Vertical proportions - legs to upper body length - are one of the key factors. Horizontal proportions of hips and waist to shoulder width may favour women with slightly bigger hips, thighs and

There are four wellness fitness categories: up to 158cm, up to 163cm; up to 168cm and over 168cm.



WHEELCHAIR BODYBUILDING

The IFBB wanted to create a division to enable male wheelchair users to compete in national and international events, including continental and World Championships.

Athletes train to develop all upper body parts and muscles to maximum size but remaining in balance and harmony, avoiding "weak points" or underdeveloped muscles.

Preparing for a competition, they decrease their body fat level and remove the underskin water to show the quality of muscles: density, separation and definition.

They display muscles during seven mandatory poses as well as the posing routine which lasts 60 seconds. The athletes perform all rounds seated on the wheelchairs, wearing long pants and sport shoes.

Currently, one open category is performed.











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FIT MODEL WORLD CHAMPIONSHIPS, RIGA 2019: CHINA ENTERS THE MEDAL TABLE IN EARNEST



was again the focal point of international attention for the growing number of followers of the Fit Model discipline, as the 2019 World Championships was

held in Riga on the 17th of September.

African and Asian athletes fought head-to-head with European athletes in a competition that saw Yu Teng achieve the first female medal for China in a World Championships. This success was multiplied thanks to the dominance of the male Chinese athletes, taking their first complete podium in history in the male open class.

The Short Class finalists, finally won by Samanta Balode





Gold: Samanta Balode (Latvia) Silver: Tetiana Velshyna (Ukraine) Bronze: Kseniya Maseika (Belarus)

MIDDLE CLASS (-168 cm)

Gold: Anna Kozhemiakina (Russia) Silver: Alena Agafonova (Russia) Bronze: Yu Teng (China)

TALL CLASS (+168 cm)

Gold: Sofía Maloletova (Russia) Silver: Anastasiia Dobrydina (Russia) Bronze: Mailys Luigend (Estonia)

MEN'S (OPEN)

Gold: Gu Dian (China) Silver: Wang Ruishan (China) Bronze: Yang Xiao (China)

The Middle Class finalists, finally won by Anna Kozhemiakina (Russia).



◆The Tall Class finalists, finally won by Sofía Maloletova (Russia).

73RD BODYBUILDING WORLD CHAMPIONSHIPS, FUJAIRAH 2019





▲ The Bodybuilding World Championships was a very important sporting event for the promotion of sports in the Arab Emirates. In the photo: President Santonja and the high authorities of the Emirate of Fujairah during the opening ceremony of the 2019 IFBB World Championships.



▲ The Iranian Federation, represented by its President, Mr. Nasser Pouralifard, renewed its Best Team and overall titles, in addition to claiming 9 gold medals. In the photo: listening to the national anthem alongside Presidents of the UAE Federation (H.E. Sheikh Abdullah Bin Hamad Al Sharqi) and Russian Federation (Mr. Alexander Viznevhski), with President Santonja and his Executive Assistant, Mr. Adel Fahim El Sayed.

"Iran renews its Best Team award and takes 9 gold medals, in addition to the overall titles in Bodybuilding and Classic Bodybuilding"

"The event includes, for the first time, the disciplines of Classic Physique and Men's Physique, in its 7th edition as a World Championships discipline"

"Xi'an (China) will be organizing the 74th edition of the Bodybuilding World Championships in 2020"

"Spain descends to the 17th position on the team ranking, with a more reduced team, but of great quality"

he 2019 Fujairah Bodybuilding World Championships bests the great success achieved at the 2018 Benidorm World Championships, by maintaining a record 94 participating countries, but exceeding in number of athletes. The 73rd **Bodybuilding World** Championships was much more than a sporting event; as announced during the opening ceremony on live streaming TV by President Santonja: "the Arab Emirates have understood the importance of sports as a tool to promote education by bringing together people

with different ideas, politics and religions, all united by their common passion: Bodybuilding".

The event was organized by the UAE Federation and its President, H. E. Sheikh Abdullah Bin Hamad Al Sharqi –Vice-President of the Asian Federation AFBF--, and present at the event was the Prince Heir to the Emirate of Fujairah, H.R.H. Mohammed bin Hamad bin Mohammed Al Sharqi, to show the Emirate's support of the event, that acted as a grand finale to the United Arab Emirates' "Year of Tolerance", establishing the country as one of the most stable and safe nations in the world.









OVERALL CHAMPION: Mehdi Arzeshmand (Iran)

As already happened in 2018, and with 5 World Champions classified for the Overall, Iran had high probabilities of claiming the Overall title, and they didn't disappoint: 4 of the contenders ended on the top positions of the 2019 World Championships. Yet again, the title was solved by statistic criteria between Mehdi Arzeshmand and Mohammadebrahim Arzeshmand, after a 13 point draw, only 1 point ahead of fellow countryman Mazaher Tabaniabarghani.



▲Mehdi Arzeshmand (Iran) claimed the 2019 Overall World Champion, by statistic criteria, after a draw with fellow countryman Mohammadebrahim Arzeshmand; a very good reason for Iranian President, Mr. Nasser Pouralifard, to be proud.

OVERALL (TOP 3):

1 Mehdi Arzeshmand (13 points)

2 Mohammadebrahim Arzeshmand (13 points)

3 Mazaher Tabaniabarghani (14 points)

GAMES CLASSIC BODYBUILDING

The Bodybuilding discipline that is closest to Olympism, saw local performer Khalifah Ali Barman, who also took silver in the Classic Division, win the overall title. More and more athletes are looking to make their way into this discipline, where performers from Asia, America and Europe made it to the final.







OVERALL CHAMPION: Khalifah Ali Barman (UAE)



▲Khalifah Ali Barman (UAE) won the Games Classic Bodybuilding overall title by the judges' unanimous decision. President Santonja stood next to him at the awards ceremony.

■ The Games Classic Tall Class Top 6, with Ziyaf Salih Almabrouk (Libya; 6th), Igor Sikora (Serbia; 4th), Yuri Rodríguez (El Salvador; silver), Khalifah Ali Barman (UAE; gold), Park Jonming (Korea; bronze) and Martin Sangan (Slovakia; 5th).

The Asian athletes dominated this discipline, with Iranians and Koreans fighting for dominance, before the eyes of German threat Benjamin Jewko, who was close to achieving the prowess: only 2 points from Iran's Sajed Heidari Chegeni in the Overall Champions Final.

Champion.

▲ The Classic Bodybuilding Short Class Top 6, with Abdulrahman 0. Alkhateri (UAE; 6th), Mohammad Noor (India; 4th), Xiang Cheng Yue (China; silver), Kikwan Seol (Korea; gold), Mohamed Seghir (Algeria; bronze) and Xu Demin (China; 5th).

MIDDLE-SHORT CLASS (-171 cm)

Gold: Mohsen Poosaber (Iran) Silver: Shao Zhong Zheng (China) Bronze: Abdalla Rashed (Egypt) 4h: June Kyu Lee (Korea) 5h: Ran Maorong (China)

6h: Qian Hai Long (China)

SHORT CLASS (-168 cm)

Kikwan Seol (Korea), Classic Bodybuilding Short Class World

Gold: Kikwan Seol (Korea)

Silver: Xiang Cheng Yue (China) Bronze: Mohamed Seghir (Algeria) 4th: Mohammad Noor (India) Xu Demin (China)

6th: Abdulrahman O. Alkhateri (UAE)

The Classic Bodybuilding Middle-Short Class, with Qian Hai Long (China; 6th), June Kyu Lee (Korea; 4th), Shao Zhong Zheng (China; silver), Mohsen Poosaber (Iran; gold), Abdalla Rashed (Egypt; bronze) and Ran Maorong (China; 5th).

■ Mohsen Poosaber (Iran), Classic Bodybuilding Middle-Short Class World Champion.









The Men's Physique Middle Class Top 6, with Ali Ahmed Al Qassab (Iraq; 6th), Artem Tkach (Ukraine; 4th), Khaled M. Mubarak (Bahrain; silver), Farid Shirmohammadzadehlahroudi (Iran; gold), Mahmood Darwish Khalil (UAE; bronze) and Ryo Sato (Japan; 5th).



OVERALL CHAMPION LIU MAO YI (China)

Liu Mao Yi follows in the footsteps of Zheng Shao Zhong, who ruled the discipline at the middle of the decade, before becoming Classic Bodybuilding champion. The aesthetic performer, 177 cm tall, renewed his title with authority, beating his Arab rivals.

OVERALL (TOP 3):

1 Liu Mao Yi (7 points)

2 Farid Shirmohammadzadehlahroudi (11 points)

3 Abdullah Humaid Rabiaq (17 points)

Liu Mao Yi (China) conquered, for the second time in a row, the overall Men's Physique World Champion title by the judges' majority decision. In this image: with Executive Vice-President of the Chinese Federation, CBBA; Mr. Gu Quiao.



Out of the 94 participating countries, only 50 managed to get their athletes into the final rounds and score points. There were some welcome surprises, such as Sri Lanka's gold, which allowed them to overtake Spain on the ranking, and the United Arab Emirates' great effort, which placed their fantastic team second on the Best Team podium.

Victory was again for Iran, for the fifth year in a row, ahead of the hosts and Russia, who are showing the full potential of their athletes again this 2019 season, and managed to make third Best Team ahead of a very strong South Korea, who ended up fourth.

Spain couldn't help but feel the impact of a reduced team, and looses its 7th position from last year, ending up on a discreet 17th position, a far cry from their 2016 and 2017 bronze medals, just ahead of Iraq, who weren't able to repeat their 2018 bronze.



The United Arab Emirates reached a milestone in their Bodybuilding history. Their runner-up as Best Team is undoubtedly a consequence of their President's good work. In this image: H.E. Sheikh Abdullah Bin Hamad Al Sharqi with President Santonja at the awards ceremony.

2019 IFBB WORLD JUNIOR CHAMPIONSHIPS

BUDAPEST (HUNGARY): MEETING POINT FOR BODYBUILDING AND FITNESS "MILLENNIALS".

"Sebastian Serpescu (Romania) and Natalia Czajkowska (Poland), the only athletes to renew their 2018 gold medals" "Lara Santini (Wellness) and Michaela Pavleová (Fitness) win the overall title a week before repeating the feat in the 2019 World Championships" "The championships soars, including the disciplines of Wellness, Classic Physique and Fit Model"



AFTER HAVING BEEN
held in Latin America for
the past editions, the World Junior
Championships returned to Europe

Championships returned to Europe to be organized by the Hungarian Federation, lead by Mr. Itsvan Huber, as an acknowledgement to the dedication this country pays to our youngest athletes.

Over 200 athletes aged 16 to 23 gathered in Budapest to compete for titles in nearly every Bodybuilding & Fitness discipline. Clearly, the new generations have included Fitness and a healthy lifestyle into their lives. A total of 35 countries took part in a competition that saw Turkey, a

federation that has been working steadily and discreetly with their youth, achieve their first Best Team award, thanks to the hard work of their president Kurt Niyazi. Turkey's future in the IFBB would seem to be more than brilliant.



Dr. Rafael Santonja pays homage to the Hungarian Federation and its president, Mr. Itsvan Huber. International official Viola Vargha was awarded the IFBB Gold Medal.

International Judge and sports promoter Mr. Csaba Bara was also awarded by the IFBB.

OVERALL BODYBUILDING: Julius Gyulai (Slovakia)

BODYBUILDING



of his height and swept the overall Bodybuilding title, gaining Slovakia's national team some more points.

Gold: Jan Pitr (Czech Rep.) Silver: Muhammet Kurutas (Turkey) Bronze: Mandisi Majova (South Africa)



Gold: Julius Gyulai (Slovakia) Silver: Joseph Peter (Belgium) Bronze: Luis Barajas (Mexico)





GAMES CLASSIC OPEN (16-23 years)

Jakub Kolinek (Czech Rep.) Josef Nyircsak (Hungary) Hamad Alblooshi

(UAE)



Jakub Kolinek (Czech Rep.)

Accompanied by President Santonja and Mr. Itsvan Huber, Czech performer Jakub Kolinek swept the Classic Bodybuilding overall title.

JUNIOR OPEN (16-20 YEARS) MODEL WOL Rokas Linkevicius

(Lithuania) Karolis Linkevicius (Lithuania) Hamad Alblooshi (UAE)

JUNIOR OPEN (21-23 YEARS)

Gold: Jakub Kolinek (Czech Rep.) Piotr Domagalski (Poland) Umut Yavuz (Turkey)

CLASSIC PHYSIQUE



OPEN (16-23 YEARS)

Gold: Víctor Compan (Mexico) Silver: Denis Kahraman (Turkey) Bronze: Dino Sprajcer (Croatia)





MEN'S PHYSIQUE

JUNIOR 16-20 YEARS (Open)

Sebastian Pana (Romania) Li Zhenbo (China) Bronze: Smaio Rekic

(Croatia)

(-174 cm) Gold: Sebastian

(Romania) Kai Yuan (China) Bronze: Ciprian Borcan





MIDDLE CLASS (-178 cm)

Anami Kazusa (Japan) Yunus Bas (Turkey) Rronze: Ciprian Borcan (Romania)

OVERALL JUNIOR MEN'S PHYSIQUE: Sebastian Serpescu (Romania)



A Romanian athlete Sebastian Serpescu celebrates his Men's Physique world title, next to Dr. Rafael Santonja and the president of the South American Confederation, CSF, Lic. Juan Paredes.

JUNIOR TALL CLASS (+178 cm)

Gold: Kerim Boyraz (Turkey) Janne Uusitalo (Finland) Dan Helgestad (Norway)

BIKINI FITNESS



Gold: Natalia Czajkowska (Poland) Silver: Zuzana Kardosova (Slovakia) Bronze: Laura Stalinkeviciute (Lithuania)



OPEN 16-20 YEARS (+163 cm)

Gold: Ewelina Weiss (Poland) Silver: Adela Kostikova (Czech Rep.) Bronze: Julie Svitakova (Czech Rep.)



SHORT CLASS (-160 cm)

Gold: Merve Akosman (Turkey) Silver: Skaiste Danileviciute (Lithuania) Bronze: Patrycja Slaby (Poland)



MIDDLE CLASS (-166 cm)

Gold: Sanna Paasimaa (Finland) Silver: lida Peltonen (Finland) Bronze: Hande Akosman (Turkev)



TALL CLASS (+166 cm)

Gold: Natalie Myslikova (Czech Rep.) Silver: Ana Marija Krizic (Croatia) Bronze: Lisa Maus (Germany)

R BODYBUILDING



OVERALL BIKINI: Natalia Czajkowska (Poland)

▲ Poland's Natalia Czajkowska celebrates the revalidation of her 2018 Bikini overall title alongside President Santonja and the person in charge of the Judges Committee, Mr. Pawel Filleborn.

WELLNESS



Gold: Nikoletta Sularz (Poland) Silver: Valeria Carmora (Mexico)

Bronze: Zina Pérez (Mexico)

TALL CLASS (+163 cm)

Gold: Lara Santini (Croatia) Silver: Jeanne Kassel (Germany) Bronze: Melanie Favre (France)

OVERALL WELLNESS: Lara Santini (Croatia)

Lara Santini was another of the stars of the championships. The Croatian athlete won the World Junior Wellness title only a week before repeating the victory at the Bratislava World Championships.



BODYFITNESS



Gold: Stefana Sandu (Romania) Silver: Tina Schwarz (Austria) Bronze: Natalia Paprocka (Slovakia)



OPEN (21-23 years)

Gold: Ekaterina Borodina (Russia) Silver: Senni Nieminen (Finland) Bronze: Lucía Martínez Rocha (Spain)



OVERALL BODYFITNESS: Ekaterina Borodina (Russia)

Ekaterina Borodina listening to the Russian national anthem alongside President Santonja and Mr. Zhang Haifeng (president of the Asian Federation, AFBF), after achieving the overall Bodyfitness title.







An element of maximum difficulty for Kristina Jurikova during her performance.

WOMEN TALL CLASS (+163 CM & 16-20 years)

Gold: Kristina Jurikova (Slovakia) Silver: Panna Frauenberger (Hungary) Bronze: Izabela Szlachtka (Poland)





Karina Polovnikova displayed athletic abilities during her routine.

MEN OPEN (21-23 years)

Gold: Karina Polovnikova (Estonia) Silver: Elina Lukashina (Russia) Bronze: Dorottya Agoston (Hungary)

hina's Wenjie Yang took the European experts by surprise and swept the Men's Fitness title.





Gold: Wenjie Yang (China) Silver: Michal Barbier (Slovakia) Bronze: Sebastian Scinteianu (Romania)



FIT MODEL



Gold: Ekaterina Neuymina (Russia) Silver: Evelin Szalai (Hungary) Bronze: Samantha Balode (Latvia)



Gold: Sofia Maloletova (Russia) Silver: Wanyu Zhao (China) Bronze: Karina Kondratieva (Belarus)



Sofia Maloletova (Russia)

Impressive for the duration of the competition, Sofía Maloletova conquered the Fit Model overall title.



BEST TEAM AWARD: Turkey

The podium by countries, with the Turkish national team ahead of the Czech Rep. (silver) and Poland (bronze).

COUNTRY	POINTS	RANKING
Turkey	110	1
Czech Rep.	99	2
Poland	95	3
Slovakia	92	4
Romania	85	5
Finland	70	6



2019 FITNESS WORLD

THE WORLD'S FOREMOST FITNESS RENDEZVOUS

"Russia reclaims its leadership with a formidable team and returns Ukraine to second position on the ranking"

"Slovakia fulfils its role as a most excellent host and achieves an impressive podium position"

"Spain maintains its recovery and asserts itself in the Fitness World Top Ten, with a team of four fabulous athletes: Anna Sorokina, María Góngora, Lina Bejarano and Lorena Martínez"



▲The organizer of the Championships and President of the Slovakian Federation, Ing. Boris MIsna, was awarded the IFBB Medal of Honour to acknowledge his excellent work promoting Fitness internationally.



▲ Slovakia's Minister for Education, Science and Sports, JUDr. Mgr. Martina Lubyová, was present at the World Championship's closing ceremony, and was awarded the IFBB Spirit of Sport Award.



On their side, the Slovakian Federation handed President Santonja a beautiful souvenir from the 17th century, related to Juraj Jánosik, one of Slovakian history's great heroes.





▲ Gabriela Misnova, two times Fitness World Champion and one of today's biggest promoters of youth Fitness, was awarded the IFBB Gold Medal.

n the past 30th of November and 1st of
December, all IFBB eyes were set on
Bratislava to watch the Mixed Pairs
Bodybuilding and Fitness World
Championships. After a long season of
competitions, the best athletes in the world gathered in
Slovakia to resolve the most important title of all, as well
as to settle the 2019 World Ranking.

President Santonja was present at the event, which was perfectly organized by the national federation, chaired by Ing. Boris Mlsna, and backed by the Olympic Committee and the Slovakian Ministry for Sports. The Minister for Sports, Martina Lubyova PhD, was present at the closing ceremony and saw the national team win the bronze medal, behind Fitness strongholds Ukraine (silver) and Russia (gold). The latter, as in previous years, ruled the competition.



▲ Slovakia's Boris Palovic, No. 1 on the 2019 IFBB World Ranking in the Classic Bodybuilding discipline, was celebrated during the competition.



▲The foremost officials of the Slovakian Federation were acknowledged by the IFBB and President Santonja during the opening ceremony.



Young Kristina

TALL CLASS (+163 cm)

Gold: Kristina Juricova (Slovakia) Silver: Natalya Neustroeva (Russia) Bronze: Panna Frauenberger (Hungary)

MIDDLE CLASS (-163 cm)

Gold: Michaela Pavleova (Slovakia)

Plata: Dorottya Agoston (Hungary) Bronze: Oleksandra Tarasova (Ukraine)

SHORT CLASS (-160 cm)

Gold: Tatiana Ondruskova (Slovakia) Silver: Anna Dudushkina (Russia) Bronze: Dobroslava Lehotska (Slovakia)

MEN'S

Michal Barbier (Slovakia)

FITNESS:

most complete athlete, Slovakia's Michal Barbier renewed his gold medal from 2018 with a spectacular routine filled with rhythm, elasticity, strength, resistance and the odd breathtaking acrobatics. With his aesthetic physique, at only 22 he can write history in this discipline and continue to claim titles in the next decade, if he sets out to do so.

Possibly history's

IBER 2019

OVERALL FITNESS: Michaela Pavleova (Slovakia)

Alongside President Santonja and Dr. Boris Mlsna, young Michaela Pavleova claimed yet another Fitness world title for Slovakia. The country's growth seems unstoppable.



MEN'S FITNESS

Michal Barbier (Slovakia) Gold: Silver: Evgeny Shobik (Russia) Fedir Khashalov (Ukraine)

The athletes competing in the Bodyfitness discipline are becoming more and more muscular, but the judges made it clear that size and being ripped are not the main qualities taken into account. Thus, Alina Yaman renewed her silver from 2018, losing her crown yet again to her fellow countrywoman Yuliia Shykula. The overall champion was Senni Nieminen (Finland), a genetic prodigy who won the Short Class gold, ahead of 2018 champion Olga Lutsenko, who had to make do with silver.



SHORT CLASS (-158 cm)

Gold: Senni Nieminen (Finland) Silver: Olga Lutsenko (Russia) Karina Shcherbak (Russia)



Gold: Tatiana Mandolina (Russia) Silver: Petra Lacinova (Czech Rep.) Bronze: Liis Org (Estonia)



Bronze: Olha Shnurova (Ukraine)





OVERALL BODYFITNESS: Sennl Nieminin (Finland)

At 23 and still a Junior athlete, Senni Nieminen claimed the title after a draw with Tatiana Mandolina, 10 years her senior. Her progress this year has been spectacular.



BIKINI FITNESS: Galina Maslovskaya (Russia)

Galina Maslovskaya claimed a clear victory, as in nearly every competition this season. With her impressive 180 cm, she has no doubt been the best athlete of 2019 -overall European champion- taking up the torch after Russian legends such as Olga Putrova or Natalia Lugovskikh. Her name is already part of Bikini Fitness history and she might become one of the big names in the 2019 Elite Pro circuit.



The third edition of the Wellness discipline saw it growing exponentially: from two categories in 2018 to four in 2019. Three names to remember: Dagmara Dominiczak (Poland), renewing her 2018 gold; Nikoletta Sularz (Poland), No. 1 on the 2018 World Ranking, and, especially, Lara Santini (Croatia), who surprised us all by sweeping the overall title.

Champio (+168 cm).



SHORT CLASS (-158 cm)

Gold: Dagmara Dominiczak (Poland) Silver: Lisa Meiswinkel (Germany) Bronze: Caroline Aspenskog (Sweden)

4 3 VOV MIDDLE-TALL CLASS (-168 cm)

Gold: María Góngora (Spain) Silver: Micaela Di Gennaro (Italy) Silver: Kateryna Cherniei (Ukraine)





Gold: Nikoletta Sularz (Poland) Silver: Michaela Nemcova (Slovakia)
Bronze: Anne-Cathrine Westby (Norway)



Gold: Lara Santini (Croatia) Silver: Kateryna Prokopieva (Ukraine) Bronze: Olga Kulinych (Ukraine)

OVERALL WELLNESS: Lara Santini (Croatia)

A fabulous performance by this Croatian athlete, who achieved a clear victory over her rivals, and who also made it to the Mixed Pairs Bodybuilding Finals, thanks to her wellbalanced proportions, size and muscle quality.





Ukraine maintained its leadership and grasped the points necessary for also reaching the second position on the medal rank. Without their 2018 stars, still they renewed their gold and silver medals, and crowned Liubov Popopa and Yurii Zymohliad as 2019 champions, whereas the very complete Alina Yaman (again, silver) and the colossal Adam Kozyra analyzed the 2 points that kept them from taking their place on the podium.

A special mention to China's progress, as their most laureate athlete ever, Shao Zhing Zheng, managed to climb to the 4th position.

ie impressive Mixed Pail Bodybuilding discipline.

MIXED PAIRS BODYBUILDING

Gold: Liubov Popova & Yurii Zymohliad (Ukraine) Silver: Alina Yaman & Adam Kozvra (Ukraine) Bronze: Elena Masarykova & Peter Tatarka (Slovakia)

Yet another chapter in the rotational duel between Russia and Ukraine: this time around, the title went to Natalia Bystrova (Russia), who reclaimed her 2017 title. Again, a very complete Viktoriia Pohribniak (Ukraine) won the gold medal in the Tall Class, but lost the overall title. This disappointment was outweighed by her IFBB World Ranking victory.

OVERALL WOMEN'S PHYSIQUE

Natalia Bystrova (Russia)



Once again, Viktoriia Pohribniak lost the overall title by only 1 point (7 to 8 points), before an athlete of less height but enormous balance between muscle and leanness, as is Natalia Bystrova, who arrived at this World Championships offering her best shape ever.



Megumi Sawada (Japan)



Silver: Liubov Popova (Ukraine) Bronze: Nataliia Prokhorova (Ukraine)

BEST TEAM AWARD

Russia, champion of 2017, learned the lesson from 2018 and returned to the World Championships with an impressive team of 53 fabulous athletes eager to recover the Champion's crown from Ukraine's 37 performers. They only yielded to their neighbouring rival in Mixed Pairs Bodybuilding and in Women's Physique, and, thanks to years of hard work, to Slovakia in Fitness. As for the remaining disciplines, Europe's largest country proved its ability to renew itself.

Spain retained their position within the World Top 10, climbing from 9th in 2018 to 8th position in 2019, after China, but with one striking fact not to be snubbed: China, the new rising force, needed 28 athletes to achieve their 53 points, whereas Spain achieved their 42 points with only 4 athletes. Without a doubt,



the team chosen by Rafael Ovejero is the most efficient in the competition, proving Mr. Ovejero's instinct when it comes to choosing the best athletes at any given time.

Russia, represented by their president, Mr. Alexander Vishnevski. was the winner of the **Best Team Award and** recovered the World Champion title ahead of Ukraine (silver) and Slovakia (bronze).

RESULTS (TOP 8)

1	Russia	(182 points)
2	Ukraine	(165 points)
3	Slovakia	(140 points)
4	Poland	(86 points)
5	Czech Rep.	(66 points)
6	Finland	(54 points)
7	China	(53 points)
8	Spain	(42 points)







▲ Keivan Gomanian (Sweden) was crowned overall Master Bodybuilding champion ahead of Saudi Taysir Al Khalfan by only 1 point. In this photo: alongside President Santonja and Mr. Pawel Filleborn.



▲Anna Prokhorova, in incredible shape at 48, prevailed in the Master Bikini Super Final for the third year in a row. In the image: dressed for success and showing off her trophies alongside President Santonja.



▲The president of the Saudi Arabian Bodybuilding federation, Mr. Osama Romaithan (centre) travelled to Spain to support the Saudi athletes in their return to Europe for an IFBB World Championships. In the image: together with Dr. Rafael Santonia and several members and officials.

A leading example in passion for sports and Bodybuilding: Japan's Toshisuke Kanazawa was the competition's most veteran athlete. At nearly 84, he received unanimous recognition from fellow athletes and officials, and his routine received tens of thousands of visits on social media. In this photo: alongside President Santonja.





◀ At 64. Turkey's Kamer Pierssens was the most veteran female athlete. Her excellent looks were rewarded with an ovation from both her rivals and the audience.

Athletes from 60 countries attended the present edition

Nearly 100.000 viewers from all 5 continents followed the event via streaming

Keivan Gomanian (Sweden) and Taysir Al Khalfan (Saudi Arabia). starred in a breathtaking duel for the **Bodybuilding title**

Japan makes history and claims all the Men's Physique titles

ollowing the success of the 2018 edition, the impressive Conference Centre of Tarragona was once again host to the IFBB World Master Championships (a competition that will be moved to Turkey in 2020), exceeding the previous edition both in numbers of contestants and in showiness.

As President Santonia himself declared before nearly 100.000 viewers who were following the event live on streaming on the 7th of 8th December: veteran athletes represent the advantages of Bodybuilding and Fitness disciplines as a healthy lifestyle alternative better than anyone else, and they are a growing collective in a society much in need of role models, as is ours. Through events like this one, the IFBB has become a representative of these role models. With an attendance of over 400

athletes -an absolute record- from over 60 countries from all 5 continents, the IFBB World Master Championships took place in a context of gradual integration into Olympism.

Talking strictly sports, the competition featured disciplines Classic Physique and Wellness for the first time around, contributing to consolidate their importance as preferred disciplines among the athletes. Russia dominated through its impressive team of 38 athletes, the largest by numbers, making best team ahead of Spain with its 23 athletes, who gave up their 2018 title and came in second, thus asserting themselves as the best Master team of the decade. Poland, with its 28 athletes. renewed their bronze medal and Italy, with a team of 34 athletes, came in 4th before Gerrmany (26 athletes) and France (33 athletes), to complete the Top 6 of the 2019 IFBB World Master Championships.



◀ A total of 15 athletes didn't make the cut for Classic Physique. Instead, an additional Bodybuilding category was set up, which was won by Poland's Mariusz Balazinski, with Spain's Ricardo Vera coming in 4th.

Emil Giurgiu (Romania)



MASTER LIGHTWEIGHT 40-44 years (-70 kg)

Gold: Emil Giurgiu (Romania) Silver: Giancarlo Bellabuono (Italy) Bronze: Rafal Birnbach (Poland)

Denis Prokofev (Russia)



MASTER MIDDLE WEIGHT 40-44 years (-80 kg)

Gold: Denis Prokofev (Russia) Silver: Andrei Alexandrescu (Romania) Bronze: Shaaban El Sayed (Egypt)

Keivan Gomanian (Sweden)



MASTER SEMI-HEAVYWEIGHT 40-44 years (-90 kg)

Gold: Keivan Gomanian (Sweden) Silver: Mindaugas Giedris (Lithuania) Bronze: Guillermo Rodríguez (Spain)

Taysir Al Khalfan (Saudi Arabia)



MASTER HEAVYWEIGHT 40-44 years (+90 kg)

Gold: Taysir Al Khalfan (Saudi Arabia) Silver: Rafal Filipczuk (Poland) Bronze: Aleksandr Maraulya (Russia)

With 13 categories brimful of excellent

the youngest and heaviest champions: Sweden's Keivan Gomanian and Saudi Arabia's Taysir Al Khalfan. Gomanian, all of his muscle groups complete, claimed

mention to other champions, such as Gunnar Paasche, impressive at nearly 60, and Austria's Alexandr Englitsch, third best in the discipline, after Gomanian and Al Khalfan.

performers -some of them astoundingly impressive, for instance Japan's Toshisuke Kanazawa, 84- the overall competition focused on the duel between the title by only 1 point. Also, a special

MASTER MIDDLEWEIGHT 45-49 years (-80 kg):

Gold: Alex Zuccaro (Italy) Silver: Eddy Engema (France) Bronze: Alexandre Pamplona (Brazil)



Alex Zuccaro (Italy)

MASTER SEMI HEAVYWEIGHT 45-49 years (-90 kg)

Gold: José Luis Castaño (Spain) Silver: Fausto Caicedo (Ecuador) Bronze: Sebastián Szmyt (Poland)



José Luis Castaño (Spain)

MASTER HEAVYWEIGHT 45-49 years (+90 kg)

Gold: Oleg Gusliakov (Russia) Silver: Pavel Vacek (Czech Rep.) Bronze: Roland Brosman (Slovakia)



Oleg Gusliakov (Russia)

Joseph Doutah (France)

MASTER LIGHTWEIGHT

45-49 years (-70 kg)

Gold: Joseph Doutah (France)

Alexandr Englitsch (Austria)



MASTER 50-54 years (-80 kg)

Gold: Alexandr Englitsch (Austria) Silver: Fabio Pizzaferri (Italy) Bronze: Jacob Seate (South Africa)

Johannes Stuhldreier (The Netherlands)



MASTER 50-54 years (+80 kg)

Gold: Johannes Stuhldreier Silver: Iosif Samir Botoroaga (Spain) Bronze: Mario Kasper (Germany)

Gunnar Paasche (Germany)



MASTER +55 years (-75 kg)

Gold: Gunnar Paasche (Germany) Silver: Werner Zenk (Germany) Bronze: Milos Pavlu (Czech Rep.)

Carlos Menéndez (Spain)



MASTER +55 years (-90 kg)

Gold: Carlos Menéndez (Spain) Silver: Ioannis Vasalos (Greece) Bronze: Anselmo Cortado (Andorra)

MASTER +55 years (+90 kg)

Gold: Johnny Tretow-Loof (Denmark)

Silver: Tassos Koligkionis (Greece) Bronze: Sergei Cheremnykh (Russia)



(Denmark)

OVERALL BODYBUILDING MASTER:

Keivan Gomanian (Sweden)

The colossal and super complete Keivan Gomanian kisses the trophy that credits him as World Master Bodybuilding Champion, which he can place next to the 2019 European Champion title, also in the 40+ Division.

After 15 athletes where placed in an additional Bodybuilding class by the judges due to their "Vacuum pose", the competition became a duel between Peter Tatarka and Aleksandr Barbashin, from which the Slovak came out victor by very little.

MASTER +40 years (Open)

Gold: Peter Tatarka (Slovakia) Silver: Aleksandr Barbashin (Russia) Bronze: Andrey Smith (Russia)



Peter Tatarka (Slovakia)

Spain did not disappoint in this Division, and nearly swept all the gold medals, had it not been for Japan's Hidemi Kawamura, who left a very complete Eduardo López second in the +50 class. In the overall competition, Álvaro Ordóñez claimed the title from Javier Pérez Arribas by 2 points.



Álvaro Ordóñez (Spain)

MASTER 40-44 years (Open)

Gold: Álvaro Ordóñez (Spain) Silver: Aleiandro Guzmán (Spain) Bronze: Ludek Jiracek (Czech Rep.)



Javier Pérez Arribas (Spain)

MASTER 45-49 years (Open)

Gold: Javier Pérez Arribas (Spain) Silver: Ihar Sidarchuk (Ireland) Bronze: Frank Ruben (Germany)



Hidemi Kawamura (Japan)

MASTER +50 years (Open)

Gold: Hidemi Kawamura (Japan) Silver: Eduardo López (Spain) Bronze: Masahiro Tamai (Japan)



OVERALL CLASSIC BODYBUILDING: Álvaro Ordóñez (Spain)

An aesthetic Álvaro Ordóñez (Spain) claimed the overall by the judges' majority vote. In this image: with President Santonja and FEFF Secretary General, Carlos Ramos.

OVERALL MASTER MEN'S PHYSIQUE: Yoshitake Tamura

(Japan)

With perfect scores for the whole of the competition, Yoshitake Tamura claimed the Men's Physique overall title. In this photo: with Mr. William Tierney and FEFF president, D. José Ramos.



MEN'S PHYSIQUE

Japan, the country with the highest longevity rates in the world, has undoubtedly discovered the formula to combining Fitness lifestyle with top-level sports. Their gold threesome in the Men's Physique discipline was irrefutable. Not only did they win; the athletes themselves were convincing: juvenile bodies, right size and the healthy look that perfectly defines the very spirit of this discipline.

MASTER (45-49 years)

Gold: Yoshitake Tamura (Japan)

Silver: Rui Miguel Ferreira (Portugal)

MASTER (40-44 years)

Gold: Kenzo Moriyama (Japan) Silver: Evelino Rodrigues (Cape Verde) Bronze: Mario Páez (Paraguay)



MASTER +50 years (Open)

Gold: Hitoshi Uenaka (Japan) Silver: Costin Ilinca (Romania) Bronze: Karsten Krygermeier (Denmark)



Hitoshi Uenaka (Japan)

The great favourite, Natalia Bystrova, swept the title hassle-free thanks to the great shape she brought with her from the Bratislava World Championships. Her season has been extraordinary, and only fellow countrywoman Elena Lazareva was able to make her feel uneasy in some side poses.

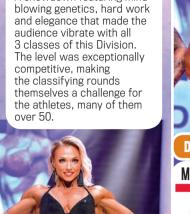
MASTER +35 years (Open)

Gold: Natalia Bystrova (Russia) Silver: Elena Lazareva (Russia) Bronze: Aneta Haluszka (Poland)



BODYFITNESS

A showdown featuring mind-3 classes of this Division. The level was exceptionally competitive, making the classifying rounds





Dorota Ogonowska (Poland)

MASTER 35-39 years (Open)

Gold: Dorota Ogonowska (Poland) Silver: Petronella Bihn (Germany) Bronze: Yana Shyrokykh (Ukraine)



MASTER 40-44 years (Open)

Gold: Joanna Ucinska (Poland) Silver: Eleonore Eriksson (Sweden) Bronze: Riina Kivikoski (Finland)



Elena Rakcheeva (Russia)

MASTER +45 years (Open)

Gold: Elena Rakcheeva (Russia) Silver: Tiina Niinimaki (Finland) Bronze: Tatiana Zalas (Poland)

OVERALL MASTER BODYFITNESS: Elena Rakcheeva (Russia)

Making history in the competition at 45, Russian athlete Elena Rakcheeva was crowned overall Master Bodyfitness champion.

Due to the high number of participants, several qualifying rounds very necessary, and entering the Top 10 was a feat in itself. The astonishing performers, aged between 35 and 64, were a shining example of what weight training can accomplish for women. Three stars shone brighter than the rest: Spain's Ada Jiménez, more impressive by the moment. Estonia's Jana Teder -who has already claimed overall titles this year- and Russia's Anna Prokhorova, three times World Champion and, this time, according to the judges, best overall athlete at 48. Her imposing quality and height kept Alicante-based Alla Petrova from reaching the top of the medal rank.

OVERALL MASTER BIKINI: Anna Prokhorova (Russia)



HAMPIC

An open class dominated by the Russian athletes, with the duel between Tatiana Eremina and social media influencer Ekaterina Krasavina as the focal point. The victory finally went to the slender Eremina by majority decision, also thanks to her notto-be-sniffed-at 173 cm height.

Tatiana Eremina (Russia)

MASTER +35 years (Open)

Gold: Tatiana Eremina (Russia) Silver: Ekaterina Krasavina (Russia) Bronze: Lilian Rannu (Estonia)



MASTER 35-39 years (-164 cm)

Gold: Ada Jiménez (Spain) Silver: Iana Podolskaia (Russia) Bronze: Ekaterina Kriachek (Russia)

MASTER 40-44 years (Open)

Gold: Jana Teder (Estonia) Silver: Elena Punina (Russia) Bronze: Yoko Nagase (Japan)



MASTER +35 years (+164 cm)

Gold: Oksana Voloshina (Russia) Silver: Martina Kurkova (Czech Rep.) Bronze: Ann-Sophie Gustavsen (Denmark)

MASTER +45 years (Open)

Gold: Anna Prokhorova (Russia) Silver: Alla Petrova (Spain) Bronze: Irina Veyde (Russia)





 Russia won the World's Best Veteran Team Award. Russia's delegate, Mrs. Iveta Stetsenko, celebrates the title with FEFF president. D. José Ramos and Poland's delegate, Mr. Grzegorz





The Top 6 of the Middle Class where Ekaterina Neuymina (Russia) won.



RESULTS (TOP 6)

SHORT CLASS (-163 CM)

Gold: Silver Bronze: 4th place: 5th place: 6th place:

Samanta Balode (Latvia) Nadezhda Zubenko (Russia) Ekaterina Parikova (Russia) Aleksandra Pavlova (Russia) Kristina Mickiene (Lithuania) Nastja Sisojeva (Latvia)

MIDDLE CLASS (-168 CM)

Gold: Silver: Bronze: 4th place: 5th place: 6th place: Ekaterina Neuymina (Russia) Dominika Bilska (Poland) Vera Putilina (Russia) Galina Deinega (Estonia) Olga Timoshevskaia (Russia) Maryna Hutovska (Ukraine)

TALL CLASS (+168 CM)

Gold: Silver: Bronze: 4th place: 5th place: 6th place: Julia Lazarenko (Russia) Liudmila Batkova (Russia) Olga Sibanova (Estonia) Mailys Luigend (Estonia) Anastasija Bachtina (Czech Republic) Valeriia Alekseeva (Russia)

OVERALL CHAMPION:

EKATERINA NEUYMINA (Russia)

The Top 6 of the Short Class where Samanta Balode (Latvia) prevailed.

The Top 6 of the Tall Class where Julia (Russia) won.



29th Balkan Bodybuilding & Fitness Championships



"IFBB & FCFR overcomes all challenges and hosts a successful event, at Drobeta Turnu Severin (Rumania)."

"Romania (160 points), Serbia (156 points) and Bulgaria (140 points); leads this edition."

HELD ON SEPTEMBER 4, in the Romanian city of Drobeta Turnu Severín; the 2020 Balkan Championships turned out to be a

highly successful event, thanks to the

& Fitness Federation (FRCF) chaired by Prof. Gabriel Toncean, also the chairperson of the Balkan Federation.

The competition was an intense duel between Romania and Serbia for the Best Team Award, resolved in favor of the hosts by 4 points of advantage; with Bulgaria in the third step of the podium and with North Macedonia, Bosnia & Herzegovina, and Montenegro, completing the Top 6 of the participating nations.



Sasa Draskovic (Bosnia & Herzegovina)







THE IFBB AND SANTA SUSANNA FACE COVID-19 IN EXEMPLARY CHAMPIONSHIPS THAT KICK OFF THE COMPETITION ON THE CONTINENT



"The security measures designed by the IFBB allowed the 2020 **European Cup to develop without incidents.**"

"The EBFF Congress decides to go on with the 2020 World Championships."

IN A SITUATION in which many their 2020 competitions, the IFBB and Santa Susanna remained true to their commitment to athletes and held their European Championships, moving their usual date in May to September 15-20.

Security measures were rigorous and supervised at all times by the IFBB Medical Commission personnel, who

prioritized the health of athletes, officials and fans, consolidating the prestige of the "Fitness Capital of the World" as a benchmark for our sports disciplines. The participating delegations applauded an exemplary organization that carried out temperature controls at the largest ever built for Bodybuildingallowed the maintenance of social

distance measures, and a huge backstage provided enough space for the athletes. As a result, we had zero infections during the championships, creating sufficient motivation for the athletes to continue with their preparation and to participate in the following be held in the Czech Republic, Luxembourg, Serbia, Romania and so on.





2020 EUROPEAN BODYBUILDING CHAMPIONSHIPS

"Poland beats Spain by 3 points and keeps the hosts form taking the 5th consecutive title."

"Justas Poliakus (Bodybuilding), Tony Martí (Wheelchair Bodybuilding), Yamil Calvo (Classic Bodybuilding), Tautvydas Tumbrotas (Classic Physique) Ales Lamka (Games) and Artem Tkach (Men's Physique) are the new overall champions."



AFTER FOUR DAYS OF

COMPETITION, full of emotional moments in the finals and the awards ceremonies, Spain passed its European champion crown achieved in 2016 and maintained until 2019 on to a fantastic Polish team that continues its unstoppable progression and consolidates its advantage over Ukraine. Poland won 3 gold medals, in addition to 5 silvers and 4 bronzes that placed it 3 points

ahead of the host team, overturning the classification of the last editions.

With Ukraine consolidated in third position and Romania in fifth, the great advance of this edition corresponded to Lithuania and the Czech Republic, curiously, two countries whose presidents are women (Sandra Martinkienne and Ludmila Cizova) and where men's traditional strong role within the sport hasn't stopped them from progressing.

Classifiers by countries (Top 6)

1 POLAND	137 points
2 SPAIN	134 points
3 UKRAINE	99 points
4 LITHUANIA	83 points
5 ROMANIA	81 points
6 CZECH REP.	68 points

NOTE Anti-Covid security measures included a 40 sgm stage, where a 2-meter distance between athletes could be maintained at all times. For this reason, the images always show a great empty space between the athletes and the absence of contact between them and the officials who presented the awards.

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BODYBUILDING

The loss of the main 2019 champions to the Elite Pro Division, produced an evident renewal to the medal table, where Spain, France, Poland and Lithuania stood out. The Baltic country presented two formidable athletes such as Andrius Talacka (bronze in the Heavyweight class) and Justas Poliakus who ended up stealing the spotlight after winning the Light Heavyweight class by overwhelming superiority and winning the overall title to French Vincent Alliot by 5 points of advantage.



Bodybuilding Welterweight (-75 kg) Top 3 with José Antonio García (Spain, silver), Haider Khalid Al-Aboudi (Spain; gold), Vladimir Dimitrov (Bulgaria; bronze).



Bodybuilding Middleweight (-80 kg) Top 3 with Mariusz Balazinski (Poland; silver), Dawid Ziola (Poland, gold) and Eddy N'fene N'guema (France; bronze).



Bodybuilding Semi-heavyweight (-90 kg) Top 3, with Toni Shivachev (Bulgaria, silver), Justas Poliakus (Lithuania; gold) and Dmytro Marchenko (Ukraine; bronze).



Bodybuilding Heavyweight (+90 kg) Top 3 with Sebastian Szmyt (Poland, silver), Vincent Alliot (France, gold), Andrius Talacka (Lithuania; bronze).



OVERALL BODYBUILDING

Justas Poliakus (Lithuania)

Thanks to his proportions, the Lithuanian Justas Poliakus prevailed over all his rivals, achieving a difference of 5 points over his main rival, the colossal Frenchman Vincent Alliot (7 to 12 points, for the judges).

WHEELCHAIR BODYBUILDING

Always devoted to their passion for bodybuilding, disabled athletes continue to gather at the European event to flaunt their body work. For the first time, Spain won the gold medal: a rookie, Antonio Martí, achieved a title he'll be defending at the upcoming 2020 World Cup.



Antonio Martí (Spain), gold medal in Wheelchair Bodybuilding.





MEN'S CLASSIC PHYSIQUE

Impressive level exhibited by the athletes in this Division, in their second only participation in the European Cup. Many new faces among the participants, where only the Ukrainian Yurii Zymohliad was able to repeat his medal from last year (silver). Again, the current world champion left without the European title, stopped by the man who'd end up as overall champion: the Lithuanian Tautvydas Tumbrotas, with whom he tied in the mandatory poses, but made the title for his better free routine.

Tautvydas Tumbrotas (Lithuania), was crowned European Classic Physique champion.

MEN'S CLASSIC BODYBUILDING

New faces also in Games Classic Bodybuilding, where the Romanian Dragos Enuta once again missed the gold and revalidated his 2019 silver. The dominance corresponded to the Czech Republic, who achieved the two gold medals and placed Ales Lamka as the overall champion of this edition.

In the open modality, Spain once again had a prominent role, with 2 golds, 1 silver, and with Yamil Calvo as overall champion. The Spanish had difficulties in winning his category, where the Ukrainian Yuriy Gayduk surpassed him in the mandatory poses; nonetheless, he gave no respite for the overall title, prevailing unanimously on the cards of the judges.







Games Classic Bodybuilding (+175 cm) Top 3 with Ivan Kabalin (Croatia, silver), Vojtech Nadenicek (Czech Rep.; gold) and Petar Petrov (Bulgaria; bronze).





Classic Bodybuilding (-171 cm) Top 3 with Jorge Camacho (Spain, silver), Oleksandr Sirenko (Ukraine; gold) and Cosmin lancu (Romania; bronze).



Classic Bodybuilding (-175 cm) Top 3 with Fabrizio de Silvestro (Italy, silver), Raúl Sánchez (Spain; gold) and Jakub Szuba (Poland; bronze).



Raúl Sánchez (Spain) European Classic Bodybuilding -175 cm champion.

TALL CLASS (+175 cm):

Oleksandr Sirenko (Ukraine) European Classic Bodybuilding

-171 cm champion.

Yamil Calvo (Spain)
European Classic Bodybuilding
+175 cm champion.





Classic Bodybuilding (+175 cm) Top 3 with Yuriy Gayduk (Ukraine, silver), Yamil Calvo (Spain; gold) and Danylo Tsypko (Ukraine; bronze).



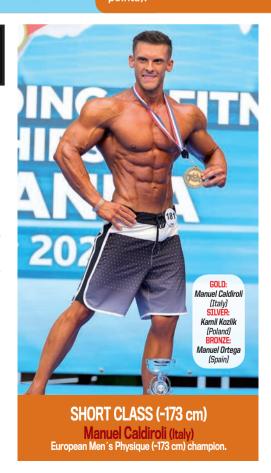


Lamka beat his compatriot Vojtech Nadenicek (6 to 9

points), in the Games Classic **Bodybuilding Super Final.**

It was once again the most contested discipline, with sensational physiques, many of them left without a medal, due to the high level of competitiveness.

In the Muscular discipline, Ukraine revalidated its 2019 title with a new face: Dmytro Kliuchnyk, who is aiming for an excellent sports career. In the rest of the classes, Eastern Europe also had a prominent role, with another Ukrainian - Artem Tkach - taking both the middle class and the overall titles, by only 1 point of advantage over Polish contender Damian Dombrowski.



the overall title of Classic Bodybuilding with a perfect score from the judges (5























2020 EUROPEAN FITNESS CHAMPIONSHIPS

"Ukraine recovers the title and Croatia reaches the top 6 led by its wellness athletes"

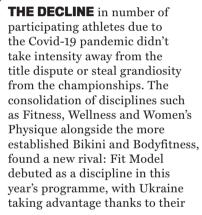


"Lara Santini and Wiktoria Nnaka, queens of the championships with 4 gold medals each"



"Poland and the Czech Rep. complete the podium, confirming their growing potential."

"The disciplines of Fit Model and Artistic Fitness debut in a european championships"



experience in this division, adding more medals to their count. Finally, they won the absolute team title, recovering their 2018 crown.

In the absence of Nordic contenders, the athletes from Eastern Europe continued to dominate the competition, led by Ukraine and Poland who presented the most numerous and competitive teams. Along with these two, we must highlight the enormous growth of the Czech

Republic, for the first time on the podium, no doubt thanks to the good work done by their national federation, led precisely by a former athlete: Ludmila Cizova. The Czech athletes overtook the always powerful Lithuanian team, who renewed their 4th place from 2019. Croatia took a step forward, led by the current queen of Wellness: the imposing Lara Santini who, even at junior age, seems unattainable to her rivals ever since she won the 2019 World Cup.







WOMEN'S FIT MODEL: The in vogue discipline

Hungarian and Ukrainian athletes competed for the title in the debut of this discipline, leaving the most complete athlete to win: Tetiana Velshyna (Ukraine), who, according to the judges, dominated the two rounds.



Women's Fit Model Top 3, with Maryna Polapa (Ukraine, bronze), Tetiana Velshyna (Ukraine; gold) and Evelin Szalai (Hungary; silver).

MEN'S FIT MODEL: Baby steps

With 18 years of difference between the winner and the runner-up, Men's Fit Model also debuted in the European Cup, thus paving the way for athletes in the next editions, following in Poland's footsteps, who were pioneers in this discipline.



Men's Fit Model Top 2, with Dariusz Skraba (Poland, silver) and Ireneusz Pochwala (Poland; gold).

BIKINI FITNESS: Ukraine and Poland fight for gold in Wictoria Nnaka's victorious night

The solid Ukrainian team won 3 gold medals that allowed them to revalidate the dominance of 2018, although the leading role in the discipline was assumed by another country. The impressive Wiktoria Nnaka (176 cm, 19 years old) achieved the title in the Super Tall Class and the overall title, taking over from past stars like Natalia Lugovskikh, Maryna Oborska, Olga Putrova or Ksenia Sheveleeva. The imposing Polish athlete, still in junior age, achieved 4 gold medals in Santa Susanna, confirming her impressive role in the online European E-Championships.

BIKINI -158 cm

Mariia Burlaka (Ukraine) European Bikini Fitness -158 cm champion.

BIKINI -160 cm

Lina Bejarano (Spain) European Bikini Fitness -160 cm

BIKINI -162 cm

Ivanna Kadyrova (Ukraine) European Bikini Fitness (-162 cm) champion.

BIKINI -164 cm

Anna Wozniakowska (Poland) European Bikini Fitness (-164 cm) champion.





















Bikini Fitness -172 cm Top 3 with Juste Tamasauskaite (Lithuania, silver), Jana Jerabkova (Czech Rep.; gold) and Sylvie Moocova (Czech Rep.; bronze).





OVERALL BIKINI FITNESS

Wiktoria **Nnaka** (Poland)

With a 6-point lead (7 to 13 points), the very complete Wiktoria Nnaka (Poland) won the overall Bikini title by unanimous vote, ahead of Spanish Lina Beiarano.

BODYFITNESS: Germany and Spain top the ranking

A largely renovated discipline, in which Spain once again found a reference athlete: Rocio Araújo. The 2019 World Ranking champion continues her progression and achieved the gold medal in the short class, a call that was answered by the spectacular Lena Ramsteiner. With her 170 cm and tiny waist, the German athlete won her class and swept the overall title unanimously, according to the judges.









WELLNESS FITNESS: Lara Santini consolidates as the best athlete of the discipline

Poland confirmed their leadership within the discipline, with Nikoletta Sularz (for the third time) and Dagmara Dominiczak repeating their 2019 titles. However, they both ran into a star that continues to shine ever brighter: Lara Santini. The Croatian athlete, still at Junior age, also revalidated her 2019 title and achieved 4 gold medals in Santa Susanna. The present certainly is hers, the future might just as well be.













OVERALL WELLNESS

Lara Santini (Croatia)

Completing her excellent record as current World Champion, Lara Santini achieved the title by majority decision of the judges (6

FITNESS: Ukraine uses Artistic Fitness to confirm their dominance, with Inna Nosolenko and Oleksandra Vakarova as their stars

The upturn in the level of participation in the last two years was slowed down by the pandemic, but the new "Artistic Fitness" discipline - without acrobatics - brought a new incentive that will surely pave the way to new athletes in 2012. The traditional Women's Fitness discipline, which was disputed in Open class, also had Ukraine as the dominating nation, putting Inna Nosolenko on top.











used to from his previous



very correct routine.

WOMEN'S PHYSIQUE: Ukraine still on top

Even in the absence of stars like Viktoriia Pohribniak or Liubov Popova, Ukraine found an athlete capable of achieving the gold for them in veteran athlete Natalija Prokhorova, Much improved as compared to 2019 and lighter in size, she was able to sweep both the overall and the master title.



Women's Physique Top 3, Aleksandra Krzyworzeka (Poland, silver), Natalia Prokhorova (Ukraine; gold) and Maryna Melchenko (Ukraine; bronze).



Natalia Prokhorova (Ukraine) European Women's Physique champion.

MIXED PAIRS BODYBUILDING: The Czech Republic claims title with a sensational couple

Without the presence of the Ukrainian couples, who dominated in 2019, the spotlight fell on the perfect combination of elegance, shape and muscularity presented by Martina Sletsjoee and Zbynek Ceradsky. The Czech couple prevailed in both rounds and, if they set their mind to it, they'll be favourites to revalidate their title. Joining the genetic marvel that is Martina, Zbynek's colossal size and proportions make them the perfect team.



Top 3 Mixed Pairs Bodybuilding with Julita Ciunyte & Andrius Talacka (Lithuania, silver); Martina Sletsjoee & Zbynek Ceradsky (Czech Rep., gold) and Gabriela Hejna & Miroslav Kubel (Czech





2020 JUNIOR EBFF/IFBB EUROPEAN CHAMPIONSHIPS



"Ukraine imposes its great team ahead of Croatia and Poland, both standing out with individual stars



"Wiktoria Nnaka (Bikini) and Lara Santini (Wellness) were the two grand junior stars who dominated even the senior competition

THE 2020 JUNIOR EUROPEAN

Championships were once again the showcase for the future stars who'll be dominating the Bodybuilding and Fitness disciplines in the coming years. However, some junior athletes have already crashed the grownups' party and entered the senior competition leaving Santa Susanna as clear and present threats to the reigning elite, should they decide to take the leap to the Professional Division.

This is the case of both Lara Santini (Wellness) and Wiktoria Nnaka (Bikini). True: they didn't arrive in Santa Susanna as strangers - one is current world champion and the other this year's European online champion - but both proved to be genuine stars who gave no respite to their rivals and who'd later end up with the gold medal hanging around their neck, also in the overall competition. As of today, both seem to have no rival in their respective disciplines.

Globally, Ukraine reached the first place by teams, supported by its regularity, its better overall team and the titles of athletes such as Maksym Hovberth (Classic Bodybuilding) and Marharyta Doroshenko (Fitness), who allowed them to win by only 1 point over Croatia -whose team has showed impressive progression- and 4 points over Poland. The Czech Republic came in at bronze, confirming its sporting and institutional growth under the leadership of President Ludmila Cizova.



The medal ceremony in Fitness, won by the Ukrainian Marharyta Doroshenko (gold) and Veronika Posenko (silver), here accompanied by the councillors of the Santa Susanna Town Council, Silvia Vives and Joan Solà,

Classifiers	by countries
(Top 6)	

1 UKRAINE	53 points
2 CROATIA	52 points
3 CZECH REP.	50 points
4 POLAND	49 points
5 ROMANIA	41 points
6 ESTONIA	22 points



CLASSIC BODYBUILDING

In a very even Division, the details were decisive. From the very beginning, the face-off between Maksym Hovberth and Damir Hajric became clear to the judges. In the mandatory poses, both finished tied at 9 points and only the free routine could decide the battle; and here, the opinion of a single judge gave the title to the 23-year-old Ukrainian athlete.

MEN'S PHYSIOUE

The traditional dominance of the southern European The traditional dominance of the southern European countries in this discipline was confirmed thanks to the Portuguese Tiago Tabuaço, who took advantage of his international experience to take on a complicated category, in which Romanians lordan Alexandru and Nicolae Trocea had an outstanding participation, along with the Croatian Marcel Kovacevic.







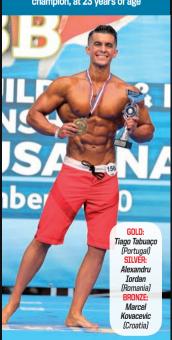
Classic Bodybuilding Top 3 with Damir Hajric (Slovenia, silver), Maksym Hovberth (Ukraine; gold) and Vojtech Nadenicek (Czech Rep.; bronze).



Tiago Tabuaço (Portugal; gold) and Marcel Kovacevic (Croatia;

JUNIOR MEN'S PHYSIOUE 16-23 YEARS OPEN

Tiago Tabuaço (Portugal) European Junior Men's Physique champion, at 23 years of age





WELLNESS FITNESS

Hugely attractive to spectators and fans, this discipline served to see the growth of Croatia in women's sport. Lara Santini, the current world champion, had no problems taking the title, but the surprise was to see that Ana María Medak (bronze), 21, can follow in her footsteps as she possesses a very similar physique.





champion, at 23 years of age.

BIKINI FITNESS

The undisputed queens of the Junior Bikini competition were the Polish athletes, with two doublets (gold and silver), in the two age categories. One of the favourites of this division, Oleksandra Sumaneieiva, was again relegated to the bronze medal, whereas Patrycja Slaby and Wiktoria Nnaka fought for the title, accompanied by Marcelina Wozniak and Natalia Czajkowska respectively.



Wiktoria Nnaka (Poland) European Junior (-20 years) Bikini Fitness champion.

BIKINI JUNIOR 21-23 YEARS OPEN

Patrycja Slaby (Poland) European Junior Bikini Fitness (-23 years) champion.





Bikini Junior (-20 years) Top 3 with Marcelina Wozniak (Poland, silver), Wiktoria Nnaka (Poland; gold) and Juste Tamasauskaite (Lithuania; bronze).





OVERALL JUNIOR BIKINI FITNESS

Wiktoria Nnaka (Poland)

At 19 years, Wiktoria Nnaka was proclaimed the European Overall . Junior Bikini Fitness Champion. With her previous title in the European On-line championships and her subsequent victory in the senior competition, she showed the audience that we're facing a new star.



FITNESS

A category dominated with iron grip by Ukraine, whose team was capable of placing 3 athletes in the final and achieving gold and silver. Only Junior veteran Dorottya Agoston, in what is her final year as a Junior athlete, managed to enter the podium with the bronze medal, behind the very promising newcomers Marharyta Doroshenko and Veronika Posenko. The latter, with her spectacular routine inspired by TV-show "Game of Thrones", received an almost unanimous support of the judges.



A glimpse of Marharyta Doroshenko's routine.



Veronika Posenko's impressive routine was not enough to reach the title, finally placing second.

JUNIOR WOMEN'S FITNESS 16-23 YEARS OPEN



Dorottva

Agoston (Hungary)



Fitness Junior (-23 years) Top 3 with Veronika Posenko (Ukraine, silver), Marharyta Doroshenko (Ukraine; gold) and Dorottya Agoston (Hungary; bronze).

BODYFITNESS

Estonia surprised the judges with a future star as is the charming Tiia Kaare. At 23, she proved to be ready for the senior competition, winning overwhelmingly (by 6 points) over her main rivals from the Czech Republic and Romania.



Bodyfitness Junior (-23 years) Top 3 with Gabriela Hejna (Czech Rep., silver), Tiia Kaare (Estonia; gold) and Stefana Sandu (Romania: bronze).

JUNIOR WOMEN'S **BODYFITNESS (Open)**

Tiia Kaare (Estonia) European Junior Bodyfitness champion.

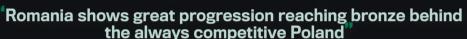




2020 EBFF/IFBB EUROPEAN MASTER CHAMPIONSHIPS



"Spain reconquers the european master scepter with a stunning 7 titles in the last 8 editions"





THERE ARE COUNTRIES with an inexhaustible array of new talent and there are others that boast extremely long-lived athletes, as is the case of Spain. The hosts were unable to celebrate their seventh consecutive European Team Champions title in the

Master Division in 2019, then surpassed by Russia. This year, in the absence of the Caucasians, they had no problem recovering the team gold, supported by athletes such as Lourdes Iñurria, María Simone dos Santos, Jesús Espigares, Guillermo Pérez and Sergio Torres. After Spain, Poland imposed its select team of veteran athletes, though they did meet some unexpected competition: the great progression of Romania, whose team was only 3 points away from achieving a historic team silver medal.





BODYBUILDING

The most important discipline for men was fiercely contested in each class and, for the first time, the hosts didn't take a single gold medal. The Poles Sebastian Szmyt and Mariusz Balazinski played the leading role, along with the Romanians Marcel Manea and Dorel Toma (who took the overall title), alongside the French Eddy N'feme.









MASTER BODYBUILDING (45-49 years) -80 kg

Eddy N'feme N'guema (France) European Master Bodybuilding (Middleweight; 45 to 49 years) champion.

MASTER BODYBUILDING (45-49years) +80 kg

Sebastian Szmyt (Poland) European Master Bodybuilding (Semi-heavyweight; 45 to 49 years) champion.



Bodybuilding Master (45-49years; -80 Kg) Top 3, with José Jiménez (Spain, silver), Eddy N´feme N´guema (France; gold) and Emil Giurgiu (Romania; bronze).



Bodybuilding Master (45-49 years; +80 Kg) Top 3, with José Ortíz (Spain, silver), Sebastian Szmyt (Poland; gold) and Antonio de la Torre (Spain; bronze).



Bodybuilding Master (+50 years) Top 3, with Roberto Massagli (Italy, silver), Mariusz Balazinski (Poland; gold) and Onita Caracuda (Romania; bronze).

MASTER BODYBUILDING OVERALL

Dorel Toma (Romania)

The Romanian Dorel Toma (43 years old) was proclaimed overall champion of Master Bodybuilding, after beating his compatriot Marcel Manea by only 1 point of advantage on the judges' cards.





MASTER BODYBUILDING (+50 years) -0pen

Mariusz Balazinski (Poland) European Master Bodybuilding (+50 years) champion.







Classic Bodybuilding Master (+45 years) Top 3, with Miguel Pozuelo (Spain, silver), Guillermo Pérez (Spain; gold) and Andrzej Hurysz (Poland; bronze).



Guillermo Pérez (Spain)
European Master Classic Bodybuilding
(+45 years) champion.

CLASSIC BODYBUILDING

Spain didn't miss out on its appointment with the medal table in this Division. although competition was hard. The Spanish team ended up taking both gold medals, thanks to athletes Sergio Torres and Guillermo Pérez. Miguel Pozuelo snatched one of the two silver medals, along with the aesthetic Italian Antonio Primiceri. Poland, in its growing line, ended up taking the 2 bronzes available with Rafal Jalowiecki and Andrzej Hurysz.

MEN'S PHYSIQUE

With the Italian Antonio Damiano repeating his 2019 bronze, the rest of the medals had new holders, one of the highlights being the Czech Roman Hajabac. His bronze honours his progression, in a demanding discipline where the Spanish Jesús Espigares and the Romanian Costin Ilinca took gold and faced each other for continental supremacy.

OVERALL MASTER MEN'S CLASSIC BODYBUILDING

Guillermo Pérez (Spain)

For the second consecutive year, the overall Master Classic Bodybuilding champions was the winner of the most senior category: Guillermo Pérez (Spain). He did so with a 1-point advantage over his compatriot Sergion Torres (7 to 8 points).



MASTER MEN'S PHYSIOUE OVERALL

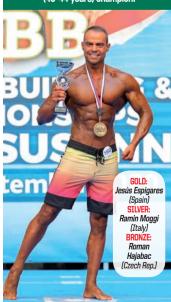
Jesús Espigares (Spain)

Jesús Espinares (Spain) took the overall Men's Physique Master title by a single point difference (7 to 8 points), over the Romanian Costin llinca.



MASTER MEN'S PHYSIOUE (40-44 years)

Jesús Espigares (Spain) ropean Master Men's Physique (40-44 years) champion.



Men's Physique Master (40 to 44 years) Top 3, with Ramin Moggi (Italy, silver), Jesús Espigares (Spain; gold) and Roman Hajabac (Czech Rep.; bronze).



Men's Physique Master (+45 years) Top 3, with Jean-Philippe Cesari (France, silver), Costin Ilinca (Romania; gold) and Antonio Damiano (Italy; bronze).



MASTER MEN'S PHYSIQUE +45 years

Costin Ilinca (Romania) European Master Men's Physique (+45 years) champion.







BIKINI FITNESS

As much disputed as in previous editions, the Master Bikini division had the Spanish athletes as protagonists: they achieved 2 of the 3 gold medals, thanks to María Simone dos Santos and Lourdes Iñurria. Along with these two, the Ukrainian Mariia Burlaka was the great star, imposing her youthful 35 years and achieving the overall title.



Bikini Master (40 to 44 years) Top 3, with Marcela Kotkova (Czech Rep., silver), María Simone dos Santos (Spain; gold) and Sylvie Moocova (Czech Rep.; bronze).



María Simone dos Santos (Spain) European Master Bikini Fitness (40 to 44 years) champion.

Bikini Master (+45 years) Top 3, with Alicia Martín (Spain, silver), Lourdes Iñurria (Spain; gold) and Marjorie Picard (France; bronze).



Mariia Burlaka (Ukraine) European Master Bikini Fitness (35 to 39 years) champion.

Mariia Burlaka (Ukraine)

Mariia Burlaka (35 years old) celebrating her overall Bikini Master title. The Ukrainian athlete beat her main rival, María Simone dos Santos, by 5 to 10 points.







Bodyfitness Master (35 to 44 years) Top 3, with Daniela Martinescu (Romania, silver), Alla Matsegora (Ukraine; gold) and Dorota Ogonowska (Poland; bronze).

BODYFITNESS

Eastern Europe again dominated the medal table, especially thanks to the victory of Maryna Yershova (51 years; Ukraine), over Mayya Sventitskaya (47 years; France) the 2019 champion. The most veteran of the Ukrainian champions did her work for the national team, although she couldn't beat the youngest contender of the division Alla Matsegora (38 years old), who took the overall title unanimously.





BODYFITNESS (35-44 years)

Alla Matsegora (Ukraine) European Master Bodyfitness (35 to 44 years) champion.

BODYFITNESS (+45 years)

Maryna Yershova (Ukraine) European Master Bodyfitness (+45 years) champion.

OVERALL MASTER **BODYFITNESS**

Alla Matsegora (Ukraine)

Alla Matsegora (38 years old: Ukraine) achieved the overall European Bodyfitness Master Champions title. In the overall competition she beat her compatriot Maryna Yershova, 51 years old.



WOMEN'S PHYSIQUE

Natalia Prokhorova, lighter in weight than in the previous season, was always ahead of her rivals and prevailed in her category and in the overall. With 20 athletes competing for the title, Prokhorova -much improved as compared to 2019-finished with gold around her neck, ahead of her compatriot Maryna Melchenko, who was bronze in 2019. The Ukrainian achieved only the first of her 3 golds in these European Championships with a sensational posing routine.

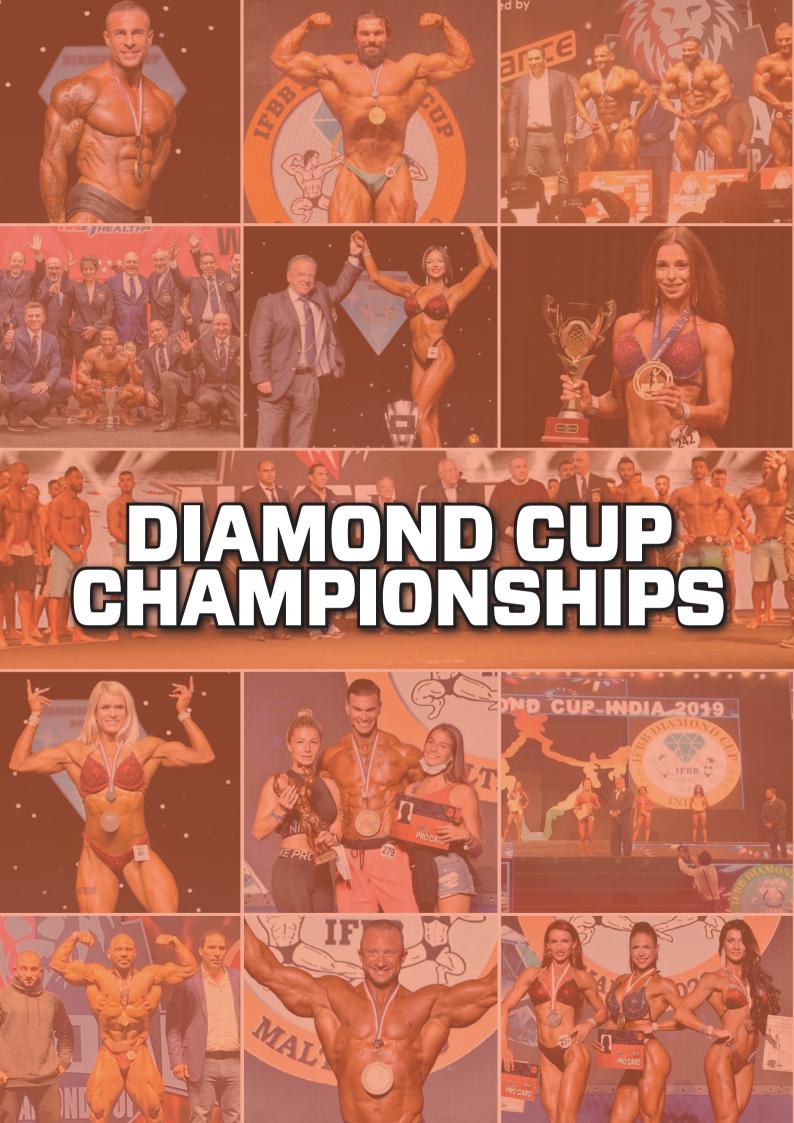


Women's Physique Master Top 3, with Maryna Melchenko (Ukraine, silver), Natalia Prokhorova (Ukraine; gold) and Lucie Jakesova (Czech Rep.; bronze).

MASTER WOMEN'S PHYSIQUE OPEN

Natalia Prokhorova (Ukraine) European Master Women's Physique champion.





2019 MADRID DIAMOND CUP THE IFBB FAMILY'S MEETING POINT



Timoteo Boza (Bodybuilding), José Miguel Gómez (Classic Bodybuilding), Sidy Pouye (Men's Physique), Lina Bejarano (Bikini) y Filipa Santos (Bodyfitness); overall champions and Elite Pro Cards winners.



Timoteo Boza (center), was the overall winner in Bodybuilding, after reaching the gold medal in Welterweight (-75 kg.).

THE CAPITAL CITY of Spain was once again turned into a meeting point for European and African officials, as well as for American and Asian athletes. The

2019 Madrid Diamond Cup was held in Alcalá de Henares, from the 19th to the 20th of October.

President Santonja, who had just arrived from his trip to Doha (Qatar), was present at the event and witnessed both sessions of this significant amateur and professional event.













BODYBUILDING

Bodybuilding (-75 kg): Timoteo Boza (Spain) Bodybuilding (-85 kg): Jorge Fernández (Spain) Bodybuilding (-90 kg): José Luis Castaño (Spain) Bodybuilding (+90 kg):

MASTER BODYBUILDING

Denis Sterba (Czech Rep.)

Master Bodybuilding (-80 kg): Zigor Atxaerandio (Spain) Master Bodybuilding (+80 kg): José Luis Castaño (Spain) Classic Bodybuilding (-178 cm): José Miguel Gómez (Spain)

Classic Bodybuilding (+178 cm): Mohamad Ehasan (Netherlands)

CLASSIC PHYSIQUE

Arminas Kurmauskas (Lithuania)

MASTER CLASSIC PHYSIQUE

Boris Palovic (Slovakia)

MEN'S PHYSIQUE

Men's Physique (-170 cm): Khurram Butt (Denmark)

Men's Physique (-175 cm): Nenko Andreev (Bulgaria)

Men's Physique (-179 cm): Sari Gharib (Sweden)

Men's Physique (+179 cm): Sidy Pouye (Spain)

MUSCULAR MEN'S PHYSIQUE

Alexander Kudelevich (Belarus)





III 2019 DIAMOND CUP ROME



THERE IS NO BETTER MEETING POINT FOR EUROPEAN BODYBUILDING THAN ITALY

"Italy, France and Spain dominate the medal table"

"Anna Sorokina, Sergi Padilla and Roberto Remacho (Spain), share the limelight with Michaela Di Gennaro (Italy), David Ourmiah (France), Alina Yaman (Ukraine) and René Gorol (Czech Rep.)"



IN THE MIDDLE of the autumn season, while the Eastern hemisphere was paying close attention to the Diamond Cup India, Europe was focusing on this season's edition of the DC Rome, organized by the Italian Federation and its President, Mr. Benedetto Mondello, and which is also attended by African, Asian and American athletes.

The 16th and 17th of November, only a few days after the male World Championships and right ahead of the female World Championships, saw a vast number of competitors in great shape crowd to the "Eternal City" for a perfectly organized event. Dr. Rafael Santonja flew from Madrid to Rome with the sole purpose to be present at the event, and to meet here with the many other European executive members who had also gathered for the event.

As goes for sports, the competition made us acquainted with rising stars such as Roberto Remacho (Classic Physique), Karolina Hajkova (Women's Physique) and Rene Gorol (Bodybuilding), but was also an opportunity for more well-known athletes, such as Rocío Araujo and Alina Yaman (Bodyfitness), Aburas Abuagila (Classic Bodybuilding) or Anna Sorokina and Galina Maslovskaya (Bikini), stars of the 2019 Fitness World Championships, to prove they are here to stay. All in all, it was yet another unforgettable experience in one of the world's capital cities for Bodybuilding & Fitness.

The 2019 Rome Diamond Cup crowned the following champions:

BODYBUILDING

Middleweight (-80 Kg):	Udaya Rathnayake (Italy)
Semi-heavyweight (-95 Kg):	Rene Gorol (Czech Rep.)
Heavyweight (+95 Kg):	Roger Tanner (Switzerland)
Master I (-50 years):	Roger Tanner (Switzerland)
Master II (+50 years):	Fabio Pizzaferri (Italy)

CLASSIC PHYSIQUE

Short Class (-176 cm):	Daniel Rodríguez (Spain)
Tall Class (+175 cm):	Roberto Remacho (Spain)

CLASSIC BODYBUILDING

Short Class (-175 cm): Aburas Abuagila (Libya) Tall Class (+175 cm): David Ourmiah (France)

MEN'S PHYSIQUE

Short Class (-173 cm):	Biagio Stallone (Italy)
Middle Class (-176 cm):	Ciro Lezzi (Italy)
Tall Class (-182 cm):	Sergi Padilla (Spain)
Super Tall Class (+182 cm):	Julien Feugier (France)
Master:	Giovanni Basso (Italy)
Junior:	Luca Griffini (Italy)
Muscular:	Iván Simeoni (Italy)

BIKINI FITNESS

Short Class (-158 cm):	Lina Bejarano (Spain)
Middle-Short Class (-164 cm)	Patrycja Slaby (Poland)
Middle Class (-169 cm):	Anna Sorokina (Spain)
Tall Class (+169 cm):	Galina Maslovskaya (Russia)
Master:	Valeria Pipoli (Italy)
Junior:	Patrycja Slaby (Poland)

WELLNESS

Short Class (-165 cm):	Irene Pompei (Italy)
Tall Class (+165 cm):	Micaela Di Gennaro (Italy)

BODYFITNESS

Short Class (-163 cm):	Rocío Araújo (Spain)
Tall Class (+163 cm):	Alina Yaman (Ukraine)
Master:	Edyta Kawcynska (Italy)

WOMEN'S PHYSIQUE

Open: Karolina Hajkova (Czech Rep.)

Overall Bodybuilding:	Rene Gorol (Czech Rep.)
Overall Classic Bodybuilding:	David Ourmiah (France)
Overall Men's Physique:	Sergi Padilla (Spain)
Overall Classic Physique:	Roberto Remacho (Spain)
Overall Bodyfitness:	Alina Yaman (Ukraine)
Overall Bikini Fitness:	Anna Sorokina (Spain)
Overall Wellness:	Micaela Di Gennaro (Italy)

Two of the great stars of the season, Anna Sorokina (Spain) and Galina Maslovskaya (Russia), had an encounter in Rome previous to their 2019 Bratislava World Championships encounter, with different outcome.









Micaela Di Gennaro (Italy), gained valuable points for the Wellness World Ranking and one more gold medal in a stunning season.

Karolina Hajkova (Czech Rep.), Women's Physique champion.









"LOCAL SPORTS PRESS SHOW ENTHUSIASM ABOUT OUR SPORTS"

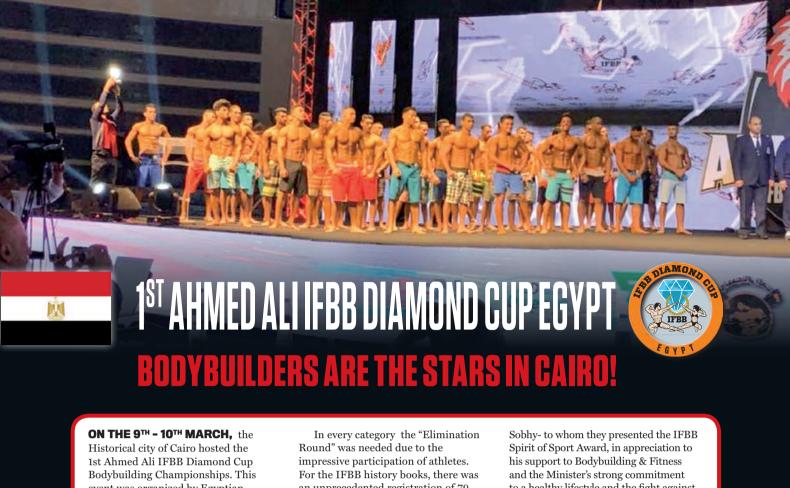
WHILE EUROPEAN ATHLETES gathered in Italy for the Diamond Cup Rome (more about that in this issue), the Asian athletes travelled to Aurangabad from the 16th to the 18th of November to participate in the II Diamond Cup India, organized by their federation (IBBFF) and their promoter, Mr. Sanjai More, Secretary General to the organization.

With extensive coverage in the state press, the Diamond Cup India provided us with the following champions:

NDIP

• Men's Physique:	Pandharianath Patil Girish (India)
Women's Physique:	S. Pawar Harshada (India)
Classic Bodybuilding:	Adam Bagwan (India)
• Bikini:	Anaelle López (Tahiti)
Bodybuilding:	Robi Meitei Moirangthem (India)





event was organized by Egyptian businessman, Mr. Ahmed Ali together with the support of the National Federation of Egypt, chaired by IFBB Vice-president Dr. Adel Fahim El Sayed.

The event was a huge success to open the 2020 season in Africa, with the participation of close to 700 athletes and an enthusiastic audience that supported the athletes during the competition.

an unprecedented registration of 79 competitors in the Men's Physique -1.78cm category!

President Santonja traveled from IFBB Headquarters to Cairo, where he was received by Dr. Adel Fahim el Sayed, his Executive Assistant and President of the Arab & Egypt Federations. Both executives had an important meeting with the Minister of Sports -H.E, Dr. Ashraf

to a healthy lifestyle and the fight against

Overall, it was another important step forward in the promotion of the IFBB and Bodybuilding in Egypt; the cradle of our sport in Africa and Arab countries. And where the national federation won "The Best Team Award" nine times in a row at the Men's World Championships.







Mohamed Mohamed Ibrahem Zakaria (Egypt), Bodybuilding Overall Winner.

> Dr. Adel Fahim El Sayed, greeting the audience during the opening ceremony.



Excellent organisation level, at the 2020 Ahmed Ali IFBB Diamond Cup Egypt.

Men's Physique competitors were at the highest level. ▼



Organized by



Short (-173 cm):	Ahmed Khaled Ali
Middle (-178 cm):	Youssef Hassam Gamae
Tall (+178 cm):	Moaaz Abdelmonuem Shaban

BODYBUILDING

Junior Light (-80 Kg):	Ahmed Tarek Abdelgaed
Junior Middle (+80 Kg):	Sherif Andelbaeth Mohamed
Master Welters (-75 Kg):	Mohamed Ismail Zayed
Master Light Heavy (-90 Kg):	Mahmoud El Dsouky
Master Heavy (+90 Kg):	Sameh Abdelmlak Gages
Master II Middle (-80 Kg):	Eidabo Elmaged Hasab
Master II Heavy (+80 Kg):	El Sayed Abdelal El Sayed
Light Weight (-70 Kg):	Ahmed Mahmood
Middle Weight (-80 Kg):	Eslam Mohamed Abdullah
Light Heavy Weight (-90 Kg):	Ahmed Sayed Shaban
Heavy Weight (+90 Kg):	Mohamed Ibrahem Zakaria

CLASSIC PHYSIQUE

Short (-173 cm):	Mohamed Khaled Khairy
Middle (-178 cm):	Wael Mohamed Amin
Tall (+178 cm):	Mustafa Saeed Elganiny

Men's Physique Overall:	Youssef Hassam Gamae (Egypt)
Classic Physique Overall:	Wael Mohamed Amin (Egypt)
Bodybuilding Overall:	Mohamed Ibrahem Zakaria (Egypt)
Master Bodybuilding Overall:	Sameh Abdelmlak Gages (Egypt)
Master II Bodybuilding Overall:	El Saved Abdelal El Saved (Egypt)

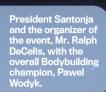
Minister of Sports from Egypt, H.E, Dr. Ashraf Sobhy; surrounded by IFBB President, Dr. Rafael Santonja, and Vice-president for Africa, Dr. Adel Fahim El Zayed, (right).





2020 III DIAMOND CUP MALTA

THE MFBF CONSOLIDATES MALTA AMONG THE MOST OUTSTANDING EVENTS OF THE IFBB CALENDAR





MAL

"Pawel Wodyk (Poland) and Nicola Maccarini (Italy) were the great male stars of the competition."

"Sabrina Grima (Malta) achieves the Bikini Pro license and becomes a legend."



MORE THAN 100 ATHLETES from 19

European countries travelled to the popular Dolmen Hotel & Resort in Qawra to compete in the 2020 edition of the Diamond Cup Malta. This competition represented the launch of the summer-autumn season, following the crisis caused by Covid-19.

The competition was a complete success, thanks to the commitment and experience of the Maltese federation chaired by Mr. Ralph DeCelis. The Maltese federation is fully integrated into the Malta Olympic Committee. Security protocols were strictly fulfilled, supervised by the IFBB Medical Commission. One more year, President Santonja travelled to the island to be present at one of the most prestigious events of the season, an event that saw new stars such as Pawel Wodyk and Nicola Maccarini emerge, who have already made the delights of Bodybuilding fans.







▲ The top three Bodyfitness athletes with their Elite Pro licenses.



















Fabian Feber (Germany) Will be able to accompany his twin brother Marcel after achieving his Elite Pro license, which he did by winning the Muscular Men's Physique discipline.











BIKINI FITNESS

 Junior (Open):
 Elisavet Ntoutsi (Greece)

 Master (Open):
 Martina Kurkova (Czech Rep.)

 Short Class (-160cm):
 Sabrina Grima (Malta)

 Middle Class (-164 cm):
 Evelin Szalai (Hungary)

 Tall Class (-169 cm):
 Alice Marchisio (Italy)

 Super Tall Class(-169 cm):
 Jana Jerabkova (Czech Rep.)

WELLNESS

en: Amanda Vemte (Greece)

BODYFITNESS

Open: Rocío Araujo (Spain)

Master: Petronella Bihn (Germany)

FIT MODEL

Open: Evelin Szalai (Hungary)

OVERALL BIKINI FITNESS: Sabrina Grima (Malta)

OVERALL MASTER BODYBUILDING: Massimiliano Saccone (Italy)

OVERALL MEN'S PHYSIQUE: Nicola Maccarini (Italy)

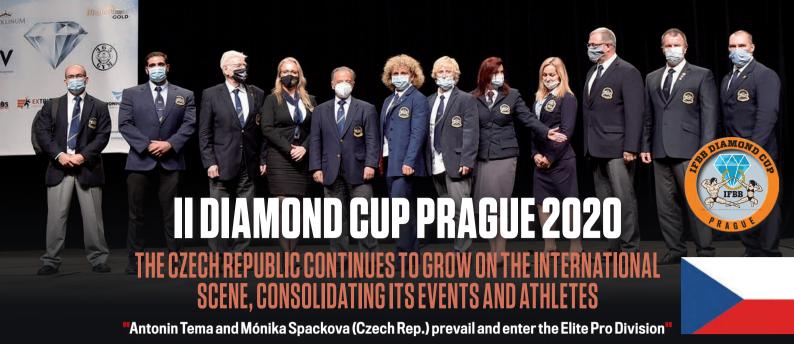
OVERALL BODYBUILDING: Pawel Wodyk (Poland)











AFTER THE 2020 European championships, the activity in Europe continued to accelerate thanks to the Federation of the Czech Republic (SKFCR) and the organizers Miroslav Tichy and Roman Hajabac, architects of the II Diamond Cup Prague. This edition consolidates its importance for European athletes, and grew to include new disciplines, such as Fit Model.

More than 200 athletes gathered at the prestigious Hilton Hotel on October 3 and 4, to compete for the Elite Pro licenses at stake, in the first international competition after the continental championships held in Santa Susanna. Among the most outstanding athletes, along with the overall champions, we must highlight Kristyna Seidlova,

who reclaimed her 2019 title. Florian Klaus Fütterer, who took two golds in Bodybuilding, Martina Kurkova, who took two golds in Bikini, and finally Roman Hajabac, the organizer of the event, who had discipline enough to win the Master class of Men's Physique.

The 2020 Prague Diamond Cup left us with the following champions:









Martin Müller

(Czech republic) Classic Physique champion





Karina Kondratieva (Belarus) Women's Fit Model champion



Open: Karina Kondratieva (Belarus)

BODYFITNESS

Open: Martina Sletsjoee (Czech Rep.) Master: Vladimira Zeravikova (Czech Rep.)

Short Class (-163 cm): Kristyna Seidlová (Czech Rep.) Tall Class (+163 cm): Michaela Krajcova (Czech Rep.)

BIKINI FITNESS

Short Class (-162 cm): Kamila Brzobohata (Czech Rep.)

Middle Class (-166 cm): Mónika Spackova (Czech Rep.)

Middle-Tall Class (-169 cm): Martina Kurkova (Czech Rep.) Tall Class (-172 cm):

Jana Jerabkova (Czech Rep.) Super-Tall Class (+172 cm): Natalie Myslikova (Czech Rep.)

Junior: Adela Uhrova (Czech Rep.)

Master: Martina Kurkova (Czech Rep.)



Mónika Spackova (Czech Rep.) René Janosek (Czech Rep.) Antonín Tema (Czech Rep.) Kristyna Seidlova (Czech Rep.)



Lucie Jakešová (Czech republic) Women's Physique champion



Martina Sletsjoee (Czech republic) **Bodyfitness champion**



Vladimíra Žeravíková (Czech republic) **Bodyfitness Masters champion**









III DIAMOND CUP SERBIA 2020



CÂCÂK CONSOLIDATES IS STATUS AS AN INTERNATIONAL VENUE

"Athletes from 16 countries meet in Serbia in an event perfectly organized by the SSBBFBFA." "The enormous Sasa Lampas achieves the Elite Pro license in Bodybuilding."

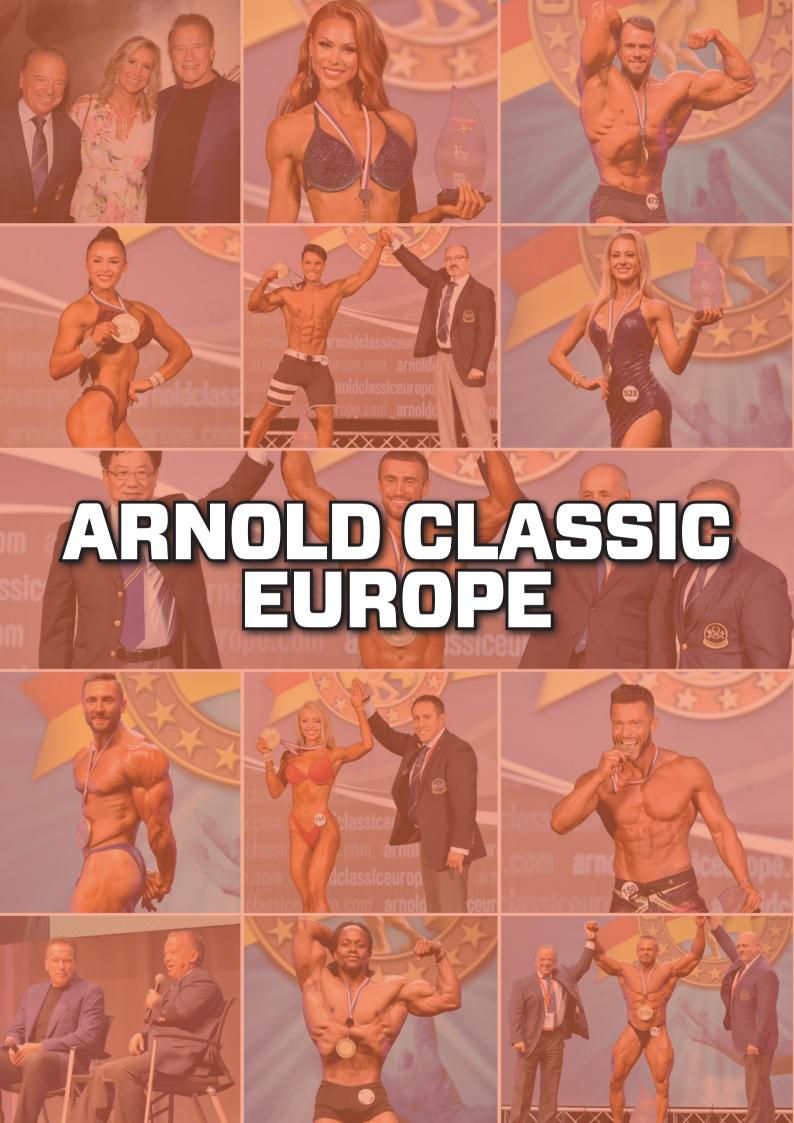
AS A FOLLOW-UP to the events held in Prague and Luxembourg, the Serbian city of Cacak confirmed its importance for European Bodybuilding by summoning athletes from 16 countries in search of the prestige of victory and the Elite Pro licenses offered.

The event was the second of three hosted by Serbia this season. Three weeks ago, the country organized the Balkan Cup and 5 days later it would organize the World Children's Fitness Championships, confirming the great work carried out by the Serbian Federation (SSBBFBFA) chaired by Mr. Goran Ivanovic.

On October 17th, a highly disputed competition took place, leaving us with the following champions:









ES MEET AT EUROPE'S BIGGEST FITNESS

"Russia's Usein Salimov won the overall Bodybuilding title, ahead of a very complete Anton Ferents (Ukraine)"

"Galina Maslovskaia (Russia) conquers the overall Bikini title and remains undefeated this season"



"Classic Physique gains popularity and continues to boast spectacular physiques, such as Andrej Mandic's (Austria)"

"Bilal Fakir (Belgium), Men's Physique's rising star"



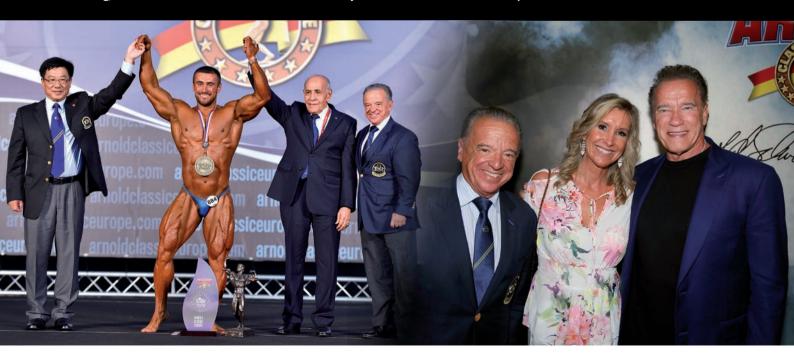
n a rapidly changing world like the one we live in, some references still endure, and one of them is the ACE. Ongoing for almost a decade, **Europe's biggest multi-sports** festival again gathered thousands of athletes (over a thousand Fitness and Bodybuilding performers) and tens of thousands of fans, last 19th to 22nd of September.

Spain has become one of the IFBB's main sport venues, thanks to President Santonja and Governor Schwarzenegger. Athletes from all five continents gathered in Barcelona to take part in an event that praises its champions and gives the audience a memorable experience. Therefore, the 2020 edition is already on its way, with new projects and the perspective of maintaining it as the European summit for healthy lifestyle.

Aside from its success as a sports event, the 2019 ACE was a new step for the IFBB towards its integration into Olympism. The presence of Mr. Melitón Sánchez, IOC member since 1998, goes to show that Fitness and Bodybuilding are already considered and respected institutionally, thanks to the IFBB's efforts. The future is revealing itself as fascinating, the present already being magnificent, thanks to events like this.

Usein Salimov (Russia; 89 kg and 28 years old) was crowned overall Bodybuilding champion at the 2019 ACE. In the photo, we see him with AFBF president, Mr. Zhang Haifeng, CIO member Mr. Melitón Sánchez and President Santonja.

President Santonja and his wife, Nieves, with Governor Schwarzenegger. A new edition and projects are already on their way for 2020. ▼





Kristina Kasparova (Russia) 2019 ACE overall Wellness champion.

WOMEN'S WELLNESS

SUPER FINAL (TOP 3)		
1. Kristina Kasparova (Russia)	6 points	
2. María Góngora (Spain)	11 points	
3. Dagmara Dominiczak (Poland)	16 points	

A DISCIPLINE that has grown since 2018, and needed 4 height classes this time to accommodate all the inscribed athletes. The overall went to Kristina Kasparova (Russia), followed by Spain's María Góngora, who continues to evolve and got the gold in the Tall Class.

WOMEN'S FITNESS

THE COMING of age of junior and sub-junior athletes reopened the path for two height categories, and ascertained Slovakia as the country of reference in this discipline. After getting the gold in their classes, Michaela Pavleová y fristina Juricová fought head-to-head for the overall title, which finally went to Pavleová.

SUPER FINAL (TOP 2)

 Michaela Pavleová (Slovakia) 	5 points
2. Kristina Juricová (Slovakia)	10 points



Kristina Juricová (Slovakia) Michaela Pavleová (Slovakia) Fitness -163 cm. Fitness +163 cm.



▲Women's Fitness overall champion, Michaela Pavleová (Slovakia), with IFBB official, Jose María García.

BIKINI FITNESS

AS SPECTACULAR as ever, the Number One female discipline

provided us with another sensational show, lead by current European champion Galina Maslovskaia, who claimed the overall who claimed the overal title and seems to be following in her predecessor, Maryna Oborska's, footsteps, looking for a good projection to enter the Pro Division in 2020.

SUPER FINAL (TOP 3)

1. Galina Maslovskaia (Russia)	11 points
2. Lina Kudricke (Lithuania)	14 points
3. Magdalena Stawisinski (Poland)	14 points

SUPER FINAL JUNIOR (TOP 3)

1. Natalia Czajkowska (Poland)	7 points
2. Irina Pimenova (Russia)	8 points
3. Daria Kuznetsova (Russia)	15 points

SUPER FINAL MASTER (TOP 2)

1. Maria Galitskova (Russia)	5 points
2. Anna Mezhakova (Russia)	10 points









Overall Bikini Champion, Galina Maslovskaia (Russia); joined by Mr. Zhang Haifeng, Mr. Melitón Sánchez and President Santonja.



▲ Junior Overall Bikini Champion, Polish Natalia Czajkowska with IFBB vice-president, Marco Cabezas.





WOMEN'S FIT MODEL

SHOWING its unstoppable growth, the latest of the female disciplines is already fully consolidated and celebrates its second edition this year. The Eastern European athletes dominated the discipline and fought for the medals.





BODYFITNESS

THE TRADITIONAL fight between Russian and Ukrainian athletes featured a new episode this edition, although Russia introduced some new stars, such as Kristina Boldyreva and Iuliia Kazakovtceva, who tipped the balance in the former's favour. For the Spanish audience, the highlight was seeing future star Lucía Martínez win the Junior competition.





WOMEN'S PHYSIQUE

WITH THE 12 contending athletes gathered in one
Open class, the fabulous
Viktoriia Pohribniak had no
trouble in renewing her 2018
title. The Ukrainian athlete is, without a doubt, the big amateur star in this discipline and continues to refuse her pro license.

> Viktoriia Pohribniak (Ukraine): Overall Women's Physique Champion, once again, by unanimous decision of the judges.







MEN'S PHYSIQUE

ONLY SPANIARD Sidy Pouye renewed his 2018 title, but did not make overall champion, a title that went to Bilal Fakir, one of the current stars of the sport in

Belgium. The medals were heavily contested, with very complete classes; making it into the Top 10 was in itself considered a small victory.

SUPER FINAL (TOP 3)

1. Bilal Fakir (Belgium)	9 points
2. Daniel Baumann (Denmark)	14 points
3. Sidy Pouye (Spain)	15 points

SUPER FINAL JUNIOR (TOP 3)

1. Santiago Prada (Spain)	7 points
2. Josef Kogler (Austria)	11 points
3. Andrea Bonello (Italy)	13 points

SUPER FINAL MASTER (TOP 2)

1. Khurran Butt (Denmark)	5 points
2. Alejandro Cerrejón (Spain)	10 points



Bilal Fakir (Belgium), with IFBB official José María García while being announced as 2019 Men's **Physique** Overall Champion.



Mr. Zhang Haifeng, of the Asian
Federation
(AFBF) and Dr.
Rafael Santonja
with Junior Men's Physique Overall Champion, Spain's Santiago Prada.





William Tierney, with Overall Master Men's Physique Champion, Khurran Butt (Denmark).



MUSCULAR MEN'S PHYSIQUE

RUSSIA and Ukraine continue to rule over this discipline that seems to have lost popularity amongst the performers, as it kind of appears to be a previous step to Classic Physique.

SUPER FINAL MASTER (TOP 2)

1. Anton Papezhuk (Ukraine)
3. Aleksandr Shatsman (Russia) 6 points 9 points

Vitalii Plys (Ukraine)

Classic Bodybuilding +180 cm



Joined by Mr. Zhang Haifeng and President Santonja, Ukranian Anton Papezhuk celebrates his Overall Muscular Men's Physique title

Tomas Kairys (Lithuania)

3. Vitalii Plys (Ukraine)

Evgeny Konstantinov (Russia

12 points

Aleksandr Shatsman (Russia)

Muscular Men's Physique:

+175 cm.



Anton Papezhuk (Ukraine)

Muscular Men's Physique:

-175 cm.





Boris Palovic (Slovakia)

Classic Bodybuilding Master, Open





▲ The President of the IFBB Judges Committee, Mr. Pawel Filleborn with Classic Physique overall winner, Andrej Mandic (Austria).



CLASSIC PHYSIQUE

IN ITS SECOND year as official discipline, Classic Physique had a larger number of participants, enabling a total of four classes. The fabulous Austrian Andrej Mandic won the overall after sweeping the Tall Class with perfect scores from the judges.

SUPER FINAL (TOP 3)	
1. Anfrej Mandic (Austria)	6 points
2. Szymon Kulinski (Poland)	9 points
3, Safiar lancu (Romania)	15 points

BODYBUILDING

WITHOUT any hallowed icons, the battle for the overall title remained unresolved until the remained unresolved until the very end between the Top 3, separated by only 3 points. Russia's Usein Salimov was finally proclaimed victor ahead of a shredded-as-neverbefore Anton Ferents, who is also a specialist in the mixed pairs composition. pairs competition.

Salimov, at 89 kilograms only, showed that muscle quality is more important than quantity in the amateur division.

	C41		con ar sic
José J. Hernández (Mexico) Bodybuilding Lightweight (-70 kg.)	Timoteo Boza (Spain) Bodybuilding Welterweight (-75 kg.)	Marcel Lowentraut (Germany) Bodybuilding Middle-Lightweight (-80 kg.).	Yevgeniy Yakimov (Kazakhstan) Bodybuilding Middleweight (-85 kg.).

SUPER FINAL (TOP 3)

1. Usein Salimov (Russia)	9 points
2. Anton Ferents (Ukraine)	11 points
3. Daniel Poniedzialek (Poland)	12 points

SUPER FINAL MASTER (TOP 3)

1. Rafal Filipczuk (Poland)	5 points
2. Tassos Koligkionis (Greece)	6 points
3. Giuliano Bufano (Italy)	8 points

SUPER FINAL JUNIOR (TOP 2)

1. Martin Horky (Czech Rep.) 5 points 3. Lukas Rejholec (Czech Rep.) 10 points







Martin Overall
Junior
Bodybuilding
Champion
(-23

Lukas Rejholec (Czech Rep.) Junior Bodybuilding -75 Kg.

◀2019 ACE Overall Bodybuilding champion: Usein Salimov (Russia).

Rafal Filipczuk became Overall Master Bodybuilding Champion, adding another title to Poland's list, and well deserved it was. At 41 and 94 kg, his body was one of the most spectacular of the 2019 ACE.



Diego Olivieri (Italy) Master Bodybuilding 40-44 years; -80 kg.



-90 kg.

Rafal Filipczuk (Poland) Master Bodybuilding 40-44 years; +90 Kg.





Master Bodybuilding 50-54 years; +80 kg.





Jean Luc Faure (France) Master Bodybuilding over 55 years; -75 kg.



Tassos Koligkionis (Greece) Master Bodybuilding over 55 years; +75 kg.





























XI'AN (CHINA): IFBB BELT & ROAD

BODYBUILDING'S UNSTOPPABLE PROGRESS CONSOLIDATES ITS MAIN VENUE

The 2019 IFBB Belt & Road opening ceremony turned out spectacularly and was broadcast on Chinese TV. Local and sports authorities played an active role in the event alongside the athletes.





President Santonia, warmly received upon his arrival in Xi'an.

Driven by the success of the inaugural 2018 edition, the 2019 "Belt & Road" Worldwide Bodybuilding & Fitness Championships held in Xi'an, China, turned out to be yet another social and sports event which contributed not only to boost our sports discipline, but also to widen and strengthen social ties between countries, the same way the Silk Road has united East and West for some two thousand

Imperial China's old capital city is in focus once again, this time around, from Bodybuilding fans from all 199 countries that make up the IFBB, whose President was not about to miss the event. Dr. Rafael Santonja travelled to Xi'an to assist to the championships alongside the Chinese Federation's (CBBA) authorities, lead by their president, Mr.
Zhang Haifeng, who was recently elected president









The Belt & Road competition, which hands out considerable money prizes for the athletes, was broadcast on TV and via streaming. The finals were held out in the open, in one of the busiest squares in Xi'an, with hundreds of spectators present.



Chinese athletes continue to show their competitive growth and dominate some of the disciplines, for instance, Men's Physique.

of the Asian Federation for Bodybuilding & Fitness (AFBF), and their executive vice-president, Mr. Gu Qiao, Secretary for the IFBB Judges Committee.

Athletes from four continents took part in the competition.

MAIN WINNERS	
BODYBUILDING:	Zhour Chen (China)
CLASSIC BODYBUILDING:	Zhang Lez Zhao (China)
MEN'S PHYSIQUE:	Zhen Qu Lin (China)
FITNESS:	Wen Jie Yang (China)
BIKINI:	Xue Fer Zhang (China)
FITNESS:	Dorottya Agoston (Hungría)
BODYFITNESS:	Dong Yuan Wang (China)



The Chinese Federation's sports authorities pose for the cameras with the IFBB President before welcoming the athletes.



The institutional bonds between CBBA and IFBB have strengthened thanks to events such as the Belt & Road, which also contributes to the development of Bodybuilding and Fitness in China, powering future projects. In this photo, Mr. Liu Kuanren -Vice Chairman of Shaanxi People Political Consultive Conference-(Shaanxi being the province where Xi'an is located) and President Santonja unveil a memorial plaque, joined by CBBA president, Mr. Zhang Haifeng and executive vicepresident, Mr. Gu Qiao.

The "2019 MUSCLE BEACH BALI"

Grand Prix Opens up for more events in INDONESIA



The South Eastern Asian athletes ruled the medal table.

lmost 200 athletes from South East Asia assisted to this perfectly organized event, thanks to the efforts of the president of the Indonesian National Federation, Mr. Komang Arnawa. The Bali Grand Prix was an extraordinary experience both as a sporting event and socially.

The athletes enjoyed an original setting on the very sands of the Balinese paradisiacal beaches, and were delighted by the friendly environment provided by their fellow Indonesian athletes. The athletes from Brunei, who competed under the IFBB flag, stood out with two overall titles, showing the quality existing in this country.

The thoroughly positive experience opens up for new events being held here next season, taking into account the high level of attendance to the event and the perfect combination of sporting activities and tourism this location provides.

BODYBUILDING: Muhammad Syahrul B. (IFBB Flag) **BODYFITNESS:** Irina Averiyanova (Indonesia) BIKINI: Riska Kristia (Indonesia) WELLNESS: Vic Nadya Izwa (Indonesia)

WINNERS

Mohammad Nadirul H. (IFBB Flag)

Khairul Abror (Indonesia)

Alexis Abule (Philippines)

High level competition and tourism: this is Muscle Beach Bali

MEN'S PHYSIQUE:

MUSCULAR MEN'S PHYSIQUE:

CLASSIC BODYBUILDING:







2019 IFBB WORLD CUP

A SELECT GROUP OF AMATEUR ATHLETES STAND OUT IN TARRAGONA (SPAIN), AS A FORETASTE TO THE 2019 IFBB WORLD CHAMPIONSHIPS

"Anna Sorokina, Sidy Pouye and Rocío Araújo asserted their positions on the World Ranking"

"Fit Model debuted successfully at the World Cup"

"Valentina Volina (Russia) was the big surprise, claiming the overall Bikini crown"



THE YEAR 2019'S

first rendezvous with the historic city of Tarragona was the 2019 IFBB World Cup, held between the 1st and 4th of November 2019. This event acts as the perfect supplement to the Elite Pro World Championships, and is a relevant foretaste to the IFBB Amateur World Championships, to be held in late November and December.

Athletes from 4 continents attended an event that picked up the torch after the 2018 edition of Cluj-Napoca (Romania), and that was broadcast live on streaming. The IFBB World Cup is already a firmly established competition, that helped 2019 IFBB World Ranking stars the likes of Sidy Pouye (Men's Physique) or Rocío Araújo (Bodyfitness), champions of their disciplines, to assert their positions, but also helped give rising stars a push, stars such as Valentina Volina (Russia), the only athlete who can boast of having defeated the great 2019 Bikini star, Galina Maslovskava, this season.



ADAM KOZYRA (UKRAINE) Overall Bodybuilding champion.

VALENTINA VOLINA (RUSSIA) Overall Bikini champion.



▲The Bodyfitness podium, dominated by Rocío Araujo (Spain).

▲ The Muscular Men's Physique podium, won by Aleksander Kudelevich (Belarus).

2019 WORLD CUP CHAMPIONS

Bodybuilding: Adam Kozyra (Russia) Bodybuilding: Bodybuilding (Master): Igor Borzov (Russia) Bodyouiding (Waster): Classic Bodybuilding: Classic Physique: Men's Physique (Short C.): Men's Physique (Tall C.): Men's Physique (Master): Yuriy Gayduk (Ukraine) Tomas Sentinek (Slovakia) Tomas Sentinek (Slovakia)

Alexander Khotyanovich (Montenegro) Sidy Pouye (Spain) Antonio Damiano (Italy) Antonio Damiano (Italy) Leksander Kudelevich (Belarus) Muscular Men's Physique: Yana Shyrokykh (Ukraine) Bodyfitness (Master): Bodyfitness: Rocío Araújo (Spain) Dagmara Dominiczak (Poland) Wellness (Short C.): Wellness (Tall C.): Poliane Freitas (Poland) Women's Physique: Women's Physique (Master Liubov Popova (Ukraine) Liubov Popova (Ukraine)

Nataliia Prokhorova (Ukraine) Anastasiia Mizgireva (Russia) Bikini (Junior): Bikini (Master): María Galitskova (Russia) Bikini (Short C.): Maria uainskovo (11865...) Valetina Volina (Russia) Lidia Fernández (Spain) Bikini (Middle C.): Anna Sorokina (Spain) Bikini (Tall C.): Anna Sorokina (Spain) Galina Maslovskaya (Russia) Bikini (Super Tall C.): Sofia Mololetova (Russia) Fit Model:

▲ The Classic Bodybuilding podium, conquered by Yuriy Gayduk (Ukraine).



The Fit Model discipline, won by the astonishing Sofia Maloletova, experienced a spectacular debut at the IFBB World Cup.



IGOR BORZOV (RUSSIA) Master Bodybuilding champion.



A Sidy Pouye (Spain) with FEFF president, Mr. José Ramos, won the Men's Physique title.



POLIANE FREITAS (BRAZIL)
Overall Wellness champion.



IFBB Gulf Classic Dubai 2020

DUBAI FURTHERS THE IMPORTANT ROLE OF THE UAE IN THE IFBB CALENDAR

arely a month after the 73rd Bodybuilding
World Championships in Fujairah, the Emirate
of Dubai hosted the III edition of the IFBB Gulf
Classic Grand Prix, from the 5th to the 7th of
December. Hundreds of athletes living in the
Persian Gulf area participated in the event, which was
attended by President Santonja.

The competition, organized by the efficient promoter Mr. Bassem Jawhary, it was one of the last competitions of the year on the IFBB calendar. This edition was a challenging event for the judges, as some of the disciplines had inscribed over 30 performers.

The main champions were awarded money prizes and Elite Pro licenses and were, as follows:



President Santonja is welcomed at the Dubai airport by outstanding promoters of Bodybuilding in the Arab Emirates, such as (left to right) Laden Yazbek Basen (IFBB International Judge), Mr. Bassem Jawhary (promoter of the IFBB Gulf Classic), Brigadier Abdel Kareem Mohamed Saeed (Director of the area's IFBB Academy), Mr. Ali Ben Hider (Vice-President of the UAE Federation), Dr. Adel Fahim El Sayed (IFBB Vice-President for Africa) and Mr. Ahmad Haimour (Vice-President AFBF).

BODYBUILDING

Bantam (-65 Kg):	Rashid Ali Alnaqbi (UAE)
Light (-70 Kg):	Yousaf Abdullah Ahmed (UAE resident)
Welter (-75 Kg):	Mohamed Abdelaal (UAE resident)
Light-Middle (-80 Kg):	Ali Ahmadi Mohamed Ibrahim (Egypt)
Middle (-85 Kg):	Ahmad Rustom (UAE)
Super-Middle (-90 Kg):	Hewa Sampath (Sri Lanka)
Light Heavy (-95 Kg):	Medhat Khalil (UAE resident)
Heavy (-100 Kg):	David Ndokuro (UAE resident)
Super Heavy (+100 Kg):	Ossama Aly Abdalla (Egypt)
Master (40-49 years):	Gazi Parves Chiken (UAE resident)
Master (+50 years):	Fadhil Hussein (Iraq)

CLASSIC PHYSIQUE

Short Class (-171 cm):	Hadif Alsuwaidi (UAE)
Middle Class (-180 cm):	Helal Almehiri (UAE)
Tall Class (+180cm):	Hamed Alawadhi (UAE)

CLASSIC BODYBUILDING

Short Class (-171 cm):	Amir Kalati (Iran)
Middle Class (-175 cm):	Mohammad Azar Dast (Iran)
Tall Class (-180cm):	Abdel El-Ellah M. Qaisi (Jordan)
Super Tall Class (+180cm):	Rami Khater (UAE)

MEN'S PHYSIQUE

Junior (-174 cm):	Abdulla Khalid Almarri (UAE)
Junior (-178 cm):	Khaled Jamal Alblooshi (UAE)
Junior (+178 cm):	Hamed Alawadi (UAE)
Master (40-44 years):	Badr Hassan M. Sharif (UAE)
Master (+45 years):	Mohammed Karkashan (Saudi Arabia)
Short Class (-170 cm):	Muhammad Abdoul Ghafoor (UAE resident)
Short-Middle Class (-173 cm):	Ahmed Fahad (Saudi Arabia)
Middle Class (-176 cm):	Khaled Jamal Alblooshi (UAE)
Middle-Tall Class (-179 cm):	Mohamed Tariq Alshaib (UAE)
Tall Class (-182 cm):	Abdulla Saeed A. Alsheh (UAE)
Super Tall Class (+182 cm):	Ali Tamimi (Serbia)
Muscular:	Morteza Sheykhabadgard (Iran)





13 athletes were enrolled for the Bodybuilding Open competition.
The top 8 distributed more than \$15,000 in prizes amongst them.







Ivan Makarenko (Overall Classic Bodybuilding).

Elena Lepina (Open Fitness).

Sergey Chaika (Classic Bodybuilding -180 cm).

Aleksander Eskin (Bodybuilding -80 Kg).

Fit Model Talla Baja, Top 6.

RESULTS

FITNESS: Elena Lepina

BODYFITNESS: Alexandra Mekshun

WELLNESS: Valeria Yurchenko

WOMEN'S PHYSIQUE: Oxana Yarmak

MUSCULAR MEN'S PHYSIQUE: Mohamed Mahmoud

CLASSIC BODYBUILDING: Ivan Makarenko

BODYBUILDING: Andrey Goldin



I BELLUX CUP LUXEMBURGO 2020

EUROPA ACCELERATES THE LEARNING PROCESS FOR THE NEW ASPIRING STARS

"Pawel Wodyk (Poland) gives no respite and takes his second title this season"

"Borja Serna (Spain), Mohamed Benziane (France), Lorenzo van Hole and Roy de Oliveira (Belgium), and Nikita de Visser (The Netherlands) are the new international bodies to keep an eve on"





THANKS TO SOME

momentum courtesy of the 2020 European Cup, the best-in-shape athletes could continue their fight for fame and titles in Luxembourg. This event started in 2018, thanks to the great work of the Luxembourg Federation led by Guy Kridel and Patrizio Vitali. The 1st Bellux Cup held in Munsbach was an enormously attractive event for athletes from Belgium, The Netherlands, Switzerland, France and Germany, who were joined by participants from Spain, Poland, Austria, Romania, Portugal and the Czech Republic, who also ended up having a prominent place in the rankings.

Pawel Wodyk (Bodybuilding), the big star of the Diamond Cup in Malta, achieved a close victory against the promising Lorenzo van Hole (27 years old) who tied with him in the mandatory poses. The Polish athlete will wait until 2021 to enter the Elite Pro Division, despite his victory in Malta. Here, he'll meet the young Belgian again in excellent shape.

The I Bellux Cup also left place for many anecdotes that will be remembered over time. Maybe the most striking of them all: the triumph of Borja Serna in Bodybuilding -90 kg. The Spaniard entered the event as a Classic athlete but, seeing as there were no rivals in his class, he did not hesitate to participate in Bodybuilding instead. This proved to be a smart move, as his sensational shape made up for his lack of size and he snatched the gold medal. Then there was the unusual case of Nikita de Visser: the Dutch woman enrolled in Wellness but the judges decided to transfer her to Women's Physique due to her imposing muscular quality. She couldn't win against the very complete Aline Beck (Switzerland), but she achieved the silver medal. Both athletes will give a lot to talk about shortly.

The 2020 IFBB Bellux Cup distributed 9 Elite Pro licenses and left us the following champions:









MEET & GREET



•During his visit to Lima, to attend the General Assembly of the Pan American Sports Olympic Organization; President Santonja greet President of International Olympic Committee, Dr. Thomas Bach former Gold Medal at the 1976 Olympic Games in Montreal.

At the 18th Pan American Games, where Bodybuilding and Fitness were medalist sports, for the first time.

IOC President, Dr. Thomas Bach, with IFBB President, Dr. Rafael Santonja.



•President Santonja's project to integrate the IFBB into Olympism continues to move forward steadily. On the past 30th of November, at their meeting in Panama, the Executive Committee of the Central American and Caribbean Sports Organization (ODECABE/CACSO) voted in favour of the official recognition of the IFBB, and the inclusion of Bodybuilding and Fitness as medal disciplines in the next edition of the Central American and Caribbean Games, to be celebrated in Panama in 2022

The decision made by the ODECABE is another important step towards integrating the İFBB into Olympism, as well as a motivation to all Bodybuilding & Fitness performers in the area. It is also an important acknowledgement to the hard work of IFBB officials, such as Ing. Eduardo Abdalah, -President of the Pan American Confederation for Bodybuilding & Fitness-, and Gral. Juan Santiago Estrada –IFBB special adviser-, who work permanently with President Santoja in order to achieve these important goals.





At the meeting of the Central American and Caribbean Sports Organization, in Panama City, greeting Luis Meiia. President of the Central American and Caribbean Sports Organization (CACSO) and IOC member.

The Executive Committee of the Central America and the Caribbean Sports Organization (CACSO) at their Executive Council Meeting in which IFBB was recognized, and Bodybuilding and Fitness were included for its Panama 2022 Games as medalist sport



THE XVIII PAN AMERICAN GAMES





 Bodybuilding and Fitness are very popular in America, and medalist sports at the Panamerican Games. IFBB participated at the recent Panamerican Games which took place in Lima 2019, in an event that was celebrated in a fully packed "Coliseo Mariscal Cáceres" auditorium, one of the magnificent world class facilities prepared for these Games, with huge spectators capacity, evidencing the great expectation created by our sport at its Olympic Pan American official debut.

President of the Pan American Olympic Organization, Ing. Neven Ilic, in a nice talk with President Santonja and General Santiago Estrada (IFBB Special Advisor) at the Opening Ceremony of the Panamerican Games.





IFBB PRESENT AT THE XII SOUTH AMERICAN GAMES IN ASUNCIÓN 2022



 Bodybuilding and Fitness will be included in the next South American Games that will take place in Asunción (Paraguay) in 2022.

The South American Games are promoted by the

South American Sports Organization (ODESUR). All South American Olympic Committees are integrated within ODESUR, under the presidency of Mr. Camilo Pérez, member of the International Olympic Committee and president of the Paraguayan Olympic Committee.

The Paraguayan Association of Bodybuilding (APF & PFI) chaired by Victor Niella, will have a prominent role in this event. He's already working together with the organizing committee of the Games and the sports minister, Dr. Irma Fátima Morales. The APF will also have the full support of the Pan-American and South American Bodybuilding confederations, chaired by Ing. Eduardo Abdalah and Lic. Juan Paredes respectively.



ODESUR President, Mr. Camilo Pérez receiving Dr. Rafael Santonja in his office, at the 4th South American Beach Games in Rosario, Argentina, with Bodybuilding and Fitness as medalist sport for the first time

PRESIDENT SANTONJA, IN DOHA, C COMMITTEES) GENERAL

•In a new step towards the goal of Olympism, President Santonja traveled to Doha, Qatar attending the 24rd General Assembly of the World Association of National Olympic Committees (ANOC).

Qatar hosted from this important meeting point for all the National Olympic Committees (NOCs). The General Assembly is the supreme governing body of the ANOC: the umbrella organization responsible for protecting and advancing the interests of the worldwide NOCs, supporting and promoting the Olympic Values.



President Santonja traveled to Doha, one day earlier to meet H.R.H. Sheikh Ahmad Al Fahad Al Sabah President, of the Olympic Council of Asia (OCA), a great sport leader that has always extended generous support to the sports of Bodybuilding and Fitness and to whom IFBB is deeply grateful.

President Santonja, meeting in Doha with H.R.H. Sheikh Ahmad Al Fahad President of the ANOC & Olympic Council of Asia (OCA)-.

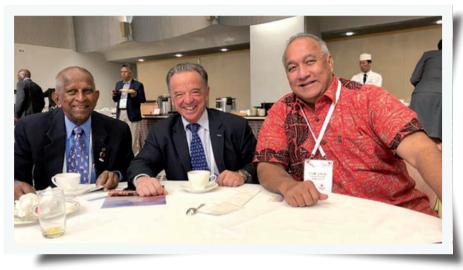




BODYBUILDING AND FITNESS SOLIDLY SETTLING IN OCEANIA AS SPORTS AND HEALTHY LIFESTYLE

•The IFBB coordinates its operation in Oceania and the Pacific through the South-Pacific and Oceania Bodybuilding and Fitness Federation, which coordinates the activities of the federations in this immense region of the planet, under the expert leadership of Paul and Carol Graham, assisted by the experienced officials like Jerry Yeung, Mark Stewart, Talaiasi Malupo Nau, and Peter Eugene

The South-Pacific and Oceania Bodybuilding and Fitness Federation is the IFBB's representative body in the area, and continues the excellent relationship of the International Federation with the Olympic officials in the region, with the purpose of coordinating the growth of our sport and the reincorporation into the Pacific



President Santonja sharing a nice lunch with Mr.Vidhya Lakhan, President of the Pacific Games Council, $and \ Mr \ Ricardo \ C. \ Blas, President \ of \ Guam \ Olympic \ Committee \ as \ well \ General \ Secretary \ of \ the \ Oceania$ National Olympic Committees (ONOC), working on future projects of collaboration in educational and sport activities, in line with Olympic Principles and for the best promotion of our sport and lifestyle.





The Federations of Morocco, Algeria, Libya and Tunisia contestants at the I Maghreb Bodybuilding Championship.



The meeting between Mr. Mustapha Berraf –President of the Algerian Olympic Committee and ANOCA- with Dr. Rafael Santonia and the President of the Algerian Bodybuilding Federation (FABBFPL), Mr. Moussa Messaour, back in 2018, was the starting point for events such as the one held in Tunisia.

TUNISIA ENDS THE 2019 SEASON

•With an average of more than one event per week, the 2019 season proved to be quite the challenge to the IFBB, and a foretaste to what awaits us in 2020. The intense 2019 season ended barely a couple of days ago in Tunisia with the I edition of the Maghreb (North Africa) Bodybuilding Championship, which was held on the 21st and 22nd of December under the patronage of the Tunisian Ministry for Youth and Sports, with the attendance of athletes from Morocco, Algeria, Libya and Tunisia.

President Santonja was present at the event, which was a new example of the huge growth Bodybuilding is experiencing in North Africa, and another firm step towards the integration within the Olympic institutions on the African continent. This project started in Algeria barely a year ago, with the meeting between the President of the Association of National Olympic Committees of Africa (ANOCA), Mr. Mustapha Berraf, and Dr. Rafael Santonja.





•The IFBB has been recognized by the International University Sports Federation (FISU), a new meaningful landmark in the overall frame of recognitions already held by

The International University Sports Federation (FISU), is the key driver in expanding the role and reach of university sport worldwide, organizing world-class sports and educational events for university students, being the IFBB very proud to have become one more of his members.

The FISU program is open to all university students and athletes between the ages of 17 and 25 that will be eligible to participate at the World University Championships.





The Prime Minister of Romania, Ludovic Orban. together with President Santonja and Mr. Gabriel Toncean, President of the







President Santonia's visit to Bucharest concluded with a meeting with the Romanian Minister for Sports, Mr. Ionut Stroe. with whom he coordinated topics such as the next IFBB Junior World Championships and the 2020 European Cup, to be held in the town of Clui Napoca in October.

•Shortly after the recognition by FISU and before international lockdown, President Santonja travelled to Bucharest where he visited various personalities, such as the Prime Minister of Romania, Ludovic Orban, and the President of their Olympic Committee, Mihai Covaliu, a former Olympic and World Fencing Champion, in the company of Mr. Gabriel Toncean.

The meetings focused on monitoring IFBB's national and international sports activities, such as the Junior World Championship and the 2020 European Cup, to be held from the 23 to 25 of October in the Romanian city of Cluj Napoca. They also analyzed the important role of our lifestyle in the education of young people and the population in general.

After visiting the Romanian Parliament, the two IFBB executives met with the Minister for Sports, Mr. Ionut Stroe, with whom they coordinated agendas on topics of common interest in sports education, anti-doping actions and competitions, before participating in a massive press conference.





'S STRONG LINKS HF CARIRRFAN

Bodybuilding and Fitness are very popular sports in the Caribbean, as has been evidenced this year in which IFBB got the recognition by the Central American and Caribbean Sports Organization.

Mrs. Nicole Hoevertsz, from Aruba, General Secretary of her National Olympic Committee, Executive Council Member of the International Olympic Committee and long term friend, has been always very supportive to IFBB and Fitness.

In the picture we may see Mrs. Nicole Hoevertsz with President Santonja in a coffee break at the Panamsports General Assembly.



THE UNITED ARAB EMIRATES **RLD CONGRESS** IN FILIAIRAH

•The IFBB World Championships in the Emirates established the historical record of participation in the IFBB World Bodybuilding Championships: 590 athletes of 70 countries. IFBB World Championships held in the Middle East region are usually very popular as our male physique sports are very popular there and the access is much easier for them than if the Championships are held in the other parts of the world. We remember the World Championships in Cairo, Egypt (2002), Manama, Bahrain (2008) and Doha, Qatar (2009). And now the United Arab Emirates with the biggestever World Championships. Congratulations to the IFBB President, Dr. Rafael Santonja, for his decision to

locate the World Championships in Fujairah and congratulations to the Emirates Bodybuilding and Fitness Federation President, Sheikh Abdullah Bin Hamad Al Sharqi for perfect preparation of the event.

National Teams of 70 countries entered the Championships what is also the IFBB historical record, so it can be said that this event was a great success. Regarding medals, 28 countries won medals. Gold medals went to 13 countries, silver medals to 20 countries and bronze medals to 14 countries.

The best team, Iran, won 10 gold medals and 4 silver. United Arab Emirates won 3 gold medals, 3 silver and 6 bronze. Poland, Slovakia, South Korea and Ukraine won 2 gold medal

each. China, Germany, Guatemala, Japan, Russia, Sri Lanka and Turkey has 1 gold medal each. Overall titles went to Iran (2), China, Ukraine and United Arab Emirates.

The best teams classification was dominated by Iran (225 points), ahead of United Arab Emirates (182 points), Russia (124 points), Republic of Korea (107 points) and Ukraine (100 points). 48 countries won points (placed competitors in the top 10). Iran regained the best team title; Korea, Ukraine and China in the top 6 once again. United Arab Emirates moved to the top 6 first time. Slovakia dropped out of the top 6 (to 9th place). Real renaissance of Egypt, which moved up from the 17th position to 7th place.







GIANNI MERLO, President of the International Sports Press



•Gianni Merlo, president of the International Sports Press Association (AIPS), was awarded the IFBB Medal of Honour during the World Congress in Budapest, which took place on the 3rd to the 6th of February.

Dating back to 1924, the AIPS is made up of 160

organizations and includes over 10,000 of today's sports journalists. The Italian Gianni Merlo has been its president since 2005. Mr. Merlo has always shown a special sensibility towards Bodybuilding, and for this reason, IFBB president Dr. Rafael Santonja decided to award him the medal of honour.

IFBB-CBBA BELT & ROAD 2019 XI'AN, CHINA

•Another amazing year of the IFBB-CBBA Belt and Road competition, whit a remarkable and stoning organization, one of the most beautiful and impressive openings shows we had ever seen, like those that take your breath away.

The local organizing committee led by Zhang Penggang, with the CBBA President Mr. Zhang Haifeng and the General Secretary Mr. Gu Qiao, once again did an upstanding job, with an event full of performances that we just can resume in one word, spectacular!

The opening ceremony was led by a warm and exciting speech of the IFBB President Dr. Rafael Santonja.

Athletes from all over the world have the joy to be part of this astonishing competition that took place in . Xi´an, China, in the mythical capital of the Chinese Empire.







THE FIVE PILLARS OF



President Santonja during his address at the 83rd AIPS Congress, which took place in Budapest, where he spoke about the values of Bodybuilding as a sports discipline, and its unstoppable progress into modern society.



 President Santonja played a leading role at the 83rd Congress of the International Sports Press Association (AIPS) in Budapest (Hungary), acting as a co-host at the best young journalists of the year awards ceremony.

During his address to the journalists present during the Congress, Dr. Santonja defended the values of Bodybuilding as a sports discipline and lifestyle choice for millions of young people worldwide. The IFBB President announced five pillars that contribute to strengthen the

ever-increasing integration of Bodybuilding into modern society:

- Gender equality. Women have joined this sport in a firm and decisive manner. Right now, the number of sports licenses requested by women has equalled that of men.
- Popularity. There are over 300,000 gym facilities spread over the five continents, without taking into account hotels, universities and military installations. What this
- means is that Bodybuilding is a sports discipline that can be practiced nearly anywhere on the planet.
- Battle against doping. Working side-by-side with the WADA, the IFBB has made a compromise to keep the sport clean. Cleanness in Bodybuilding is what enables the impressive longevity of many of our performers.
- Sustainability. Bodybuilding doesn't come with any special requirements that make the sport expensive or difficult
- to arrange: events can be held in theatres, auditoriums, sports facilities of all kinds, and even on the beach.
- **Experience.** Inspired by the Olympic heroes, Bodybuilding has not ceased to evolve since the creation of the IFBB in 1946. These days, it is a sports discipline included into an increasing number of important sports events, such as the recent 2019 Pan American Games held in Lima (Peru).



During his presence in Budapest, President Santonja participated together with the president of AIPS, Mr. Gianni Merlo and the Secretary-General of the International Federation of University Sports, Mr. Eric Saintrond; in the delivery of the awards to the most outstanding sports journalists of the year.







•Meliton Sanchez, Hon. Member of the International Olympic Committee, joined us at the Arnold Classic Europe, in Barcelona, participating in all the activities and officiating the Opening Ceremonies with Gov Schwarzenegger and President Santonja.

This year ACE has 50.000 spectators and 50 sports, in an impressive facility of 45.000 sam

Melitón Sanchez is a personal long term friend and a great supporter of

the sports of Bodybuilding and Fitness, as well as of the international promotion of the IFBB and the healthy lifestyle

Amateur competitors from all over the world travelled to Barcelona to be part of this extraordinary event. Over 1.200 amateur athletes participated in this 9th edition of Arnold Classic Europe.

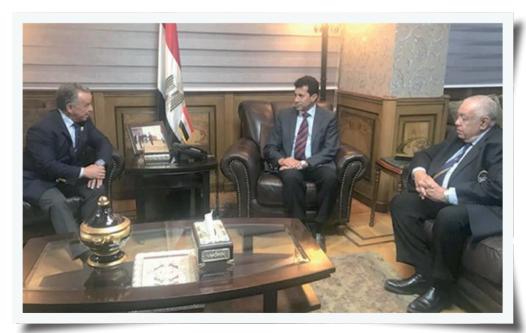
The competition extended for 3 days and it was an incredible

exhibition of athletes gather all together with the same goal and dream, take these legendary titles

Usein Salimov from Russian was the winner of Men's Bodybuilding Overall, Russian Galina Maslovskaia won the Women's Bikinis Overall and the Poland Bilal Fakir got the Men's Physique Overall title.

In 2020 the Arnold Sport Festival will take place in Seville.

MEETING EGYPTIAN MINISTER OF SPORTS IN CAIRO



In the picture Minister of Sports from Egypt, H.E, Dr. Ashraf Sobhy, surrounded by IFBB President, Dr. Rafael Santonja, (left) and IFBB Vice President for Africa and President of the Arab and Egypt Federations, Dr. Adel Fahim El Zayed, (right).

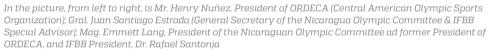
•With the occasion of his trip to Cairo, attending the IFBB Ahmed Ali Diamond Cup Egypt, President Santonja, together with Dr. Adel Fahim el Sayed, IFBB Vice President for Africa and President of the Arab and Egypt Federations, met with the Minister of Sports from Egypt, H.E, Dr. Ashraf Sobhy, in a very fruitful meeting in the follow up of the progression of our sport in Egypt.

President Santonja presented to the Minister of Sports, H.E, Dr. Ashraf Sobhy, the IFBB Spirit of Sport Award, in appreciation to his support to the sports of Bodybuilding and Fitness, and his strong commitment with a healthy lifestyle and the fight against doping.



BODYBUILDING & FITNESS AND THE CENTRAL AMERICAN SPORTS ORGANIZATION - A LONG TERM FRIENDSHIP







Bodybuilding and a Fitness are recognized sports by the Central American Sports Organization (ORDECA) and proudly participating in its Games since 1991

A close relation that raised long time ago, with presided by Mag. Emmet Lang Salmeron , followed over the years, and that currently, under the presidency of Mr. Henry Nuñez, is fully consolidated.

WELCOMING THE **CHAMPIONSHIPS**

 President and General Secretary of Libyan Olympic Committee, Dr. Jamal Ezarrugh and Mr. Khaled A. Ezankuli, with IFBB President, Dr. Rafael Santonja at the first Maghreb Arab Championships organized in Tunisia.

IFBB keeps progressing with the African Olympic family, being already recognized by the Association of National Olympic Committees of Africa (ANOCA), and the Association of African Sports Confederations (UCSA), approaching now the participation in the African Games.





The 1st Magreb Arab Championships in Tunisia was a fantastic event, excellently organized by the Tunisia Federation of Bodybuilding and Fitness, in conjunction with the Libvan Federation



IFBB HONORED WITH THE VISIT OF THE SLOVAK REPUBLIC MINISTER OF SPORTS AT THE IFBB WORLD FITNESS CHAMPIONSHIPS



•The IFBB was very honored and pleased to welcome JUDr. Mgr. Martina Lubyová, the Minister of Éducation, Science, Research and Sport from the Slovak Republic, to the 2019 IFBB World Fitness Championships held in Bratislava.

The Ministry watched the finals of the Fitness event nearby President Santonja, surrounded by Mr. Boris Mlsna, President of the Slovak Federation of Bodybuilding and Fitness, organizer of this great World Championships.

Bodybuilding and Fitness are very popular sports in Slovakia, and the IFBB World Fitness Championships was organized in the highest standards, with a massive record of participation

THE IFBB WILL BE AT THE WORLD FIREFIGHTERS GAMES: AALBORG 2021

•The IFBB's integration into international sporting events continues to grow, with Bodybuilding participating among the 25 sports that will be represented at the World Firefighters Games, the 14th edition of which will be held in Aalborg (Denmark) in May

The World Games for fire fighters are held every two years and bring together professionals from around the world around sporting activities, and now Bodybuilding is also part of this event. The Bodybuilding competition will be supervised by the Danish Federation, which is chaired by experienced official Palle West.

> Scheduled for 2020, the 14th World Firefighters Games will be held in Denmark from May 16-22 2021..





The Danish federation chaired by Mr. Palle West (to the right) will oversee the Bodybuilding competition.



•The South Pacific and Oceania Continental Championship was held in Tahiti, French Polynesia, on the 5th and 6th of October. The superb organization was conducted by the president of the Tahitian National Federation, Jerry Yeung with the assistance of Mr. Paul Graham, IFBB Vice-president for Oceania and his wife Mrs. Carole Graham, member of the Executive Counsel.

Athletes Monika Baragova (Australia, Bikini), Arona Mataia (Samoa; Men's Physique) and John Lemoa (Samoa, Bodybuilding), who all received Elite Pro licenses, stole the show.

Oceania's continental champions, Arona Mataia, Monika Baragova and John Lemoa were awarded Elite Pro licenses.

Oceania's judges gathered for a seminar before the championship kick-off.





IFBB READY FOR THE PANAMERICAN AND THE SOUTH AMERICAN GAMES

•With the occasion of our recognition by Panamsports (The Panamerican Olympic Organization) and our inclusion as medalist sport in the Panamerican Games, and as well as in the South American Games in Asunción, Paraguay, Argentina, organized by ODESUR (The South American Olympic Organization), and

at the Central American & Caribbean Games (CACSO). We were really pleased to welcome in Madrid Mr. Marco Cabezas, IFBB Vice-President for North America, Mr. Eduardo Abdalah, Vice-President for Central America, Mr. Juan Paredes, Vice-President for South America, as well as the President for Central American and Caribbean (CAC) Federation, Mr. Giovanni Arendsz, and the Executive Member of CAC and President of the Dominican Republican, Mr. Tony Peña. The meeting was as well joined by some Spanish officials, as the President of the Spanish Federation, Mr. Jose Ramos, together with Mr. Jose Maria Garcia and Mr. Armando Marquez.



IFBB Vice-President for North America Mr. Marco Cabezas. Mr. Eduardo Abdalah, Vicepresident for Central America Mr Iuan Paredes Vicepresident for South -America, Mr. Giovanni Arendsz, President for Central American and Caribbean (CAC) Federation.



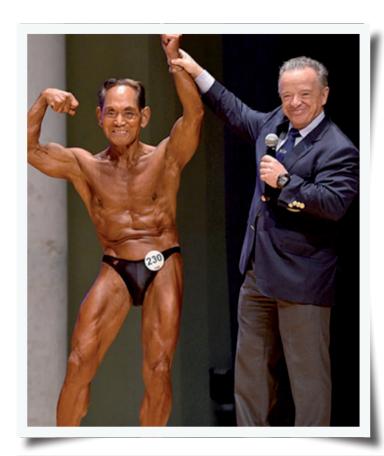
With President Santonja after conquering the IFBB World Ranking 2018 in Bodybuilding.



•The President of the Athletes Commission of the European Federation (EBFF), Ott Kiivikas, was re-elected as executive member of the Estonian Olympic Committee for the next 4 years, during the congress held by this body last May.

Ott Kiivikas, who held the post of President of the Estonian Federation currently chaired by Mr. Ergo Metsla for a time, remains active as an athlete. He was the European Bodybuilding Champion and winner of the 2018 World Ranking, and with his experience and dedication, he'll continue to contribute to the prestige and consolidation of our sports discipline in the Olympic field.





•We are proud to say that 2049 IFBB World Master Championships was the biggest Master event ever, the number of participating countries broke the schemes, with 67 countries taking part in this world championship!

Palau Firal i de Congress was the perfect venue for this competition, an event retransmitted worldwide and organized by the IFBB with the support of the Spanish Federation of Bodybuilding & fitness and its President, Mr. José Ramos.

We had the joy to count on with the great

performance of Toshisuke Kanazawa, an athlete from Japan that at his 83 years is a vivid example of bodybuilding as the ideal antiaging and healthy lifestyle.



•The Panhellenic Federation of Bodybuilding and Fitness, chaired by the well known athlete and businessman, Mr. Tasos Koligionis, achieved the official recognition by the Greek Sports Ministry. This recognition endorses the excellent work done by the President, Mr. Tasos Koligionis, and the General Secretary, Mr. Stelios Kliafas, supported by their excellent executive team.

In the picture we may see the Greek Bodybuilding and Fitness Federation officials in a visit to IFBB Headquarters in Madrid.







PRESS FAM

•With the occasion of the AIPS Congress in Budapest, President Santonja met with the American Sports Press family, always very supportive of our sport and healthy lifestyle.

In the picture from left to the right, Mr. Luis Vargas, General Secretary of the Sports Circle of Journalists of Venezuela, Mr. Erick Alvarez, President of the Association of Sports Journalists of Guatemala, Mr. Moisés Avalos, President of the Association of Sports Chroniclers of Nicaragua, Mr. Alberto Rico, President of the Sports Journalist Federation of Mexico, Mr. Carlos García, Honorary Member of AIPS and Former Vice President, IFBB President, Dr. Rafael Santonja, Mr. Érnesto Ortiz, President of the Circle of Sports Journalists of Uruquay, Mr. Gabriel Cazenave, President of AIPS America, Mr. Carlos González, President of the Association of Sports Journalists of Cuba, Mr. Desney Romero, President of the Sports Media Suriname and, Mr. Danilo Díaz, President of the Circle of Journalists of Chile.



Women were the main stars at the Siberian Power Show, in coincidence with the 8th March (International Womeń s Day). Former international champion Anastasiia Gonchareva presented the awards in Fit Model Division

 Organized by promoter Denis Kiyutsin under the supervision of Russian Bodybuilding & Fitness Federation, chaired by Alexander Vizhnevsky; the IFBB Siberian Power Show 2020 celebrated in Krasnoyarsk (Russia), opened the IFBB season in Europe.

The Siberian Power Show reached this year its 5th edition and consolidated its evolution, becoming an international IFBB event, aspiring to be one of the most popular events for athletes, in the beginning of the season, as well as companies and Eastern sponsors.

Over 15.000 people visited the Siberian Power Show & Expo celebrated in Krasnovarsk enjoying the multiple sports activities celebrated at the functional Siberia International & Bussiness Center.

The IFBB competition, organized under the supervision of Russian Bodybuilding & Fitness Federation (FBBR), chaired by Alexander Vizhnevsky was the main event with a fantastic level of competitors from the former SSSR and the Middle East. During more than 8 hours, the audience of a crowded venue supported athletes in disciplines as Fit Model, Bikini (Junior & Master), Men's & Women's Physique, Bodyfitness, Wellness, Classic Bodybuilding, Classic Physique and Bodybuilding (Junior & Master).

A fantastic stage, built with 8 modern led-screen and professional sound; was the witness of the competition and the awards ceremonies in which participated relevant female officials as the new president of National Federation in . Kyrgyzstan –Ljdumila Elgina– and professional athletes as Oksana Oleynik and Irina Zheleiko; considering it was the International Women's Day.













INTERNATIONAL CONGRESS















2019 IFBB ANNUAL CONGRESS

As usual, at the beginning the Congress adopted the Minutes of the previous Congress (2018) and it passed smoothly. Then, IFBB President, Dr. Rafael Santonja, delivered his annual report, discussing all top current matters.

IFBB AND THE OLYMPIC FAMILY

IFBB has already been recognized by most of the IOC continental and regional organizations, including both Americas, Asia, Africa and Oceania. Only Europe has become a challenge. Following recognition, our sports have been included in the regional games:

- · Panamerican Games
- Central American Games
- South American Games
- **Bolivarian Games**
- · Asian Beach Games
- Asian Indoor Games (in progression)
- African Beach Games (in progression)
- Pacific Games (in progression)

IFBB has applied to be a member of the International University Sports Federation, what is an important step towards the IOC recognition.

NEW INITIATIVE: WORLD POWER GAMES

To be held under the patronage of GAISF, will include physique, power and strength sports: Armwrestling, Bodybuilding & Fitness, Powerlifting, Tug of War, and Weightlifting. Will take only 4 days and will be a biannual event. The first edition was planned for 2021 but is not sure due to the worldwide pandemic.

CHANGES IN THE IFBB ELITE WORLD RANKING

The Congress approved some important modifications of the Ranking rules.

- Arnold Classic Europe and Arnold Classic Africa have been moved into the secondlevel events, so the same points will be awarded like at the continental championships.
- CLASSIC BODYBUILDING has been moved one level down to the second level of money awards, same as for Bodyfitness.
- With continuously growing popularity, MEN'S CLASSIC PHYSIQUE has been added to the Ranking sport divisions.
- WELLNESS FITNESS has been moved one level up, with new prize money established separately for this division.
- WOMEN'S FITNESS AND WOMEN'S PHYSIQUE: new level of prize money has been established.
- There is a new system of points awarded in case of less than 5 athletes in a category. Athletes will receive less points but will not go back home with nothing. Very fair solution for the athletes.

TYPES OF SPORT EVENTS

IFBB recognizes the following types of events:

- NATIONAL EVENTS open to national athletes and legal residents.
- INTERNATIONAL CHAMPIONSHIPS regional, continental and world.
- INVITATIONAL EVENTS - Grand Prix, Diamond Cup, other names. Grand Prix awards will include one Elite Pro Card per overall winner but no points to the Ranking. Open continentally. Diamond Cups awards will include up to 3 Pro Cards for overall winners plus points to the Ranking. May be open to all IFBB-affiliated National Federations.

IFBB DISCIPLINARY CODE

This new IFBB official document was presented, discussed and approved. It describes infringements of the IFBB Rules, determine the sanctions incurred and regulate the organization and function of the bodies responsible for taking decisions and the procedures to be followed.

IFBB HALL OF FAME was created and the first 17 stars were qualified to it, mainly Elite Pro world champions and World Ranking winners.

Traditionally, at the end of the Congress, IFBB awards were presented to different officials to honor their outstanding achievements.



DELEGATES PRESENT AT THE CONGRESS



Algeria: (from L): Mustapha Zaoui (1st Vice-President), Moussa Messaour (President).



American Samoa: (from L): Sala McMorre (Vice-President), Peter Reid III (President).



Argentina: Cristina Musumeci (Women's and Judges Director).



Aruba: Arelo Franken (Commissioner).



Australia: Nathan Page (Judges Committee).



Azerbaijan: Jamil Bunyataliyev (General Secretary)



Bahrain: Sultan Hussain Al Ghanem (NF President and the Western Asian Federation President).



Belarus: Natallia Kachan (Judges Committee Chairperson).



Belgium (from L): Amir Ahmadi (Ex. Assistant to the President), Siggi Segers (Vice-President).



Bulgaria: Irena Ilieva (General Secretary).



Canada: (from L): Georgina Dunnington (President), Debbie Karpenko (Judges Committee Chairperson).



China: Xin Ya Jie (Foreign Affairs).



Chinese Taipei: (from L): Daniel Lin (General Secretary), Yone-Han Mah (National Team Medical Doctor).



Croatia: Goran Juratovic (President).



Cyprus (from L): Pantelis Archontides (Technical Committee), Panicos Archontides (President).



Czech Republic: Ludmila Cizova (President).



Dominican Republic: Guerino Recchiuti (Secretary).



Ecuador: Juan Paredes (IFBB Vice-President for South America).



Egypt (from L): Mahmoud Saad El Din (journalist), Mohamed Mohsen (Int. Judge).



El Salvador: William Rodriguez (athlete).





Estonia: Ergo Metsla (President).



Finland: Ville Isola (Executive Manager).



France: Mario Valero (President).



Georgia (from L): Atina Bolobolova (Vice-President), Konstantin Matsaberidze (President).



Germany: Margret Netack (Sport Director).



Ghana: Abdul-Hayye Yartey (President), George Fausta Baffoe (Treasurer).



Guatemala: Jorge Rave (President).



Hungary: (from L): Zsuzsanna Messe (Int. Judge), Viola Vargha (General Secretary).



India: (from L): E.G. Byju (Int. Judge), Sanyaj More (Hon. General Secretary, Asian Federation General Secretary).



Iran: Saeed Jamshidi.



Iraq: (from L): Abdul Al Hassan (Official), Faez Abdul Hassan Sawadi (President).



Italy: Irene Cancehi (Delegate).



Japan (from L): Miyako Kinoshita (General Secretary), Tatsuya Fujiwara (President, East Asian Federation President).



Jordan (from L): Mamoun Teif (President), Ahmad Haimour (Vice-President, AFBF Vice-President).



Kazakhstan: Alexandr Kolyuka (President).



Kosovo: Esat Lata (President).



Kuwait (from L): Roshood (President), Yousef (Vice-President).



Libya: Tariq Makhlouf (Vice-President).



Lithuania (from L): Rinaldas Cesnaitis (National Coach), Sandra Martinkiene (Judges Committee Head).



Luxembourg (from L): Guy Kridel (President), Patrizio Vitali (Vice-President).

2019 IFBB INTERNATIONAL CONGRESS





Malaysia: Edmund Chong (President).



Malta: Ralph Decelis (President, EBFF Assistant General Secretary).



Mexico (from L): Hector Huitzil (Delegate), Sergio Hank Krauss (Delegate).



Mongolia: Ochir Ganbaatar (President).



Montenegro: Olga Tsirikidze (Delegate), with Yemen Delegate (right).



Morocco: Khalid Errahi (President).



Nepal (from L): Renuka Shrestma (Board Member), Shiva Laz Shrestma President).



Netherlands: Miro Vermeeren (Delegate).



New Zealand: Mark Stewart (South Pacific & Oceania Federation Vice-President).



Nigeria: Soye Elekima (President, African Federation Vice-President).



North Macedonia: Boban Gjoroski (President, Balkan Federation Vice-President).



Norway (from L): Jane McCarthy (General Secretary), Elise Murbraeck (President).



Oman: Said Nasser Alrahbi (Secretary).



Palestine: Salah Abu Remaleh (Delegate).



Philippines: Rowena Walters (President).



Poland (from L): Halina Kunicka (Board Member), Andrew Michalak (Vice-President).



Portugal: Jose Monteiro (Director).



Republic of Korea (from L): Chang Gyoo Lee (Standing Vice-President), Joonseong Kim (International Affairs, AFBF Bodybuilding Committee Chairman).



Romania (from L): Ovidiu Mezdrea (Vice-President), Adrian Neamtu (Security Commission Head),



Samoa: Johannes Keil (President).

2019 IFBB INTERNATIONAL CONGRESS



Serbia: Ivan Strugarevic ((Vice-President).



Slovakia: Boris MIsna (President).



South Africa (from L): Michelle Price (Executive PR), Bernard Groenewald (Judges Committee Chairman), Wayne Price (President).



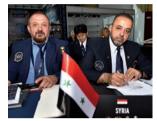
Spain (from L): Rafael Ovejero (National Coach), Armando Marquez (Vice-President).



Sri Lanka: Nihal Weeratunga (International Committee).



Sweden (from L): Rachid Misk (Judge), Susanne Johansson (President).



Syria (from L): Manar Haikal (President, AFBF Executive Director), Samir Ismail (Secretary).



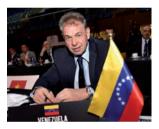
Trinidad (from L): Hayley Jerome (Technical Committee Chairman), Perry Jerome (Vice-President, Southern Caribbean Technical Committee Chairman), Susanna Hadad (NF President, Southern Caribbean Vice-President).



Ukraine (from L): Iryna Deliieva (International Committee Head), Vitaliy Talavera (Vice-President, National Coach), Vadym Vasilevskiy (Coach).



UAE (from L): Ahmer Johar (Competition Committee Head), Abdulla Jandu (Delegate), Monaneh Obaid Bin Majed (General Manager, Organizing Committee



Venezuela: Adolfo Martinez (President, CAC and CSFF Judges Committee Chairman).



Yemen: Najeeb Al-Jawfi (President).



OFFICIALS AWARDED WITH IFBB AWARDS AND MEDALS

Executive Assistant to the IFBB President and IFBB Vice-President for Africa, Dr. Eng. Adel Fahim El Sayed, with the IFBB Medal of Honor presented to him by President Santonja, Vice-President for Europe Mr. Pawel Filleborn (second from left) and **General Secretary** Mr. William Tierney (far right).

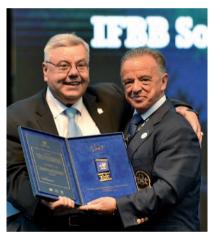




IFBB Women's Committee Secretary, Mrs. Juliette Bergmann, with the special commemorative award, presented to her by President Santonja.



IFBB Commemorative Award from the World Championships in Fujairah for the Asian Federation General Secretary, Mr. Sanjay More, presented by President Santonja.



IFBB Commemorative Award from the World Championships in Fujairah for the AIPS famous journalist, Mr. Juan Antonio Prieto, presented by President Santonja.



IFBB Spirit of Courage Award for the IFBB Legal Counsel and Anti-**Doping Committee** Secretary, Mr. Marco Bosco, presented to him by President Santonja and a group of the IFBB women's officials (from L): Nieves Santonja, Juliette Bergmann, Carole Graham and Wanda Tierney.



IFBB Achievement Award for the New Zealand Federation top official, Mr. Mark Stewart, presented by President Santonja, Vice-Presidents: Mr. Pawel Filleborn and Dr. Eng. Adel Fahim, General Secretary Mr. William Tierney and Mrs. Carole Graham from the Australian Federation.



IFBB Achievement Award for the World Championships Organizing Committee top manager, Mr. Khalil Marouf, presented by President
Santonja and
Vice-Presidents: Mr.
Pawel Filleborn and Dr. Eng. Adel Fahim.





IFBB Commemorative Award from the World Championships in Fujairah for the IFBB Treasurer, Mr. Jose Ramos, presented by President Santonja and other IFBB top officials.

Commemorative Award from the 2019 IFBB World Championships in Fujairah, United Arab Emirates.





IFBB EXECUTIVE COUNCIL MEMBERS PRESENT AT THE 2019 IFBB INTERNATIONAL CONGRESS IN FUJAIRAH. UNITED ARAB EMIRATES



IFBB President Dr. Rafael Santonja.



Executive Assistant to the President and IFBB Vice-President for Africa: Dr. Eng. Adel Fahim El Sayed (Egypt).



IFBB General Secretary: William Tierney (United Kingdom).



IFBB Vice-President for Europe and Judges Committee Chairman: Pawel Filleborn (Poland).



IFBB Vice-President for Asia: Sheikh Abdullah Bin Hamad Al Sharqi (UAE).



IFBB Executive Director: Manuel Martin (Spain).



IFBB Vice-President for North America: Marco Antonio Cabezas (Mexico).



IFBB Vice-President for South America: Juan Paredes (Ecuador).



Asian Federation President: Zhang Haifeng (China).



IFBB Technical Committee Chairman: Benedetto Mondello (Italy).



IFBB Treasurer: Jose Ramos (Spain).



IFBB Women's Committee Chairwoman: Wanda Tierney (United Kingdom).



IFBB Women's Committee Secretary: Juliette Bergmann (The Netherlands).



IFBB Medical Commission Chairman: Alfonso Moran (Spain).



IFBB Research & Development Committee Chairman: Nasser Pouralifard (Iran).



IFBB Special Advisor Rauf Bunyataliyev (Azerbaijan).



IFBB Technical Committee Secretary: Istvan Huber (Hungary).



IFBB Legal Counsel and Anti-Doping Committee Secretary: Marco Bosco (Italy).



President of the CAC Federation: Giovanni Arendsz (Aruba).



South Pacific & Oceania Federation Secretary: Mrs. Carole Graham (Australia).



IFBB Judges Committee Secretary: Gu Qiao (China).



Balkan Federation President: Gabriel Toncean (Romania).



IFBB Patron: Javier Pollock (US Virgin Islands).





2019 IFBB International Congress in Fujairah, **United Arab** Emirates.



2019 IFBB OVERALL CHAMPIONS

2019 IFBB WORLD FITNESS CHAMPIONSHIPS















2019 IFBB WORLD BODYBUIDLING CHAMPIONSHIPS













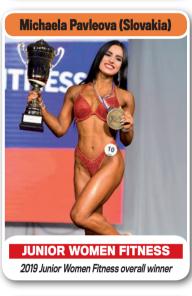
2019 IFBB WORLD JUNIOR CHAMPIONSHIPS



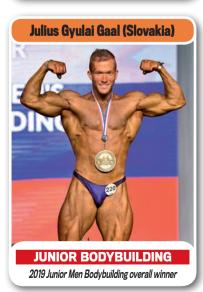


















2019 IFBB WORLD MASTERS CHAMPIONSHIPS















2019 IFBB WORLD FIT- MODEL CHAMPIONSHIPS







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DR. ENG. ADEL FAHIM EL SAYED, Egypt

EXECUTIVE DIRECTOR MANUEL MARTIN, Spain

GENERAL SECRETARY WILLIAM TIERNEY, United Kingdom

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ASSISTANT. GENERAL SECRETARY KP OURAMA, Finland

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TECHNICAL COMMITTEE

BENEDETTO MONDELLO Italy, Chairman ISTVAN HUBER, Hungary, Secretary

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WANDA TIERNEY United Kingdom, Chairwoman JULIETTE BERGMANN Netherlands, Secretary

MEDICAL COMMISSION

ALFONSO MORAN, Spain, Chairman FRANCISCO ABRIL, Spain, Secretary

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IFBB SPECIAL ADVISOR

Juan Santiago Estrada, Nicaragua Rauf Bunyataliyev, Azerbaijan

"IN SPORT, THERE ARE NO LIMITATIONS, NO BARRIERS OF RACE, RELIGION, POLITICS OR CULTURE. IN SPORT, WE ARE IN TOUCH WITH EACH OTHER. BODYBUILDING IS IMPORTANT FOR NATION BUILDING."

BEN WEIDER, O.C., C.Q., CStJ, Ph.D., IFBB Founder



A WORLD SPORT FAMILY



IFBB delegates attending the 2019 Congress in Fujairah (UAE)

INTERNATIONAL FEDERATION OF **BODYBUILDING & FITNESS**

AFFILIATED/RECOGNIZED:











































