BOOK OF THE YEAR

2020/2021

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The International Federation of Bodybuilding and Fitness (IFBB), founded in 1946 in Canada, has 203 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 following competitive disciplines: 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 and the newest category, IFBB Fitness Challenge.
- 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 203 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 (CENTRO CARIBE SPORTS)

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 our sports have been included by CENTRO CARIBE SPORTS as medalist sports at the next 2022 Central American and Caribbean Games, an at the Panarab Games, being as well medalist sport at the South American Games and others.

The incorporation of our sport in all these 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.

IFBB has been also recognized by the International Federation of University Sports, 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 Indian 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.
Dear friends in sport:

Commemorating the 75th anniversary of its founding, in 1946, in Canada.

The IFBB is an organization that promotes the values of sport, health, and the Fitness lifestyle around the world.

BODYBUILDING & FITNESS ARE:

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

Like a sport, the IFBB organizes yearly over 8,000 competitions worldwide, 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 of age, sex, and previous physical condition, bodybuilding training, and nutrition can help individuals to achieve stronger, balanced bodies with 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 a 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 an increase of fat and connective tissues, which brings the ultimate musculoskeletal and physical deterioration.

Numerous scientific researches 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 a functional reversal of aging at the molecular level, “repairing” very poorly functioning genes of elder people.

Nothing else in human history has shown a similar effect! The best visual example of it, is 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 the 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 belief that physical health is a great contribution from sport to society.

Wishing you all the success, in sport and in life,

Warmest regards,

Dr. Rafael Santonja
IFBB President
IFBB CATEGORIES

Fitness Challenge
Children Fitness is the only IFBB sports division available for children, with no lower age limit. The upper age limit is 16 years old. Then children move to the junior age division. Children Fitness is one of the most beautiful categories, in a familiar environment, as it is mandatory for the athletes to have the mother (that is usually also an IFBB athlete), as the coach, and therefore IFBB Children Fitness events are a wonderful celebration, plenty of fitness lifestyle families, in which the kids, following the steps from their parents, start their sport carriers, to become later on the champions of the future.

The Children Fitness routine may include aerobics, dance, gymnastics, or other demonstrations of athletic talent, personality, and athletic coordination.

Women’s Wellness
Fitness

The Wellness Fitness division is intended for women who prefer a muscular physique without muscle separation, athletic and aesthetically pleasing, with a bigger body mass than in Bikini Fitness. From this point of view, Wellness Fitness is placed somewhere between Bikini Fitness and Women’s Physique.

Assessing of the physique, judging criteria and rounds are the same like 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 ones of the key factors. Horizontal proportions (hips and waist to shoulder width) may favour women with a bit bigger hips, thighs and buttocks. There are four Wellness Fitness categories: up to 158 cm, up to 163 cm, up to 168 cm and over 168 cm.

Men Fitness

This sport discipline is similar in structure to Women Fitness; however the body mass is limited according to the formulas established for all four body height ranges: 170 cm, 175 cm, 180 cm and over 180 cm. Currently, there is one open Men’s Fitness category.

The contest also includes four rounds, with the artistic fitness routine in Round 1 and Round 3 plus quarter turns in Round 2 and Round 4. During the quarter turns competitors wear the swim trunks only and the judges assess the overall male athletic physiques. Posing routines should include strength and flexibility moves, gymnastic moves or other ways of displaying of their athletic talent and capacity.

At the end, the subscores from two final rounds (Round 3 and Round 4) are added to produce the final scores and to reach the final places of the top 6 competitors. Competitors in places from 7th to 15th remain with their scores from the Prejudging (Round 1 and Round 2).

Fit-Pairs

Fit-Pairs is the latest IFBB sport division, introduced in 2020 and approved by the IFBB International Congress. It is devoted for Women’s Bikini athletes and Men’s Physique competitors to create for them the possibility to perform as a couple. Fit-Pairs athletes don’t perform poses like in Mixed-Pairs division and there is no posing routines. They display their physiques, body lines and body quality by performing four quarter turns. Men from the Fit-Pairs perform the Quarter Turns in the same manner like in Men’s Physique, while women perform these turns in the same style like in Women’s Bikini. Men competitors will wear the same attire like in Men’s Physique. Women competitors will wear the same attire like in Women’s Bikini. The judge will assess each Fit-Pair as an entity. Those whose physiques match, harmonize, and complement each other will receive higher places than Fit-Pairs whose physiques are markedly dissimilar and unbalanced, as would be the case of a tall ectomorphic man and a short mesomorphic woman, or vice versa. In the Finals, Fit-Pairs perform also I-walking presentation, lasting no longer than 20 seconds, and then four Quarter Turns.

Athletic Fitness

The lineup is composed by 15 athletes, in a sports discipline that combines various elements of strength, endurance as well as balanced physique. The event is composed by Rounds:

- Round 1 (Physique Round; Quarter Turns).
- Round 2 (Strength Round; Pullups and Dips).
- Round 3 (Endurance Round; Ergometer rowing).
- Finals Round 4 (Physique Round; Quarter Turns).
- Finals Round 5 (Strength Round).
- Finals Round 6 (Endurance Round).
Women's Bikini-Fitness

This category has been introduced in 2011 and is aimed at women who keep their body in shape and eat healthy. Overall body lines, balance and proportions, body tone and healthy appearance are taken into consideration. High-intensity weight training and hard, lean muscles are not necessary. The emphasis is on a well-shaped, fit, healthy and attractive appearance, similar to that of models.

Competitors are assessed in two rounds, wearing a two-piece bikini and high-heels. In both rounds, quarter-turns, including front, back and both sides stance, are performed. As well, the final round begins with “I-walking”, which gives each competitor a chance to present her body and her charm on the move.

This competition started with one open class and – due to the extreme popularity – expanded to eight body-height categories nowadays: 156 cm, 160 cm, 162 cm, 164 cm, 166 cm, 169 cm, 172 cm and over 172 cm.

Women Fitness

This concept has been introduced by the IFBB in the early 90’s, starting as official competition in 1996 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. Currently, there are two Women’s Fitness categories: up to 163 cm and over 163 cm.

The judges are looking for strength elements, flexibility movements, high tempo, technical perfection, elegance and grace. Competitors may use small props, associated with their attire.

As it is a physique sport as well, there are also two physique assessment rounds beside the artistic routine rounds. In Round 1 and 5 competitors perform four quarter turns in bikini suit, during which the judges assess their figures and body contours, bodypart shape, bodyfat level, body firmness and muscle tone, overall stage presentation (self-confidence, poise, coordination of movements) as well as the overall style of presentation.

Eliminations (if more than 15 athletes), Round 1 (comparisons in quarter turns) and Round 2 (60-second routine) are performed during the Prejudging. In the finals, the top 6 competitors perform their posing routines once again (Round 3) and then quarter turns (Round 4). The subscores from these two final rounds are summed up to create the total and final places of the competitors.

Men’s Physique

In 2012 the Men’s Physique division was officially launched as a new IFBB sport discipline. It proves to be a very popular category, so the IFBB has increased the number of Men’s Physique categories from 2 (two) to 6 (six): 170 cm, 173 cm, 176 cm, 179 cm, 182 cm and over 182 cm. They perform two rounds of quarter turns, wearing board shorts of their choice. The final round (Round 2) begins with a short individual onstage presentation of each competitor.

It is aimed at men who do weight training, keep fit and eat a healthy balanced diet, but who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique.

They are fit looking contestants who display proper shape and symmetry, combined with some muscle mass and good overall condition. The athletes should have stage presence and poise and their personality and ability to present themselves onstage with confidence, should be visible.

In 2016 IFBB introduced one open category of Muscular Men’s Physique intended for competitors with slightly bigger muscularity than accepted in the regular men’s physique.

Women Bodyfitness

Bodyfitness has been implemented by the IFBB in 2002 to give a chance to compete for wide group of shapely women without the routine rounds, just the physique ones. This formula has proved to be useful and the number of participating competitors increases each year. Later on IFBB created for them the possibility to show their figure in motion during a short individual onstage presentation called “I-walking”.

Currently, there are two rounds of quarter turns in the bikini-style costume of their own choice and classic stiletto pump of any color. At the beginning of Round 2 (finals) top 6 competitors perform individual “I-walking” presentations and then quarter turns as group.

In all rounds judges should assess the overall athletic appearance of the physique, taking into account symmetrically developed physique, muscle tone and shape, with a small amount of body fat, as well as the hair, makeup and individual style of presentation, including personal confidence, poise and grace. This sport discipline is widely open for all well-shaped women working out in the fitness centers and following the healthy sport diet. And they take the advantage of it! Like in fitness, subscores from the final round are used to get the final total and places. There are four body height categories: 158 cm, 163 cm, 168 cm and over 168 cm.

Women’s Bikini-Fitness

This category has been introduced in 2011 and is aimed at women who keep their body in shape and eat healthy. Overall body lines, balance and proportions, body tone and healthy appearance are taken into consideration. High-intensity weight training and hard, lean muscles are not necessary. The emphasis is on a well-shaped, fit, healthy and attractive appearance, similar to that of models.

Competitors are assessed in two rounds, wearing a two-piece bikini and high-heels. In both rounds, quarter-turns, including front, back and both sides stance, are performed. As well, the final round begins with “I-walking”, which gives each competitor a chance to present her body and her charm on the move.

This competition started with one open class and – due to the extreme popularity – expanded to eight body-height categories nowadays: 156 cm, 160 cm, 162 cm, 164 cm, 166 cm, 169 cm, 172 cm and over 172 cm.
Mixed Pairs

Mixed Pairs was officially recognized as by the IFBB a sport discipline in 1983 as a bodybuilding mixed pairs.

Men from Mixed-Pairs perform mandatory poses in the same manner like in Men’s Bodybuilding, while women perform these poses in the same style like in Women’s Physique. Men competitors wear the same attire like in Men’s Bodybuilding, women competitors wear the same attire like in Women’s Physique.

Mixed Pairs competition consists of three rounds: Round 1 in the semifinals (comparisons) plus Round 2 (mandatory poses) and Round 3 (posing routine) in the finals.

In the Mixed Pairs category judges assess the overall physique of both partners for the degree of proportion, symmetry, muscle size and quality (density, separation) as well as skin tone. The couple will also be assessed 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 will look for a smooth, artistic, and well-choreographed routines which may include any number of poses; however, the mandatory poses must be included. The couple must also include intermittent pauses so as to display the muscular development of their physique.

Women’s Physique

This IFBB division was introduced with the beginning of 2013 for women who want to prepare heavier, bodybuilding-style body but not extremely dried, lean and muscular, yet athletic and aesthetically pleasing.

Altogether, there are 3 rounds. In round 1 (sem-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 2 and a short, 30-second posing routine to music of competitor’s choice in round 3.

This sport is placed somewhere between Bodyfitness and former Women Bodybuilding, which has been removed from the IFBB list of official categories in 2013.

Competitors are expected to present the overall athletic development of the musculature but also balanced and symmetrical development of all muscle groups as well their sport condition and quality, with visible separation between them.

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

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 attire. 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.

Children Fitness

Children Fitness is the only IFBB sports division available for children, with no lower age limit. The upper age limit is 16 years old. Then children move to the junior age division.

Children Fitness is one of the most beautiful categories, in a familiar environment, as it is mandatory for the athletes to have the mother (that is usually also an IFBB athlete), as the coach, and therefore IFBB Children Fitness events are a wonderful celebration, plenty of fitness lifestyle families, in which the kids, following the steps from their parents, start their sport carriers, to become later on the champions of the future.

The Children Fitness routine may be a demonstration of talent, personality, and athletic coordination.
Bodybuilding

Athletes train to develop all bodyparts 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 cycle, to decrease the bodyfat level as low as possible and remove the underskin water to show the quality of muscles: density, separation and definition.

Preparing for a competition, they decrease their bodyfat 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.

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 length of 15 cm. 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 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 fame 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; avoiding 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.

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.

Classic Bodybuilding

It is a version of bodybuilding for those male athletes who don’t want to develop their muscles to their “extreme” full potentials but prefer lighter “classic” physique.

To create the equal chances to them, the competitors’ bodyweight is limited according to their body height, following the special IFBB formula for each body height category (currently there are five categories: 168 cm; 171 cm, 175 cm, 180 cm and over 180 cm).

Since muscle mass is limited, special attention is paid to the overall view of the physique, body proportions and lines, muscle shape and condition (density, bodyfat level, definition and details). These values are assessed by the judges during Rounds 1 and 3. In Round 2, like in bodybuilding, free posing routines are performed to music of athlete’s choice.

Games Classic Bodybuilding

Was introduced by the IFBB in 2016. It is intended for less muscular men, with smaller bodyweight limits, what is the only difference compared to Classic Bodybuilding. There are two categories in Men’s Games Classic Bodybuilding: up to 175 cm and over 175 cm.
IFBB WORLD CHAMPIONSHIPS
“Ukraine prevails in Bodybuilding and achieves the overall Classic Physique title.”

“Erick Sánchez (Guatemala), the star of the championship with his 3 gold medals and the overall Classic Bodybuilding title.”

“Aleksandr Martynkin (Russia) achieved the overall Bodybuilding title, proving the great level of his country in the top discipline.”

“The “World Capital of Fitness” is chosen as venue for the Arnold Classic Europe 2020 at the World Congress, in a successful last minute decision.”
This was a year to forget as regards sports, finances, social life and virtually any field you can come of. The IFBB achieved what only a handful of sports federations were able to do: to maintain a calendar of activities that included their World Cup, thus giving way to the efforts of their athletes, who had been preparing for this event. President Santonja was able to lead and coordinate the efforts of the national federations, allowing for more than fifty of them to meet in Spain. From November 5 to 11, overcoming all restrictions on international travel caused by the health and safety situation, more than 500 athletes were brought together to participate in this event.

The town of Santa Susanna, with the unalterable commitment of its local authorities, represented by IFBB patron and mayor Joan Campolier, had already made the great previous experience of the European Championship possible. Santa Susanna’s material and logistical conditions (hotels, plenty of space and a sports pavilion) make the creation of a “safety bubble” for athletes and IFBB personnel possible. Thanks to this, and to the support from Spanish sports authorities, the 74th edition of the Bodybuilding & Fitness World Championship could be held on the scheduled dates.

The organization of the championship was exemplary, at all times supervised by the Medical Commission. The IFBB Annual Congress also took place in Santa Susanna during the days of the championship. A very important number of national federations were represented, and they all unanimously supported the proposal to move the 10th edition of the Arnold Classic Europe to the “World Capital of Fitness”, barely 4 weeks later.

Farbad Chaharlang (Sweden) achieved the overall Men’s Physique title and was the leader of his national team.

Aleksandr Martynkin went down in history as the 74th IFBB Bodybuilding World Champion. His victory, leading the Russian team, was the best result achieved by a country that had to leave several athletes behind, due to international restrictions on travel.

Erick Sánchez achieved the overall Classic Bodybuilding title for Guatemala.

Ukraine began to cement its best team title thanks to victories such as Yurii Zymohliad, overall Classic Physique champion.
BODYBUILDING

74th BODYBUILDING & FITNESS WORLD CHAMPIONSHIPS 2020

After passing through the Elite Pro Division, the Italian Nicola Barlotta re-qualified as an amateur athlete and won the title of Lightweight World Champion, after having been silver in 2019.

Dmytro Marchenko (Ukraine), achieved the title of Super-Middleweight World Champion, with a perfect score (5 points), in all rounds.

After achieving the 4th place in 2019, Aleksandr Martynkin (Russia) achieved the gold medal in the Semi-heavyweight class with a perfect score. Later, he would achieve the overall title of Bodybuilding.

Alexandr Martynkin (Russia) was proclaimed World Heavyweight Champion, defeating Spanish Carlos Moral, with whom he tied in the mandatory poses, by 1 point. His routine was key to win the title.

OVERALL CHAMPION: Aleksandr Martynkin (Russia)

In a competition dominated by Europeans, where only the Egyptian Sherif Elshiwy qualified for the overall finals, the judges overwhelmingly decided that the title should go to Russian Aleksandr Martynkin for his striking balance. The Semi-heavyweight champion (94 kilos and 33 years old), surpassed the colossal Andrej Mandic (108 kilos) who, at 25 years of age, aims to be a future star.
With a fantastic physique, the Guatemalan Erick Sánchez won the only gold for America, and he did it twice. The fantastic athlete of 171 cm and 71 kilos already achieved silver in 2019, and this year he showed his progression, imposing himself in the Short Class. Without a doubt, his physique is the reference of Bodybuilding in its Olympic approach, what makes Sánchez a star in his home country and in Central America.

Erick Sánchez (Guatemala) celebrates his second gold medal by proclaiming himself the Classic Bodybuilding World Champion in Short class, with a perfect score of 5 points.

Erick Sánchez knew how to summarize everything Classic Bodybuilding represents with his slim physique of 71 kilos. Size and development are not a priority in a discipline that exhibited excellent physiques, but where the judges chose an athlete as light as he is proportionate and aesthetic. Sánchez is an idol in Guatemala, where Bodybuilding is an Olympic sport. A journalist followed his every move to report on his triumph; a medal that made an entire country hold its breath.

President Santonja and the Executive Assistant, Dr. Adel Fahim, together with the Classic Bodybuilding overall champion, Erick Sánchez (Guatemala).
CLASSIC PHYSIQUE

In the third edition of this discipline, Ukraine once again stole the limelight thanks to Yuriy Zymohliad. The current champion knew how to repeat his shape from Fujairah and prevail over all his rivals, among which the Guatemalan Jorge Patzan, World Champion of 2018, posed the greatest threat.

Yuriy Zymohliad (Ukraine), was the only 2019 World Champion to repeat the title in this edition. He clearly prevailed in Classic Physique (-175 cm).

Stanislav Tarasov (Ukraine) was proclaimed Classic Physique World Champion (+175 cm), thereby improving his 2019 bronze medal.

OVERALL CHAMPION: Yuriy Zymohliad (Ukraine)

An emotional Yuriy Zymohliad listens to the national anthem of Ukraine, accompanied by President Santonja, after his triumph.

In the match between the Ukrainians, the details once again made the difference. The excellent muscular ripeness of Yuriy Zymohliad won by 3 points over the larger size of Stanislav Tarasov, thus reviving his title of overall World Champion.

MEN’S PHYSIQUE

Although all the medals went to Europe, many of the stars were nationalized athletes, such as overall champion Farbad Chaharlang from Sweden. The aesthetic athlete already stood out in the 2019 World Cup, where he reached the finals. This time, he didn't miss out on the opportunity to defeat his rivals. His main rival was another successful athlete from last year; French Pierre Murcia.

Farbad Chaharlang (Sweden) rose from his 5th place in 2019, to Men’s Physique Short class World Champion in 2020.

Alexandru Iordan (Romania), achieved the title of Men’s Physique Middle class World Champion. He tied at 9 points with his compatriot Sebastian Serpeccu who won silver, giving a sensational double victory to Romania that catapulted the country to 4th place in the best team competition.

Farbad Chaharlang (Sweden) Gold: Farbad Chaharlang (Sweden) Silver: Milad Amiri (Finland) Bronze: Khurram Butt (Denmark) 4th: Rafal Bogarthe (Portugal) 5th: Oleksandr Savchenko (Ukraine) 6th: Andre Pereira (Portugal)
SUPER TALL CLASS (+182 cm)

Gold: Illia Karpenko (Ukraine)
Silver: Ali Nezamizadeh (France)
Bronze: George Soare (Romania)
4th: Vladimir Lanenitich (Russia)
5th: Filip Olsavsky (Slovakia)
6th: Andreas Hamberg (Finland)

MUSCULAR MEN’S PHYSIQUE (Open)

Gold: Anton Papezhuk (Ukraine)
Silver: Eze Bright (Belgium)
Bronze: Kamil Kozlik (Poland)
4th: Sergii Tkachenko (Ukraine)
5th: Donatas Rapsas (Lithuania)
6th: Kevin Secundino (France)

TALL CLASS (-182 cm)

Gold: Pierre Martin Murcia (France)
Silver: Alexander Ronchetti (Switzerland)
Bronze: Damian Dombrowski (Poland)
4th: Antonio Moreno (Spain)
5th: Ats Lah (Estonia)
6th: Rami Khalil (Finland)

OVERALL CHAMPION:
Farbad Chaharlang (Sweden)

Best Team Award:
Ukraine

A total of 27 countries managed to place athletes in the finals and score in this edition, in which Egypt and Guatemala were the only non-European countries that entered the Top 10. The best team title went to Ukraine, ahead of Spain and Poland, who completed the podium. Along with these teams, we must highlight the growth of Romania and France, both rising to the Top 6 thanks to the quality of their athletes. Spain took advantage of the possibility of having a complete team and improved its position of 2016 and 2017, when it reached the bronze medal. Their silver medal in this championship is a good indicator of the quality of their Bodybuilders.

RESULTS (TOP 7)

1. Ukraine (146 points)
2. Spain (115 points)
3. Poland (102 points)
4. Romania (77 points)
5. France (71 points)
6. Russia (70 points)
7. Slovakia (65 points)
8. Egypt (52 points)
9. Austria (48 points)
10. Guatemala (44 points)
“Alina Yaman (Bodyfitness) and Nataliia Prokhorova (W. Physique), confirm their titles as Master athletes.”

“Wiktoria Nnaka (Poland) closes the 2020 season as the undisputed queen of Bikini Fitness.”

“Lara Santini (Croatia) revalidates her Wellness crown.”

“Roman Haishuk (Ukraine) surprises everybody by beating two-time champion Michal Barbier.”

“Nataliia Toropova (Russia) prevails over future Fitness divas Tatiana Ondruskova and Nelli Novodomska (Slovakia).”

During the four days in which Santa Susanna once again became the “World Capital of Fitness”, women’s disciplines were in focus for fans from all over the planet. This was made possible through the streaming of the competition via the IFBB website. It’s hard to believe that 17 years have passed since the Fitness competition first debuted in Santa Susanna. Who was to know that this was the beginning of a long and prosperous relationship that has continued to strengthen over the years, never losing the original spirit of sportsmanship and self-improvement that lay at its core.

The worldwide pandemic prevented exceeding the number of participants and kept Asian teams from being in Spain. In spite of this, the level was high, with several of the 2019 champions reaffirming their dominance in their disciplines, although we also discovered new stars such as Roman Haishuk, Nelli Novodomska and Wiktoria Nnaka, who all made a leap to the top in their first participation in a World Cup.
The international situation led the discipline to cut on its growth and return to the 2 usual sizes. Nonetheless, the incorporation of the artistic modality was a new push to this category, which is already dominated by the Z Generation, meaning those born in the 21st century. It had to be one of the few athletes still born in the 20th century, Nataliia Toropova, who achieved the overall title. At 21, she can already be considered a veteran. It was precisely her muscular quality, typical of her more mature age that allowed her to defeat rivals such as Tatiana Ondruskova (17 years) and Nelli Novodomska (16 years). These two seem to be destined to dominate the Fitness scene the next editions. Ondruskova is the current Junior World Champion and Novodomska, eternal champion of all divisions, achieved her first overall gold.

**MEN’S FITNESS:**

Roman Haishuk (Ukraine)

One of the great surprises of the championship was to see Michal Barbier, considered the most complete athlete in history with his gold medals achieved in 2018 and 2019, relegated to the silver medal. It was not the current European champion, Fedir Khashalov (bronze in 2019) who stole the show, but another, until that moment unknown Ukrainian: Roman Haishuk. Barbier prevailed in the routine but did not do so by unanimous vote, allowing Haishuk to cover the difference in the physical round. At 25 years the champion and 23 the runner-up, we look forward to more than one exciting duel over the next editions.
Alina Yaman understood the message from the judges, who made it clear to her they do not reward muscle size. So, after her 2 silver medals in 2018 and 2019, she returned in 2020 slimmer than ever and with fabulous quality, to win the Bodyfitness crown, becoming the undisputed diva of the championships with her 4 golds.

Together with Ukrainian Yaman, the Russian Tatiana Mandolina repeated her gold of 2019, but fell again in her fight for the overall, to which she seemed destined. Finland kept their appointment with gold, thanks to Mira Hotti, and Estonia presented the formidable Tiia Kaare (Junior world runner-up) as their current big star, after winning gold in the Short class.

**OVERALL BODYFITNESS:**
Alina Yaman (Ukraine)

At 35, Alina Yaman took the overall title defeating Tatiana Mandolina (8 to 11 points) who was left at the gates of victory again. The Ukrainian, in the best shape of her career, was one of the queens of the 2020 World Cup.
BIKINI FITNESS

The queen discipline discovered new stars, although the focus was centred on Viktoria Nnaka. The 19-year-old Polish athlete came to the World Cup as current European, Junior World and e-Championships champion. Far from feeling the pressure, she prevailed in the Tall Class as well as the overall, achieving a milestone for her country, making it clear that no star shone brighter in 2020.

**SHORT CLASS II (-160 cm)**

Gold: Lina Bejarano (Spain)
Silver: Viktoriia Chernenko (Ukraine)
Bronze: Adela Uhrova (Czech Rep.)

**SHORT CLASS I (-158 cm)**

Gold: Mariia Burlaka (Russia), Bikini -158 cm world champion.
Silver: Sandra Kazlauskiene (Lithuania)
Bronze: Maria Sava (Romania)

**SHORT-MIDDLE CLASS (-164 cm)**

Gold: Ivanna Kadyrova (Ukraine), Bikini -164 cm world champion.
Silver: Olesandra Sumaniieva (Ukraine)
Bronze: Natalia Terthyshna (Ukraine)

**MIDDLE CLASS (-166 cm)**

Gold: Joanna Tanska (Poland), Bikini -166 cm (Middle class) world champion.
Silver: Simona Hostacna (Slovakia)
Bronze: Violeta Palamarchuk (Ukraine)

**MIDDLE-TALL CLASS (-169 cm)**

Gold: Viktoria Lysenko (Ukraine), Bikini -169 cm (Middle-tall class) world champion.
Silver: Aisha Kaipova (Kazakhstan)
Bronze: Agne Kiviselg (Estonia)
**2020/2021 BOOK OF THE YEAR**

**TALL CLASS (-172 cm)**

- **Gold:** Aneta Ticha (Slovakia)
- **Silver:** Sanja Novakovic (Spain)
- **Bronze:** Natalia Machowicz (Poland)

**SUPER TALL CLASS (+172 cm)**

- **Gold:** Wiktoria Nnaka (Poland)
- **Silver:** Kristyna Bema (Czech Rep.)
- **Bronze:** Beata Rantaesiola (Finland)

**WELLNESS**

The 4th edition of this modality had to return to the 2 classes of 2018 due to the pandemic, but it did maintain a high quality, represented mainly through the duel between two-time world champion, Dagmara Dominiczak (Poland) and current queen, Lara Santini (Croatia). Although the result was the same, it can be considered that both were satisfied: Santini revalidated the crown and Dominiczak cut the difference to 1 point, while reaching her third consecutive gold, a feat no other athlete has achieved so far in this discipline.

**SHORT CLASS (-163 cm)**

- **Gold:** Dagmara Dominiczak (Poland)
- **Silver:** Oona Hentunen (Finland)
- **Bronze:** Rebeca Climent (Spain)

**TALL CLASS (+163 cm)**

- **Gold:** Lara Santini (Croatia)
- **Silver:** Nina Slavka (Croatia)
- **Bronze:** Niina Kaunisto (Finland)

Wiktoria Nnaka prevailed undisputedly, as in all competitions this season, which she closes undefeated. The Polish athlete has achieved all the official 2020 titles, including the e-Championships, with a physique in which her natural slenderness and genetic conditions stand out. At 19, she could remain an amateur a little longer, before going on to the demanding Elite Pro Division.

**BIKINI FITNESS OVERALL:**

Wiktoria Nnaka (Poland)

Wiktoria Nnaka prevailed undisputedly, as in all competitions this season, which she closes undefeated. The Polish athlete has achieved all the official 2020 titles, including the e-Championships, with a physique in which her natural slenderness and genetic conditions stand out. At 19, she could remain an amateur a little longer, before going on to the demanding Elite Pro Division.

**OVERALL WELLNESS:**

Lara Santini (Croatia)

In a repeat of the 2019 final, Lara Santini once again prevailed over Dagmara Dominiczak, achieving her second consecutive title. True; she did it by only 1 point (7 to 8 points), but the fantastic 23-year-old Croatian athlete is still the reference of this discipline at amateur level.
WOMEN’S PHYSIQUE

A new chapter in the individual duel between the Ukrainian specialists: with less size, but more quality, Nataliia Prokhorova showed the best version of herself at 49 years, going from bronze in 2019 to gold, thanks to her advantage in the compulsory poses. The Master champion adds 3 golds to her collection in this championship, beating fellow country woman Lubov Popova. The elegant athlete went from her 2019 silver to bronze, surpassed by Polish athlete Krzyworzeka, despite prevailing in the free poses, where she was the favourite.

In the short class, we saw a lot of new faces, with a clear victory for the Swedish Mina S. Mahzoon over her rivals.

OVERALL WOMEN’S PHYSIQUE: Nataliia Prokhorova (Ukraine)

Mina Mahzoon’s 29 years and her good lines couldn’t prevent Nataliia Prokhorova, 20 years older, from clearly conquering the overall title (6 to 9 points), thanks to the fantastic balance between her muscularity and leanness. With less size than before, the Ukrainian athlete offered the best shape of her career.

BEST TEAM AWARD

Russia, champion in 2017 and 2019, was never even close to the title with a depleted team due to the pandemic. This allowed Ukraine to easily recover its 2018 crown, thanks to their medals in all disciplines and the high average level of its athletes. Behind Ukraine, a great leap was made by Finland, going from 5th place in 2019 to the second step on the podium, ahead of Poland who repeated the bronze tied on points with the Czech Republic, and achieving a title as important as Bikini.

Spain continued to improve, going from 8th in 2019 to 5th, ahead of Slovakia and Russia, with a very renewed team that will have to follow up on their evolution.

MIXED PAIRS BODYBUILDING

In the most disputed edition of the century, featuring 11 couples, Ukraine maintained its dominance under the guidance of Lubov Popova who, with new partner Vadym Vasylevyi, repeated the gold of 2019. The quality of their routine (5 points) was key to achieve the title.

Another experienced couple, Elena Masarykova and Peter Tatarka, repeated their bronze of 2019 for Slovakia, surpassed by the Austrian couple made up of Andrijana Dabic and Andrej Mandic, who confirm the excellent role of Austria in the 2020 World Cup.

OVERALL WOMEN’S PHYSIQUE:
Nataliia Prokhorova (Ukraine)

Gold: Nataliia Prokhorova (Ukraine)
Silver: Aleksandra Krzyworzeka (Poland)
Bronze: Liubov Popova (Ukraine)

RESULTS (TOP 7)

1. Ukraine (145 points)
2. Finland (86 points)
3. Poland (82 points)
4. Czech Rep. (82 points)
5. Spain (84 points)
6. Slovakia (63 points)
7. Russia (42 points)
2020 IFBB MASTER WORLD CHAMPIONSHIPS

SPAIN RECLAIMS ITS 2018 TITLE THANKS TO AN UNDYING GENERATION OF ATHLETES

“Germán Villarroya (Classic Bodybuilding) and Rebeca Climent (Wellness) were the great stars of the hosts.”

“Alina Yaman (Bodyfitness) and Nataliia Prokhgoldva (Women’s Physique) lead the Ukrainian team in women’s disciplines.”

“Martin Drab (Czech Rep.), the new Bodybuilding Master World Champion.”

Waldemar Biernacki (Poland, 41 years old) was the overall champion of Classic Physique with his physique of 174 cm and 81 kilos.

Natalia Prokhgoldva won the Women’s Physique Master title with her incredible shape at 49 years of age.

Rebeca Climent (Spain; 152 cm) was the overall champion of Wellness, at 45 years old.

COMPLETE PHOTO GALLERY
When the EBFF Congress decided to move the 2020 Bodybuilding and Fitness World Championship from Benidorm to Santa Susanna, it also approved the incorporation of the Master World Championship, initially planned for Turkey. This decision facilitated the travel of athletes and delegates and offered the maximum health safety guarantees. As a result, many master athletes were able to double, also participating in the Senior World Cup and living an unforgettable experience. Among these were three athletes who achieved gold in both divisions: Nicola Barlotta (Bodybuilding), Alina Yaman (Bodyfitness) and Natalia Prokhgoldva (Women’s Physique).

Despite the complications in the general situation, the competition consolidated the Classic Physique and Wellness disciplines, now in their second edition. Along with them, the rest of the divisions (Bikini, Bodyfitness, Men’s Physique and Bodybuilding) offered the same high level as usual.

At 47 years, the very complete Martin Drab (Czech Rep.) won the overall title of Bodybuilding. Drab is a timeless heavyweight, 101 kilos of muscle, in top condition.

Germán Villarroya (Spain) achieved the overall title of Classic Bodybuilding. At 45 years (183 cm and 98 kilos), he offered the most complete physique of the division.

Vladimir Lanevich (Russia; 186 cm) was the overall champion of Men’s Physique, at 42 years of age.

Mariia Burlaka (Ukraine) was the overall champion of Bikini. The 35-year-old, 155 cm tall athlete was unbeatable to her rivals.

Alina Yaman (Ukraine) achieved the overall title of Bodyfitness, displaying complete mastery of the discipline. At 35 she looked the best in her career.
With 9 categories full of excellent athletes, some of them showing the best shape of their lives, such as the Norwegian Knut Oines, the overall competition focused on the duel between the two most developed champions: Spanish Carlos Moral and Czech Martin Drab. The judges, not influenced by age or weight, opted for the Czech, 7 kilos lighter and 3 years older. Along with them, a mention goes out to another outstanding champion, such as Nicola Barlotta, the lightest of them all at 69 kilos, yet third in the overall ranking.
Despite the restrictions, the Classic Physique division grew in athletes and in number of classes, demonstrating the athletes’ interest in this division, where Poland showed its overall dominance. The 2019 champion, Peter Tatarka, was relegated to the silver medal, whereas Waldemar Biernacki and Tomasz Danielak prevailed without problems in their categories, until they faced each other in a head to head that favoured the younger Biernacki (81 kilos), over the more muscular Danielak (92 kilos).

The complete Waldemar Biernacki (Poland) poses with the medal that accredits him as the Master World Champion of Classic Physique.

OVERALL CLASSIC PHYSIQUE MASTER: Waldemar Biernacki (Poland)

Classical Bodybuilding

The Games category was incorporated for the first time and was perfectly represented by the European runner-up, Antonio Primiceri. The results by countries were very similar to 2019: Spain dominated the discipline, protected by the excellent condition of Germán Villarroya, who beat Miguel Ángel Pozuelo, finalist in the senior -180 cm class. Finland, Poland, Czech Rep., Serbia and Croatia also achieved medals in this discipline.

OVERALL CLASSIC BODYBUILDING: Germán Villarroya (Spain)

The aesthetic Germán Villarroya (Spain) took the overall title by unanimous decision of the judges (5 points).
MEN’S PHYSIQUE

2019 medal-holders such as Rui Ferreira, Costin Ilincă or Mario Páez continued to reach the podium, although only Ilincă, who prevailed in +50 years, reached the covered title. Again, all the medallists displayed the same pattern: youthful physiques, just the right size, and looking healthy and toned.

2020/2021 BOOK OF THE YEAR

In the best shape of her life, Natalia Prokhodkova had no problem taking the master title and subsequently the senior title. At 49 years, the Ukrainian athlete displayed a lighter physique than in previous events, and showed all the virtues training with heavy loads can have for women.

WOMEN’S PHYSIQUE

With an impressive physique, Alina Yaman won the overall title in the open competition, and was unreachable to all her rivals. At 35 years, the Ukrainian athlete was the queen of the championship, making history in a discipline where Finnish Tiina Niinimaki improved her silver of 2019 with her champion title in the class for athletes of more than 45 years.

BODYFITNESS

Tied at 9 points with Frenchman Jean Philippe Cesari, Russian Vladimir Lanevic achieved the overall title of Men’s Physique. In the picture, with Dr. Adil Fahim El Sayed, IFBB Vice President for Africa.

OVERALL MASTER MEN’S PHYSIQUE:
Vladimir Lanevich (Russia)

In a fratricidal duel against fellow countrywoman Svitlana Hordienko, Alina Yaman was proclaimed overall champion of Bodyfitness Master.
2020/2021 Book of the Year

MEN’S BEST TEAM:

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<th>Ranking</th>
<th>Country</th>
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Women’s Best Team:

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BEST TEAM AWARD:

Ukraine & Spain

For the first time, the Master competition separated its scores between the men’s and women’s teams, in order to be more precise about the disciplines not featured in Arab countries.

OVERALL MASTER BIKINI:

Mariia Burlaka (Ukraine)

Mariia Burlaka (Ukraine) was proclaimed Bikini Master World Champion, with a perfect score from the judges. In the image, with President Santonja at the awards ceremony.

WELLNESS

Wellness was featured as an open class in which Spanish athletes were the stars, with Rebeca Climent reaching the title, with a perfect score from the judges. The Spanish athlete was the oldest, at 45 years, and the shortest, but her shape was good as gold.

BIKINI FITNESS

The most spectacular female discipline left us with a highly contested competition in all 4 classes. The athletes ranged from 35 to 50 years old. The Czech Republic almost achieved a title poker, protected by the superiority of Julia Karova, Sylvie Moocova and Olga Usova. However, the short class was the domain of Ukrainian Mariia Burlaka and Natalia Poperechna. Burlaka won the overall title unanimously by the judges; in fact, she was so superior that she would go on to win gold also in the senior competition.

WELLNESS

Wellness was featured as an open class in which Spanish athletes were the stars, with Rebeca Climent reaching the title, with a perfect score from the judges. The Spanish athlete was the oldest, at 45 years, and the shortest, but her shape was good as gold.
“Sebastian Serpescu (Romania) wins his third consecutive title.”

“Mexico dominates Bodybuilding with three impressive athletes: Hugo Barajas, José Ibarra and Alfonso Pinkus.”

“Impressive leap in quality by future Fitness queens Tatiana Ondruskova and Nelli Novodomska (Slovakia).”

“Romania ascends to the top of the podium, accompanied by Poland and Hungary.”

**FROM OCTOBER 23 TO 25**, the 2020 edition of the Junior World Bodybuilding and Fitness Championships took place in the town of Cluj-Napoca, taking over after Budapest, after several years of being held in Latin America.

The Romanian Federation (FRFC) chaired by Prof. Gabriel Toncean, once again did an excellent organizational job, repeating the good work done when they hosted the 2018 IFBB World Cup. Romania aspires to host the Bodybuilding World Championship sometime in the near future. Facilities, experience and an excellent human team make the FRFC a candidate to successfully carry out this project. President Santonja was able to verify this first-hand, just two weeks before Santa Susanna hosted the triple appointment of the Master, Men and Women’s World Cup.

As for the sporting event itself, the competition by countries left Romania as the champion, with their fantastic team of 44 athletes who achieved 166 points, ahead of Poland who achieved 161, although with a team of only 14 athletes. The health measures to face the Covid-19 pandemic prevented Turkey from coming to Cluj-Napoca to defend its title obtained in 2019, leaving everything open for the 2021 edition.

Dr. Rafael Santonja was honoured by the Romanian Federation through its president, Prof. Gabriel Toncean. In turn, the IFBB distinguished the most relevant officials of the host federation.

Mexicans Hugo Barajas and José Ibarra dispute the overall Bodybuilding title, after dominating their respective age categories.
The IFBB Junior World Championship was an organizational success and registered a high participation of countries, despite the international situation created by the Covid-19 pandemic.

**Bodybuilding**

**Open Bodybuilding (16-20 years)**
Hugo Barajas (Mexico)
Junior Bodybuilding world champion (16 to 20 years)

Top 5 Bodybuilding Junior (16 to 20 years), with Alexandru Breaban (Romania; 4th), Nikolic Veljko (Serbia; silver), Hugo Barajas (Mexico; gold), Denis Ignatescu (Romania; bronze) and Kevin Chis (Romania; 5th).

**Open Bodybuilding (21-23 years)**
José Ibarra (Mexico)
Junior Bodybuilding world champion (21 to 25 years)

Top 6 Bodybuilding Junior (21 to 23 years), with Razvan Macovei (Romania; 6th), Andrej Solovsky (Slovakia; 4th), Alfonso Pinkus (Mexico; silver), José Ibarra (Mexico; gold), Nikolay Mitev (Bulgaria; bronze) and Kamil Marens (Poland; 5th).

**Overall Bodybuilding**
José Ibarra (Mexico)
Mexico featured a formidable team of Bodybuilding athletes. The fantastic José Ibarra won the overall title, aspiring to a brilliant career in the IFBB. At 23 years of age, with his formidable 96 kilos, he is ready for the senior competition.
**Classic Physique**

Top 6 Classic Physique Junior, with Marian Negorescu (Romania; 6th), Aleksandru Dinca (Romania; 4th), Stanislaw Taralo (Serbia; silver), Roman Hubrii (Ukraine; gold), Andrej Solovsky (Slovakia; bronze) and Laurentiu Mihalcea (Romania; 5th).

**Open Games Classic (16-23 years)**

Josef Nyircsak (Hungary)

Junior Games Classic Bodybuilding world champion

**Open Classic Bodybuilding (16-23 years)**

Oskar Kras (Poland)

Junior Classic Bodybuilding world champion

**Open Men’s Physique (16-20 years)**

Andrei Trocea (Romania)

Junior Men’s Physique (16 to 20 years) world champion

**Open Men’s Physique (21-23 years)**

Sebastian Serpescu (Romania)

Junior Men’s Physique (21 to 23 years) world champion

**Men’s Physique**

Top 6 de Men’s Physique (16 to 20 years), with Bogdan Ene (Romania; 6th), Daniel Bulic (Romania; 4th), Rasmus Klaas (Estonia; silver), Andrei Trocea (Romania; gold), Djeman Ademi (Serbia; bronze) and Gergely Kardos (Hungary; 5th).

**Top 3 Games Classic Bodybuilding Junior, with Norbert Simon (Hungary; silver), Josef Nyircsak (Hungary; gold) and Dino Beric (Croatia).**

**Top 6 Classic Bodybuilding Junior, with Elías Rad (Romania; 6th), Aleksandru Dumitriu (Romania; 4th), Maksym Hovberh (Ukraine; silver), Oskar Kras (Poland; gold), Jozsef Nyircsak (Hungary; bronze) and Laurentiu Mihalcea (Romania; 5th).**

The Romanian Sebastian Serpescu revalidated his overall world title in the Men’s Physique discipline, becoming the best Junior athlete in the history of Romania. Since 2018, he has been hanging the gold medal around his neck in this division.

**Top 6 Junior Men’s Physique (21 to 23 years), with Sergiu Boricean (Romania; 6th), David Makula (Czech Rep.; 4th), Alexandru Iordan (Romania; silver), Sebastian Serpescu (Romania; gold), Andrei Burlea (Romania; bronze) and Robert Nicole (Romania; 5th).**
**BIKINI FITNESS**

**BIKINI 16-20 years (-160 cm)**
- Viktoriia Chernenko (Ukraine)
- Junior Bikini Short Class world champion (16 to 20 years)
- Gold: Viktoriia Chernenko (Ukraine)
- Silver: Tereza Zendulkova (Czech Rep.)
- Bronze: Maria Nedelcu (Romania)

**BIKINI 16-20 years (-166 cm)**
- Marcelina Wozniak (Poland)
- Junior Bikini Middle Class (16 to 20 years) world champion
- Gold: Marcelina Wozniak (Poland)
- Silver: Aneta Futa (Slovakia)
- Bronze: Patrycja Slaby (Poland)

**BIKINI 16-20 years (+166 cm)**
- Wiktoria Nnaka (Poland)
- Junior Bikini Tall Class world champion (16 to 20 years)
- Gold: Wiktoria Nnaka (Poland)
- Silver: Aneta Ticha (Slovakia)
- Bronze: Julie Svitakova (Czech Rep.)

**BIKINI 21-23 years (-160 cm)**
- Adela Uhrova (Czech Rep.)
- Junior Bikini Short Class world champion (21 to 23 years)
- Gold: Adela Uhrova (Czech Rep.)
- Silver: Roberta Nastase (Romania)
- Bronze: Patrycja Slaby (Poland)

**BIKINI 21-23 years (-166 cm)**
- Oleksandra Sumanieieva (Ukraine)
- Junior Bikini Middle Class world champion (21 to 23 years)
- Gold: Oleksandra Sumanieieva (Ukraine)
- Silver: Joanna Tanska (Poland)
- Bronze: Regina Tešlík (Estonia)

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Top 6 Short class Bikini Fitness Junior (16 to 20 years), with Valentina Sticu (Romania; 6th), Elisabeth Atamanski (Estonia; 4th), Tereza Zendulkova (Czech Rep.; silver), Viktoriia Chernenko (Ukraine; gold), Maria Nedelcu (Romania; bronze) and Anna Zdravkova (Romania; 5th).

Top 6 Middle Class Bikini Fitness Junior (16 to 20 years), with Sabina Horakova (Czech Rep.; 6th), Lucie Hajduchova (Czech Rep.; 4th), Lilija Utenko (Latvia; silver), Marcelina Wozniak (Poland; gold), Oliwia Grzonka (Poland; bronze) and Katerina Kuzelkova (Czech Rep.; 5th).

Top 6 of the Bikini Fitness Junior short class (16 to 20 years), with Kamila Bruknarova (Czech Rep.; 4th), Roberta Nastase (Romania; silver), Adela Uhrova (Czech Rep.; gold), Patrycja Slaby (Poland; bronze) and Monika Stanciu (Romania; 5th).

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Top 6 Bikini Fitness Junior short class (21 to 23 years), with Vivien Horvarth (Romania; 6th), Natalia Kapustova (Slovakia; 4th), Roberta Nastase (Romania; silver), Oleksandra Sumanieieva (Ukraine; gold), Wiktoria Nnaka (Poland; gold), Julie Svitakova (Czech Rep.; bronze) and Petra Hnatheva (Slovakia; 5th).
Top 5 Wellness Junior, with Alexandra Giurgiu (Romania; 4th), Natalia Grzyb (Poland; silver), Mia Miklis (Croatia; gold), Mia Miklis (Croatia; bronze) and Grina Ortanu (Romania; 5th).

Top 6 Bodyfitness Junior, with Natalia Poprocka (Slovakia; 6th), Gabriela Hejna (Czech Rep.; 4th), Tiia Kaare (Estonia; silver), Julia Lanecka (Poland; gold), Stefana Sandu (Romania; bronze) and Maria Taberner (Spain; 5th).

Underestared throughout 2020, the Polish Wiktoria Nnaka celebrates her overall Bikini title, together with President Santonja and head of the Judges Committee, Mr. Pawel Filleborn.

Top 6 Artistic Fitness Junior, with Jasmina Voldanova (Czech Rep.; 6th), Bettina Hankocz (Hungary; 4th), Dorina Kovacs (Hungary; silver), Yuliia Komenotrus (Poland; gold), Csongor Toth (Hungary; bronze) and Anastasia Vasylevska (Ukraine; 5th).

Yuliia Komenotrus reached the gold medal for Poland in the new Artistic Fitness discipline.
Tatiana Ondruskova during her routine, deemed to be the best by the judges.

Top 6 Junior Short class (16 to 20 years), with Szofia Bogdan (Hungary; 6th), Ézster Balogh (Hungary; 4th), Beatrix Ilosvay (Hungary; silver), Tatiana Ondruskova (Slovakia; gold), Gianina Suciu (Romania; bronze) and Edina Somai (Romania; 5th).

Top 6 Tall class Junior Short class (16 to 20 years), with Agnes Szenschényi (Hungary; 6th), Olya Narannik (Ukraine; 4th), Nelli Novodomka (Slovakia; silver), Virag Vago (Hungary; gold), Henrietta Baranovszky (Hungary; bronze) and Viktória Ilosvay (Hungary; 5th).

Top 5 Junior Fitness (21 to 23 years), with Rebeca Git (Romania; 4th), Justyna Rynduch (Poland; silver), Marharyta Doroshenko (Ukraine; gold), Dorottya Agoston (Hungary; bronze) and Yuliia Komenotrus (Poland; 5th).

Top 5 Junior Fitness (21 to 23 years), with Rebeca Git (Romania; 4th), Justyna Rynduch (Poland; silver), Marharyta Doroshenko (Ukraine; gold), Dorottya Agoston (Hungary; bronze) and Yuliia Komenotrus (Poland; 5th).

Marharyta Doroshenko (Ukraine), performed a highly athletic routine.

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Overall Fitness Tatiana Ondruskova (Slovakia)

An imposing season for Tatiana Ondruskova, who maintains the Junior World Fitness title for Slovakia.

Marharyta Doroshenko (Ukraine), performed a highly athletic routine.

Tatiana Ondruskova, the new Hungarian Fitness promise.

Virag Vago, the new Hungarian Fitness promise.

Marharyta Doroshenko (Ukraine), performed a highly athletic routine.

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Overal Fitness Tatiana Ondruskova (Slovakia)

An imposing season for Tatiana Ondruskova, who maintains the Junior World Fitness title for Slovakia.

Top 6 Fitness Junior Short class (16 to 20 years), with Szofia Bogdan (Hungary; 6th), Ézster Balogh (Hungary; 4th), Beatrix Ilosvay (Hungary; silver), Tatiana Ondruskova (Slovakia; gold), Gianina Suciu (Romania; bronze) and Edina Somai (Romania; 5th).

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Marharyta Doroshenko (Ukraine), performed a highly athletic routine.

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Marharyta Doroshenko (Ukraine), performed a highly athletic route.
A total of 9 countries were represented in Latvia.

THE CAPITAL of Latvia hosted the first IFBB Fit Model competition in 2017 and has, since then, established itself as the benchmark of this discipline. Thanks to the excellent organization provided by its national federation, led by Mrs. Christina Vedernikova, Riga has become the meeting point of the Fit Model division. In a complicated year like this one, Riga still managed to bring together male and female athletes from 9 countries on the past 17 and 18 of October.

Two stars stood out in the championship: Samanta Balode and Mayna Polapa. The Latvian athlete came to the World Cup with the confidence of being the current champion and, with a different panel of judges she became champion again, winning her class (-163 cm) and the Overall title.

Among her rivals was Maryna Polapa. The Ukrainian athlete, who already achieved a silver medal in 2017, continues to be at the top of the international Fit Model division. In the 2020 European Cup she achieved the bronze medal, yet in less than 4 weeks she was able to correct her flaws and conquered gold in the Tall Class (+168 cm), with a wide gap in points over her rivals.
Top 6 of the Short Class (-163 cm) with Karolin Nomm (Estonia; 6th place), Tetiana Pryshko (Ukraine; 4th place), Kristina Mickiene (Lithuania; silver), Samanta Balode (Latvia; gold), Martyna Pietryszyn (Poland; bronze) and Diana Kivacka (Latvia; 5th place).

Top 6 of the Middle Class (-168 cm) with Inita Kirshakmene (Latvia; 6th place), Johanna Nikkanen (Finland; 4th place), Natalia Popova (Russia; silver), Anastasia Galimova (Russia; gold), Ana Kiseliova (Lithuania; bronze) and Agnese Shaburova (Latvia; 5th place).

Top 6 Tall Class (+168 cm), with Linda Berzina (Belarus; 6th), Anastassiya Chshekotilova (Kazakhstan; 4th), Ionia Balvas (Ukraine; silver), Maryna Polapa (Ukraine; gold), Olga Sibanova (Estonia; bronze) and Karina Kondratieva (Belarus; 5th).

**SHORT CLASS (-163 CM)**
- **Gold:** Samanta Balode (Latvia)
- **Silver:** Kristina Mickiene (Lithuania)
- **Bronze:** Martyna Pietryszyn (Poland)

**MIDDLE CLASS (-168 CM)**
- **Gold:** Anastasia Galimova (Russia)
- **Silver:** Natalia Popova (Russia)
- **Bronze:** Ana Kiseliova (Lithuania)

**TALL CLASS (+168 CM)**
- **Gold:** Maryna Polapa (Ukraine)
- **Silver:** Ionia Balvas (Ukraine)
- **Bronze:** Olga Sibanova (Estonia)

Samanta Balode (Latvia): Fit Model Short Class world champion.

Anastasia Galimova (Russia): Fit Model Middle Class world champion.

Maryna Polapa (Ukraine): Fit Model Tall Class world champion.
Hungary, with a powerful team in all categories, revalidated the title achieved in 2020. Mrs. Snezana Zugic, Assistant Minister of Sports, represented the Government of Serbia in these important institutional competitions.

AFTER ITS GREAT organizational success in 2020, the IFBB once again relied on the experience of the Serbian Federation (SSBBFBFA), chaired by Mr. Goran Ivanovic, and in the city of Cacak to host the Children’s Fitness World Championships once again. Almost 200 children between the ages of 7 and 15 participated, gathering in Cacak from 9 countries, accompanied by parents and coaches.

The competition took place from June 11 to 13th, and bears witness of the growing interest of the national Fitness federations to capture talent at an early age. Russia was a clear example of this, entering directly to the second position by teams, behind Hungary, that showed that athletes like Abigel Took, Nikolett Csepany and Patricia Toth will be stars of senior Acrobatic Fitness in the coming years.

The results of the Children’s Fitness World Championships were the following:

- Hungary revalidates the title achieved in 2020
- Polina Strukova (Ukraine), together with Abigel Took, Nikolett Csepany and Patricia Toth (Hungary), revalidate their world titles
- The Federation of Serbia (SSBBFBFA) consolidates its prestige as organizer

More and more child athletes are joining the Fitness disciplines: A healthy lifestyle can begin at any age.
With the Hungarian Erik Hegyesi achieving silver (bronze in 2019 and gold in 2020) in Class B, the titles went to Russian Semyon Kalistratov in Class A and Turkish Cypriot Coskun Tast Ates in Class B. Ukrainian Oleksandr Khlynin achieved his third medal in a row, but gold seems still to be out of reach.

**MEDAL RANKING BY COUNTRIES (TOP 6):**

<table>
<thead>
<tr>
<th>MEDAL</th>
<th>COUNTRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>GOLD</td>
<td>Hungary</td>
</tr>
<tr>
<td>SILVER</td>
<td>Russia</td>
</tr>
<tr>
<td>BRONZE</td>
<td>Ukraine</td>
</tr>
<tr>
<td>4th</td>
<td>IFBB Flag</td>
</tr>
<tr>
<td>5th</td>
<td>Poland</td>
</tr>
<tr>
<td>6th</td>
<td>Serbia</td>
</tr>
</tbody>
</table>

**UP TO 11 YEARS (CLASS A):**
- Gold: Semyon Kalistratov (Russia)
- Silver: Gabor Laczetz (Hungary)
- Bronze: Aren Mustafa Tantura (IFBB Flag)

**UP TO 7 YEARS (CLASS A):**
- Gold: Yeva Kopiievska (Ukraine)
- Silver: Nora Cvijetic (Serbia)
- Bronze: Funda Ozberkan (IFBB Flag)

**UP TO 9 YEARS (CLASS C):**
- Gold: Kseniia Mikhailova (Russia)
- Silver: Lena Laton (Poland)
- Bronze: Kataeryna Kubatko (Poland)

**UP TO 11 YEARS (CLASS E):**
- Gold: Jazmin Szabo (Hungary)
- Silver: Rita Kovacs (Hungary)
- Bronze: Alisa Sanitrarova (Serbia)

**UP TO 13 YEARS (CLASS G):**
- Gold: Patricia Toth (Hungary)
- Silver: Rebeka Bard (Hungary)
- Bronze: Adri/Fukas (Hungary)

**UP TO 14 YEARS (CLASS H):**
- Gold: Fruzsina Lenye (Hungary)
- Silver: Kitti Lukacs (Hungary)
- Bronze: Mattia Bajda (Poland)

**UP TO 15 YEARS (CLASS I):**
- Gold: Dorika Sabo-Szabo (Hungary)
- Silver: Greta Mercs (Hungary)
- Bronze: Easter Gulyas (Hungary)

Guided by their coaches who, in many cases are also their parents, children from 7 to 15 years take their first steps in the athletic skills of Fitness. Strength, flexibility and endurance are the keys to this sport, which is compatible with gymnastic skills.
Due to the regulations produced by the Covid 19 pandemic, some of the continental events could not take place along the season.
ONE MORE YEAR, SANTA SUSANNA HOSTS THE MOST IMPORTANT COMPETITION IN EUROPE WITH THE MAXIMUM SANITARY GUARANTEES

The EBFF European Cup recovers its usual level of participation, with an increase of 100% compared to 2020 and more than 1,000 registered athletes.

The EBFF honours the most outstanding officials of the season.

Santa Susanna celebrates the success and is already thinking about the 2021 Fitness Sport Games.

In return, Dr. Santonja was awarded a Hellenic-inspired statuette: cradle of history and origin of Bodybuilding.

The mayor of Santa Susanna and IFBB Patron, Mr. Joan Campolier, received the first commemorative statue of the IFBB Soul of Fitness Award, in recognition of his great work in promoting Santa Susanna as the “Fitness Capital of the World”, throughout 15 years of collaboration with the IFBB spread over 3 decades.

The mayor of Santa Susanna and IFBB Patron, Mr. Joan Campolier, and President Santonja listen to the anthem during the Opening Ceremony of the 2021 European Championship. Both executives inaugurated a third decade of collaboration between the international federation and the town as venue for international events. This has made Santa Susanna known as the “Fitness Capital of the World”.

The President of the Russian Federation, Mr. Alexander Viznevskiy, received the IFBB Gold Medal, in recognition of his good internal management in promoting our sports. Russia not only presented the largest team of participants, but also won the team competition in Fitness and Master. This fact is a reflection of the popularity of Bodybuilding and Fitness in Russia, where they are perfectly coordinated with Olympism.

The director of the Committee of Judges of the European Federation, Mr. José María García, was awarded the IFBB President’s Gold Medal in recognition of his organizational work in the competition area. A tireless worker, he is the representative official of the IFBB in many of the international tournaments. In the image, with President Santonja and Mayor Campolier.
Europe has slowly been returning to pre-Covid normality, and the EBFF 2021 European Championship were the best possible proof of this. After the difficult situation of 2020, when many sports federations suspended their competitions, the IFBB and Santa Susanna remained faithful to their commitment. Now, the 2021 edition recovers its usual dates during the European spring, and reaches participation figures in line with those registered in 2019. Europe seems to definitely say “goodbye” to the pandemic!

Rigorous security measures that included a 40m² stage where the safety distance could be maintained were still in place. Otherwise, health was not an issue, thanks to the efficiency of the IFBB Medical Commission and the measures adopted by the “Fitness Capital of the World”. Santa Susanna added a new IFBB international championship to its trajectory that began in 2013.

In short, another complete success that leaves the doors open for the celebration of the I Fitness Sport Games in history from July 1 to 4, also to be held in one of the best tourist destinations in Spain and Europe.

Malta will be hosting the Mediterranean Sea Championship this year. This is sure to be a success, given the proven organizational capacity of their national federation, chaired by Mr. Ralph DeCelis. Still active as a professional athlete, Mr. DeCelis has made Malta internationally recognized as a sports venue for Bodybuilding, in perfect coordination with the country’s Olympic Committee. His exemplary work was recognized with the IFBB President’s Gold Medal.

Bodybuilding and Fitness have experienced a growth in the participation of women, both at the sporting and the executive level. An example is the Federation of Switzerland, where its president, Mrs. Nadia Lechaire, has promoted the participation of her athletes in national and international events. For this, she was awarded the IFBB President’s Gold Medal.

The oldest active judge of the EBFF, the Austrian Mario Volpe, received the IFBB Lifetime Achievement Award, in recognition of his long career as a Bodybuilding Judge.

The President of the Luxembourg Federation, Mr. Guy Kridel, was also awarded the IFBB President’s Gold Medal during the EBFF Congress. Together with his vice president, Patrizio Vitali, they have placed Luxembourg as a very active country and always present on the international calendar. Once his days as a competing athlete are over, Mr. Kridel currently dedicates his time to Bodybuilding as an official and a promoter, but still visits the gym every day.

One of the most active and coordinated European federations with EBFF / IFBB is that of the Czech Republic. Its president, Mrs. Ludmila Cizová, was awarded the Spirit of IFBB award. Under her leadership, the country has ranked among the most successful at a sporting and organizational level, hosting several international competitions each season.

The IFBB Medical Commission chaired by Dr. Alfonso Morán supervised the safety of the attendees at all times, with a significant human team. Among them, the health worker Gabriel Costel received the IFBB Silver Medal from President Santonja.

President Santonja is about to present the IFBB Silver Medal to one of the most veteran and versatile officials of the Spanish Federation: Fermín “Mintxo” Lasaosa. International Bodybuilding Champion, Physical Education teacher of several generations of Spaniards and promoter of the new “Fitness Challenge” discipline, that will debut this year at the IFBB, his life has always been linked to the sport of iron. They have shared a great personal friendship for decades.

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2021 EUROPEAN BODYBUILDING CHAMPIONSHIP

UKRAINE AND RUSSIA HOLD THEIR PARTICULAR SHOWDOWN TO DOMINATE CONTINENTAL BODYBUILDING

“Poland (3rd place) once again surpassed Spain (4th place) and established itself on the European podium by countries.”

“Kirill Nazarenko (Bodybuilding), Andrei Cimpan (Wheelchair Bodybuilding), Kamil Moszczyński (Classic Bodybuilding), Stanislav Tarasov (Classic Physique), Bogdan Vaipan (Games) and Oleksandr Muntian (Men’s Physique) are the new overall champions.”

2020/2021 BOOK OF THE YEAR
IT WAS AN EXTREME challenge for judges and athletes alike throughout the four days of competition, in search for the best physiques on the continent. The EBFF European Championship is one of the most demanding events on the IFBBB calendar, and this year was a direct contest between the Ukrainian and Russian teams for the team title. Ukraine, who finished third in 2020, ended up taking the title, although the most precious jewel (the Bodybuilding overall title) ended up in the hands of the Russian Kirill Nazarenko. Poland consolidated in the Top 3 and Spain left the podium for the first time since 2015. Otherwise, the most notable changes were in the advance of France (5th place) and Romania (6th place), where Bodybuilding hasn’t stopped progressing, driven by their federations led respectively by Mr. Mario Valero and Professor Gabriel Toncean.

Classifier by countries (Top 6):

1 UKRAINE 185 points
2 RUSSIA 175 points
3 POLAND 126 points
4 SPAIN 116 points
5 FRANCE 103 points
6 ROMANIA 79 points

The team medal ceremony, with Russia in 2nd position (represented by its president, Alexander Vizheevskii), Ukraine, the winner (represented by its president, Igor Deliev) and Poland in 3rd position (represented by its delegate, Patrycja Fileborn).
BODYBUILDING

Every year, new stars dazzle at the EBFF European Cup as a previous step to the Elite Pro Division. This year, with a great renewal among the medallists, the overall title went to Russia, where Kirill Nazarenko (105 kilos), managed to impose his quality and size over the rest, with remarkable superiority.
MIDDLEWEIGHT (-85 KILOS):
Champion: Nikita Akimov (Russia)

Medal table (-85 Kg):
Gold: Nikita Akimov (Russia)
Silver: Heorhi Barsukov (Ukraine)
Bronze: Artem Svitov (Ukraine)

SEMI-HEAVYWEIGHT (-95 KILOS):
Champion: Miguel Angustia (Spain)

Medal table (-95 Kg):
Gold: Miguel Angustia (Spain)
Silver: Fuad Gulie-zade (Azerbaijan)
Bronze: Nizami Mirov (Azerbaijan)

HEAVYWEIGHT (-100 KILOS):
Champion: Aleksei Gorelik (Russia)

Medal table (-100 Kg):
Gold: Aleksei Gorelik (Russia)
Silver: Krzysztof Masztalerz (Poland)
Bronze: César Araujo (Portugal)
Always an example of self-improvement, the division for athletes with disabilities is firmly consolidated in European Bodybuilding. This year, rookie athlete Andrei Cimpan won the gold medal.

Andrei Cimpan (Romania), gold medal in Wheelchair Bodybuilding.

OVERTALL BODYBUILDING: RUSSIA; Kirill Nazarenko

Thanks to his superior size, with 105 kilos of weight, and his excellent rippedness, the Russian Kirill Nazarenko won over the other six continental champions, achieving a difference of 4 points over his main rival, the aesthetic Spanish contender Miguel Angustia (at 7 to 11 points from the judges).

CLASSIC PHYSIQUE

There’s been and important growth in this discipline, going from an Open class in 2020 to 4 classes in 2021. Classic Physique is one of the most disputed divisions at the moment, and Ukraine managed to take the overall title, thanks to the very complete Stanislav Tarasov.

Model table Short class (-171 cm):

- Gold: Manuel Luque (Spain)
- Silver: Artem Andreiev (Russia)
- Bronze: Michael Lelievre (France)

SUPER HEAVYWEIGHT (+100 Kilos):

Champion: Kirill Nazarenko (Russia)

Medal table Super Heavyweight Medal table (+100 Kg):

- Gold: Kirill Nazarenko (Russia)
- Silver: Maksym Rohozha (Ukraine)
- Bronze: Maciej Kieltyka (Poland)

SUPER HEAVYWEIGHT (+100 KILOS):

Champion: Kirill Nazarenko (Russia)

OVERALL BODYBUILDING:

RUSSIA; Kirill Nazarenko

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- Bronze: Maciej Kieltyka (Poland)

SUPER HEAVYWEIGHT (+100 KILOS):

Champion: Kirill Nazarenko (Russia)
Medal table Middle class (-175 cm):
- Gold: Andrei Kliui (Russia)
- Silver: Dmitri Titov (Russia)
- Bronze: Oleksii Pavlov (Ukraine)

Medal table Tall class (-180 cm):
- Gold: Dusan Duric (Serbia)
- Silver: Oleh Slichenko (Poland)
- Bronze: Danielius Sauka (Lithuania)

Medal table Super tall class (+180 cm):
- Gold: Stanislav Tarasov (Ukraine)
- Silver: Arthur Mileris (Lithuania)
- Bronze: Przemyslaw Majewski (Poland)

OVERALL CLASSIC PHYSIQUE:
UKRAINE;
Stanislav Tarasov

With a formidable physique of 96 kilos of muscle distributed between his 183 cm of height, the Ukrainian Stanislav Tarasov achieved the overall title of Classic Physique.
CLASSIC BODYBUILDING

A very high and very balanced level for this discipline, that went from 3 height classes in 2020 to 4 classes in 2021. After a tough battle in the final, the Polish Kamil Moszczynski won the Super Tall size.
Medal table Tall class (-180 cm):

Gold: Sergei Gorenkov (Russia)
Silver: Marius Sileika (Lithuania)
Bronze: Dmytro Simak (Ukraine)

SUPER TALL CLASS (+180 CM):

Champion: Kamil Moszczynski (Poland)

Overall Classic Bodybuilding:

Poland; Kamil Moszczynski

In a battle until the last moment, Kamil Moszczynski (Poland) achieved the overall title by statistical criteria, tied on points with Sergei Gorenkov (Russia), demonstrating the level of equality in this discipline.

MEN'S PHYSIQUE

The surprise awaited in the Muscular class, where the Azerbaijani Rasim Hasanov took the title over the Ukrainian favourites, thus demonstrating the high level of Azerbaijan in this discipline. In the rest of the classes, Ukraine took its revenge achieving 4 gold medals and the overall title for Oleksandr Muntian.

Gold: Rasim Hasanov (Azerbaijan)
Silver: Maksym Shevelin (Ukraine)
Bronze: Valerii Tatsar (Ukraine)
<table>
<thead>
<tr>
<th>Class</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short (-170 cm)</td>
<td>Ruslan Podopryhora (Ukraine)</td>
<td>Vitalii Salata (Ukraine)</td>
<td>Sebastian Jansson (Sweden)</td>
</tr>
<tr>
<td>Middle-short (-173 cm)</td>
<td>Rafael Bouca (IFBB Flag)</td>
<td>Cosmin Antonescu (Romania)</td>
<td>Andrei Durlea (Romania)</td>
</tr>
<tr>
<td>Middle (-176 cm)</td>
<td>Oleksii Yakushchenko (Ukraine)</td>
<td>Evganii Goloshubov (Russia)</td>
<td>Said Fdila (France)</td>
</tr>
<tr>
<td>Short (-170 cm)</td>
<td>Ruslan Podopryhora (Ukraine)</td>
<td>Vitalii Salata (Ukraine)</td>
<td>Sebastian Jansson (Sweden)</td>
</tr>
<tr>
<td>Middle-short (-173 cm)</td>
<td>Rafael Bouca (IFBB Flag)</td>
<td>Cosmin Antonescu (Romania)</td>
<td>Andrei Durlea (Romania)</td>
</tr>
<tr>
<td>Middle (-176 cm)</td>
<td>Oleksii Yakushchenko (Ukraine)</td>
<td>Evganii Goloshubov (Russia)</td>
<td>Said Fdila (France)</td>
</tr>
</tbody>
</table>

**SHORT CLASS (-170 CM):**
Champion: Ruslan Podopryhora (Ukraine)

**MIDDLE-SHORT CLASS (-173 CM):**
Champion: Rafael Bouca (IFBB Flag)

**MIDDLE CLASS (-176 CM):**
Champion: Oleksii Yakushchenko (Ukraine)
Taking advantage of his imposing stature (191 cm), Oleksandr Muntian took the overall title of Men's Physique by majority in the scores of the judges (9 points), always ahead of his compatriots Maksym Tàrariiev, Ruslan Podopryhora and Ruslan Podopryhora.
2021 EUROPEAN FITNESS CHAMPIONSHIP

“RUSSIA RECOVERS THE TITLE IN A CLOSE FIGHT WITH UKRAINE.”

“WIKTORIA NNAKA REPEATS OVERALL TITLE, ACHIEVING 4 GOLD MEDALS.”

“ALLA MATSEHORA TAKES 3 GOLD MEDALS AND TWO TITLES: WOMEN’S PHYSIQUE AND MIXED PAIRS BODYBUILDING.”

“ACROBATIC AND ARTISTIC FITNESS GAIN ENORMOUS FORCE.”

President Santonja and EBFF Vice President, José Ramos, together with the overall champion of Bikini Fitness, the Polish athlete Wiktoria Nnaka, who revalidated her 2020 title, representing the IFBB flag.
THE POST PANDEMIC recovery in Europe brought with it the European EBFF Cup to the levels of participation prior to Covid-19. This caused growth in all the IFBB disciplines, and a special struggle in the disciplines of Fitness, Wellness and Bodyfitness. The high level of competitiveness in Bikini and Women’s Physique was maintained, and the mixed modalities Fit Pairs and Mixed Pairs Bodybuilding saw an important growth.

### Classifier by countries (Top 6)

<table>
<thead>
<tr>
<th>Country</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 RUSSIA</td>
<td>223</td>
</tr>
<tr>
<td>2 UKRAINE</td>
<td>213</td>
</tr>
<tr>
<td>3 SLOVAKIA</td>
<td>87</td>
</tr>
<tr>
<td>4 POLAND</td>
<td>80</td>
</tr>
<tr>
<td>5 SWEDEN</td>
<td>75</td>
</tr>
<tr>
<td>6 FINLAND</td>
<td>51</td>
</tr>
</tbody>
</table>

The medal ceremony in the competition by teams: Igor Deliev, President of the Federation of Ukraine (2nd place); IFBB President, Dr. Rafael Santonja; Alexander Vizhnevsky, President of the Russian Federation (1st place); EBFF vice president, Mr. José Ramos and the delegate of the Slovak Federation (3rd place), Ms. Gabriela Mlsnova.
MORE COUNTRIES UP FOR THE GOLD MEDALS, BUT WICTORIA NNAKA REMAINS UNBEATABLE

Yet another year, Ukraine and Russia disputed the dominance of a discipline that was as spectacular as it was disputed. With new athletes at the top, such as Lisa Frojd (Sweden) or the consolidated Joanna Tanska (Poland), the queen of the division was once again the imposing Wiktoria Nnaka (176 cm, 20 years old) who revalidated her title in the Super tall class and in the overall, in addition to the Junior class. The difference was that, this year, she did it representing the neutral IFBB flag.
Medal table Bikini (Middle-tall class; -169 cm):

Gold: Victoriia Lysenko (Ukraine)
Silver: Tatiana Semenikina (Russia)
Bronze: Alina Meshikhina (Belgium)

Medal table Bikini (Middle-class; -166 cm):

Gold: Joanna Tanska (Poland)
Silver: Olha Chernenko (Ukraine)
Bronze: Maria Evgenieva (Russia)

Medal table Bikini (Middle-class; -164 cm):

Gold: Kristina Riabikina (Russia)
Silver: Natalia Poperechna (Ukraine)
Bronze: Viktorija Sadovskaja (Lithuania)

BIKINI: (-154 CM):
Champion: Kristina Riabikina (Russia)
At 20 years old, Wiktoria Nnaka revalidated the titles of European Overall Champion and Bikini Junior achieved in 2020. On this occasion, she failed to defeat her 7 opponents by unanimous decision (8 points), and did so representing the IFBB, instead of her country of nationality.
FIT PAIRS
CONTINENTAL DEBUT OF A DISCIPLINE IN VOGUE

After its debut at the 2020 Arnold Classic Europe, the Fit Pairs discipline has aroused great interest among athletes and, especially, among those from the Eastern European countries, where Baltics, Russians and Ukrainians fought for the top places. The Bikini -169 champion, Viktoriia Lysenko, formed an excellent tandem with Maksym Shevelin, runner-up in Muscular Men’s Physique. Both achieved the gold medal and more points for Ukraine’s victory in the team competition.

Viktorija Sadovskaja & Vytas Jusas (Lithuania); bronze medal.

Yana Yenko & Ruslan Podopryhora (Ukraine); silver medal.

Viktoriia Lysenko & Maksym Shevelin (Ukraine); winners.

BODYFITNESS

YULIIA SHYKULA TAKES THE FIRST OF HER TWO TITLES WITH AUTHORITY

Russia and Ukraine held their own special contest, grabbing 2 titles each in the current 4 classes. In the end, the surprising Yulia Shykula imposed her height (172 cm) and her lines and took the overall crown.

Medal table

<table>
<thead>
<tr>
<th>Category</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bodyfitness (Short class; -158 cm)</td>
<td>Svitlana Hordiienko (Ukraine)</td>
<td>Inna Tylets (Russia)</td>
<td>Karina Shcherbak (Russia)</td>
</tr>
</tbody>
</table>
Without a doubt, Yuliia Shykula (Ukraine) was the most improved athlete of the season. Since her bronze medal in 2020, the 35-year-old Ukrainian has taken a great step, and won the overall Bodyfitness title according to a vast majority of the judges (6 points), after winning gold in the Tall class.
The Swedish athletes played a great role, reaching 2 gold medals and with Lovisa Stenman half an inch away from headlining the great surprise. Tied on points with Nadezhda Kashirina, the title finally went to the Russian.
OVERALL WELLNESS: (Nadezhda Kashirina; Russia)
Thanks to her fabulous genetics, the Russian Nadezhda Kashirina (Russia) won the overall title of Wellness in the most contested final in history, tied at 9 points with the Swedish Lovisa Stenman. At 30, Kashirina was an excellent successor to the previous Wellness queen, Lara Santini.

FITNESS
NATALIA TOROPOVA SURPRISES AND TAKES ON THE SLOVAK “ARMY”
As Covid-19 figures lowered, those of Fitness athletes rose, reaching the high participation levels of 2017 to 2019 again. The acrobatic division once again delighted us with the excellence of Tatiana Ondruskova, Michaela Pavleova, Kristina Juricova and the future queen, Nelli Novodomska. However, the crown ended up in the hands of the formidable Natalia Toropova, the current world champion, who, at age 22, shows that she knows how to find the details that’ll lead her to the gold medal.
Always on the edge, the Russian Natalia Toropova won the overall title of Acrobatic Fitness, overcoming the last obstacle of the powerful Slovak team of stars: the fantastic Kristina Juricova. Toropova (22 years old) beat Juricova by only 2 points (14 to 16), to take the second overall title of her career.
Former children’s champion, Latvian Vanesa Belova, won the overall title of Artistic Fitness, in a tight fight with Alina Frolova in which she asserted her excellent routine. At the age of 21, Belova achieved the first overall title of her career and the first also for Latvia in this discipline.

The absence of the current world champion, Roman Haishuk, left the title in the hands of the other two favourites: Michal Barbier and Fedir Khashalov. With the Slovak emerging on top in the 2 rounds, the Ukrainian lost his 2020 title, but added another medal to his imposing individual record.
One more year, despite the absence of stars like Viktoriia Pohribniak, Liubov Popova or Nataliia Prokhorova, Ukraine presented an athlete capable of achieving gold for the country: Alla Matsehora. The 2020 Bodyfitness champion, even more muscular, was able to achieve the overall title and the master title.

Michal Barbier’s routine was a show that mixed acrobatics with movements of strength and flexibility and a very high rhythm.

**WOMEN’S PHYSIQUE**

**ALLA MATSEHORA EXCEEDS ALL EXPECTATIONS**

One more year, despite the absence of stars like Viktoriia Pohribniak, Liubov Popova or Nataliia Prokhorova, Ukraine presented an athlete capable of achieving gold for the country: Alla Matsehora. The 2020 Bodyfitness champion, even more muscular, was able to achieve the overall title and the master title.

**MEN’S FITNESS (OPEN):**

Champion: Michal Barbier (Slovakia)

Michal Barbier’s routine was a show that mixed acrobatics with movements of strength and flexibility and a very high rhythm. The great favourite, was proclaimed Men’s Fitness European Champion.

**WOMEN’S PHYSIQUE:**

Champion: Alla Matsehora (Ukraine).

**MEDAL TABLE WOMEN’S PHYSIQUE (OPEN):**

- **Gold:** Alla Matsehora (Ukraine)
- **Silver:** Aline Beck (Switzerland)
- **Bronze:** Ulrika Thunberg (Sweden)

**MIXED PAIR BODYBUILDING**

**UKRAINE TAKES TITLE BACK**

Ukraine wanted to regain their 2019 title, after their 2020 absence. And so they did, relieving the Czechs Martina Sletsjöe & Zbyněk Cerádský from the top of the podium. With the fantastic couple formed by the overall champion of Women’s Physique and the 4th classified of Light Heavyweight Bodybuilding, Ukraine regained the title with a perfect score from the judges (5 points).

The couple formed by Yuliia Shykula and Ihor Smola (Ukraine) during their fabulous routine of free poses.

**Jorine Wieringa & Bart Schneider (The Netherlands); bronze medal.**

**Yuliia Shykula and Ihor Smola (Ukraine); winners.**

**Alina Cepurnienė & Marius Steika (Lithuania); silver medal.**
"Slovakia imposes its superiority among the youngest athletes and recovers the title by teams achieved in 2018 and 2019"

The 2021 Junior European Cup doubled the numbers of contenders as compared to the previous year and showed, once again, that Slovakia has the best produce of Bodybuilding and Fitness athletes on the continent. Boosted by their female stars, Slovakia regained the title that their 2020 absence gave to Ukraine, now a step behind Poland and Russia as well, also due to the fact that many Ukrainian young athletes are already competing in the senior divisions.

THE 2021 JUNIOR EUROPEAN CUP

Classifier by countries

Junior: (Top 6)

1. SLOVAKIA 118 points
2. POLAND 73 points
3. RUSSIA 69 points
4. UKRAINE 67 points
5. CZECH REP. 56 points
6. ROMANIA 40 points

The medal ceremony in the Junior team competition, led by Dr. Rafael Santonja and José Ramos, president of the FEFF. The three best national federations were: Poland (2nd place), Slovakia (winner) and Russia (3rd place).
In his last year as a Junior contender, the complete Nazar Turanskiy (Ukraine), imposed his greater development (87 kilos) over the rest of the finalists and took the title.

Medal table Bodybuilding (16-23 years):
Gold: Nazar Turanskiy (Ukraine)
Silver: Andrej Sokolovsky (Slovakia)
Bronze: Alexandre Paire (France)

JUNIOR BODYBUILDING
(16-23 YEARS; OPEN):
Champion: Nazar Turanskiy (Ukraine)

In a Division that this year also included the Games class, the great revelation was the Lithuanian Domantas Sunokas, who ended up beating the aesthetic Jakub Bubniak, winner of the lighter class.

CLASSIC BODYBUILDING
In a Division that this year also included the Games class, the great revelation was the Lithuanian Domantas Sunokas, who ended up beating the aesthetic Jakub Bubniak, winner of the lighter class.

Junior Games Classic Bodybuilding (16-23 years):
Champion: Jakub Bubniak (Slovakia)

Medal table Games Classic Bodybuilding (16-23 years):
Gold: Jakub Bubniak (Slovakia)
Silver: Andry Kore (Estonia)
Bronze: Ondrej Janus (Czech Rep.)

MEN'S PHYSIQUE
Ukraine added new points to its national team and took the victory thanks to Maksym Tarariiev, after the traditional confrontation with the Portuguese, Romanian and Italian athletes.

Medal table Men’s Physique (16-23 years):
Gold: Maksym Tarariiev (Ukraine)
Silver: Andrei Guriea (Romania)
Bronze: Isaac Almeida (Portugal)

JUNIOR MEN'S PHYSIQUE (OPEN):
Champion: Maksym Tarariiev (Ukraine)

JUNIOR WELLNESS (OPEN):
Champion: Adrianna Szymanowska (Poland)

Medal table Wellness (16-23 years):
Gold: Adrianna Szymanowska (Poland)
Silver: Jeanne Kassel (Germany)
Bronze: Ivanka Ivanova (Malta)

WELLNESS FITNESS
Without representatives from Croatia, Poland regained the Junior title thanks to the very complete Adrianna Szymanowska, who only received pressure from the German Jeanne Kassel.

Medal table Wellness (16-23 years):
Gold: Adrianna Szymanowska (Poland)
Silver: Jeanne Kassel (Germany)
Bronze: Ivanka Ivanova (Malta)

JUNIOR WELLNESS (OPEN):
Champion: Adrianna Szymanowska (Poland)
The Junior Bikini division is growing more and more disputed. The title ended up in the hands of Wiktoria Nnaka who revalidated her 2020 title. At just 20 years, she continues to be the reference in international amateur competition, imposing her excellent 175 cm physique over the rest of the contenders.

**Medal table Bikini (16-20 years; Tall class):**
- **Gold:** Wiktoria Nnaka (IFBB)
- **Silver:** Aneta Ticha (Slovakia)
- **Bronze:** Natalia Kapustova (Slovakia)

**Medal table Bikini (16-20 years; Short class):**
- **Gold:** Maria Nedelcu (Romania)
- **Silver:** Estela Rojas (Spain)
- **Bronze:** Nikola Cieckiewicz (Poland)

**OVERALL JUNIOR BIKINI FITNESS:**
(Wiktoria Nnaka)

At 20, Wiktoria Nnaka revalidated her title as European Junior Bikini Fitness Champion achieved in 2020. On this occasion, she failed to defeat her opponents by unanimous decision (8 points) and did it representing the IFBB, instead of her country of origin.
The spectacular upturn in athletes achieved in 2019 was surpassed this year, also due to the incorporation of the Artistic class. Again, Slovakia, Russia, Finland and Hungary were the protagonists thanks to the great shows displayed by Eevi Seikkula, Nataliia Toropova, Tatiana Ondruskova and Nelli Novodomska. This year, the athletes had to perform the choreographic routine once again for the dispute of the overall title, but still, given the equal level of the performances, it was the physical quality that ended up deciding the result.

**WOMEN´S ACROBATIC FITNESS:** (16-20 YEARS; -163 CM):
Champion: Tatiana Ondruskova (Slovakia)

Medal table Acrobatic Fitness (16 – 20 years; Short class):
Gold: Tatiana Ondruskova (Slovakia)
Silver: Michaela Pavleova (Slovakia)
Bronze: Eszter Balogh (Hungary)

Ondruskova recovered her 2019 title. At just 18, she’s quite the veteran.

**WOMEN´S ACROBATIC FITNESS: (16-20 YEARS; +163 CM):**
Champion: Nelli Novodomska (Slovakia)

Medal table Acrobatic Fitness (16 – 20 years; Tall class):
Gold: Nelli Novodomska (Slovakia)
Silver: Karin Suchomelová (Slovakia)
Bronze: Oliwia Chamera (Poland)

**WOMEN´S ACROBATIC FITNESS: (21-23 YEARS; OPEN):**
Champion: Nataliia Toropova (Russia)

Medal table Acrobatic Fitness (21 – 23 years):
Gold: Natalia Toropova (Russia)
Silver: Kristina Jurikova (Slovakia)
Bronze: Eva García (Spain)
OVERALL WOMEN’S ARTISTIC FITNESS: (FINLAND, Eevi Seikkula)
Seikkula dominated both rounds and prevailed with a perfect score over Paulina Melusova.

OVERALL WOMEN’S ACROBATIC FITNESS: (RUSSIA, Natalia Toropova)
The Russian athlete’s better worked physique, at 22, allowed her to win the overall title, after all 3 individual champions tied in the choreography round.
2021 EUROPEAN MASTER
EBFF / IFBB CHAMPIONSHIP

“Mariia Burlaka revalidates her title in Bikini and Alla Matsehora does it in Women’s Physique”

“Boris Palovic makes history for Slovakia with 2 titles”

“Russia changes roles with Spain again, achieving the victory by teams”

THE FIGHT endured until the last category, but finally Spain yielded the team title to Russia, as happened in 2019. Both national federations have won the last 9 titles and continue to dominate the continental scene, along with an “aristocracy” made up of Ukraine and Romania. In this edition, Slovakia returned to its expected level, led by Boris Palovic, while Sweden and France showed their evolution with enormous regularity, surpassing countries like Poland or the Czech Republic.

THE MEDAL CEREMONY in the Master team competition, with Spain in 2nd position (represented by its president, José Ramos), Russia as the winner (represented by its president Alexander Vazhevovsky) and Romania in 3rd position (represented by official Ovidiu Mezdrea).

The 2020 Bodyfitness World Champion, Tatiana Mandolina (Russia), crowned as the overall champion of Master Bodyfitness by Mario Valero, president of the French Federation, and Dr. Santonja.

A timeless athlete, Rafael Vera (Spain), won the Bodybuilding class for athletes over 60 years, at 76 years.

Boris Palovic (Slovakia), was the overall champion of Classic Bodybuilding and Classic Physique. In the image, together with the director of the EBFF Judges Committee, José María García.

THE 2020 EUROPEAN MASTER
Classifer by countries (Top 6)

1. RUSSIA: 117 points
2. SPAIN: 107 points
3. ROMANIA: 99 points
4. UKRAINE: 94 points
5. SLOVAKIA: 93 points
6. SWEDEN: 84 points

THE PRESIDENT Santonja and EBFF Vice President, Benedetto Mondello, together with the overall champion of Master Bodybuilding, Arkadiusz Bortel (Poland).

Dr. Santonja and the president of the Belgian Fed, Andre Wouters, with Chris Harnell (Sweden), overall Champion of Men’s Physique Master.
There was much continuity in the results. Known faces such as Nguema Nfeme, Marcel Manea, José Luis Ortiz, Dorel Toma and a long etcetera continued to take the podium, demonstrating that Bodybuilding is a timeless sport. The most colossal appearance was that of the Polish Arkadiusz Bortel who took the overall title, protected by an ultra-ripped and muscular physique of almost 90 kilos.

**Master Bodybuilding (40-44 years)**
- **Bodybuilding**
  - **Semi-heavyweight (40 – 44 years):**
    - **Gold:** Arkadiusz Bortel (Poland)
    - **Silver:** Boris Polovic (Slovakia)
    - **Bronze:** Marcel Manea (France)

- **Heavyweight (40 – 44 years):**
  - **Gold:** Yousef Asmar (Sweden)
  - **Silver:** Dorel Toma (Romania)
  - **Bronze:** Marian Grošlumus (Slovakia)

- **Middleweight (40 – 44 years):**
  - **Gold:** Eddy Nfene (France)
  - **Silver:** Emil Gurgiu (Romania)
  - **Bronze:** Francisco Almagro (Spain)

- **Heavyweight (45 – 49 years):**
  - **Gold:** José Luis Ortiz (Spain)
  - **Silver:** Francisc Andrasoni (Romania)
  - **Bronze:** Pavel Forman (Czech republic)

- **Master Bodybuilding (50-54 years)**
  - **Middleweight (50 – 54 years):**
    - **Gold:** Jorge Pardo (Spain)
    - **Silver:** Bogdan Nowakowski (Poland)
    - **Bronze:** Laurent Gonzalez (France)

  - **Heavyweight (50 – 54 years):**
    - **Gold:** José Luis Ortiz (Spain)
    - **Silver:** Francisc Andrasoni (Romania)
    - **Bronze:** Pavel Forman (Czech republic)
MASTER BODYBUILDING (55-59 YEARS) OPEN:
Champion: Stefan Hammerschmiedt (Germany)

Gold:
Stefan Hammerschmiedt (Germany)
Silver:
Onita Caracuda (Romania)
Bronze:
Tiberiu Nutescu (Romania)

MASTER BODYBUILDING (+60 YEARS) OPEN:
Champion: Rafael Vera (Spain)

Golden:
Rafael Vera (Spain)
Silver:
Eric Burle (France)
Bronze:
Jorge Huelga (Spain)

CLASSIC BODYBUILDING
The discipline had one name: Boris Palovic. The IFBB World Ranking champion of 2019 returned to the competition and did so by hitting hard in his favourite division. To his titles in Games and in the class of 40 to 44 years, the Slovak added the overall title achieved against Russian Sergei Gorenkov.

MASTER CLASSIC BODYBUILDING OVERALL:
(SLOVAKIA, Boris Palovic)

Boris Palovic was the overall champion of Classic Bodybuilding and, even more, one of the stars of the championships. At 43, he won the title unanimously by the judges (5 points).

MASTER CLASSIC BODYBUILDING (40-44 YEARS) OPEN:
Champion: Boris Palovic (Slovakia)

Gold:
Boris Palovic (Slovakia)
Silver:
Dorel Toma (Romania)
Bronze:
Marian Gromus (Slovakia)

MASTER GAMES CLASSIC BODYBUILDING (+40 YEARS) OPEN:
Champion: Boris Palovic (Slovakia)

Gold:
Boris Palovic (Slovakia)
Silver:
Ihar Sidarchuk (Ireland)
Bronze:
Roberto Vita (Italy)

MASTER CLASSIC BODYBUILDING OVERALL (POLAND, Arkadiusz Bortel)
The Polish Arkadiusz Bortel (44 years old), was proclaimed overall champion of Bodybuilding Master, after imposing his ripped 89 kilos of weight on the Swedish colossi Yousef Asmar (94 kilos) and Arne Lundell (103 kilos).

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## Classic Physique

The growth in number of athletes for this discipline was translated into 2 age categories, in which Boris Palovic beat all his rivals. Being the lightest of the medallists, the fantastic Slovakian athlete took the overall title, beating the Polish Bogdan Nowakowski (51 years old) in the grand final, with a perfect score from the judges.

### Medal Table Classic Physique (+50 years):
- **Gold:** Bogdan Nowakowski (Poland)
- **Silver:** Xavier Bernárdez (Switzerland)
- **Bronze:** Emil Kopsik (Slovakia)

### Medal Table Classic Physique (40 – 49 years):
- **Gold:** Boris Palovic (Slovakia)
- **Silver:** Przemysław Majewski (Poland)
- **Bronze:** Valerii Iushkevich (Romania)

## Men’s Physique

An interesting struggle in all 3 age categories, between rookies and established champions. Again, the contest was always between the Nordic, Mediterranean and Slavic athletes, with respective victories. The overall title went to Sweden this time.

### Medal Table Men’s Physique (+50 years):
- **Gold:** Antonio Damiano (Italy)
- **Silver:** Florentin Corbeanu (Romania)
- **Bronze:** Rui Ferreira (Portugal)

### Medal Table Men’s Physique (40 – 44 years):
- **Gold:** Chris Harnell (Sweden)
- **Silver:** Christian Heimerdinger (Germany)
- **Bronze:** Williams Ani (Sweden)

### Medal Table Men’s Physique (45 – 49 years):
- **Gold:** Vasyl Popov (Ukraine)
- **Silver:** Roman Hajabac (Czech Rep.)
- **Bronze:** Thomas Vitola (Sweden)

## Master Men’s Physique

Taking advantage of his greater youth, Chris Harnell (44 years old) took the overall title of Men’s Physique Master unanimously in the judges’ scores (5 points).

### Medal Table Men’s Physique (45 – 49 years):
- **Gold:** Vasyl Popov (Ukraine)
- **Silver:** Roman Hajabac (Czech Rep.)
- **Bronze:** Thomas Vitola (Sweden)

### Medal Table Men’s Physique (+50 years):
- **Gold:** Antonio Damiano (Italy)
- **Silver:** Florentin Corbeanu (Romania)
- **Bronze:** Rui Ferreira (Portugal)

### Medal Table Classic Physique (40 – 49 years):
- **Gold:** Boris Palovic (Slovakia)
- **Silver:** Przemysław Majewski (Poland)
- **Bronze:** Valerii Iushkevich (Romania)
**Medal table Bikini (35-39 years; Short class):**

- **Gold:** Mariia Burlaka (Ukraine)
- **Silver:** Nataliia Poperechna (Ukraine)
- **Bronze:** Olesya Scherbakova (Spain)

**Medal table Bikini (35-39 years; Tall class):**

- **Gold:** Iuliia Smirnova (Russia)
- **Silver:** Annika Luik (Estonia)
- **Bronze:** Mariia Savvina (Russia)

**Medal table Bikini (40-44 years):**

- **Gold:** Daniela Andrei (Romania)
- **Silver:** Iuliia Koshkina (Russia)
- **Bronze:** Natalya Efimova (The Netherlands)

**Medal table Bikini (+45 years):**

- **Gold:** Alla Petrova (Spain)
- **Silver:** Francesca Petrella (Italy)
- **Bronze:** Renata Psarris (Slovakia)

**MASTER BIKINI OVERALL (UKRAINE, Mariia Burlaka):**

Mariia Burlaka (36 years old) celebrating her second overall Bikini Master title. The Ukrainian athlete won again, unanimously, on the judges’ cards (5 points). Her quality and aesthetics are unquestionable.

**WELLNESS**

As a novelty compared to 2020, a total of 11 athletes fought for the medals. The 2019 champion, Tatiana Eremina (41 years old; Russia) was close to revalidating her title, but the appearance of the Spanish Bárbara Romero (36 years old) prevented it. Romero took the gold medal, leaving Eremina as runner-up.

**MEDAL TABLE WELLNESS (+35 years):**

- **Gold:** Bárbara Romero (Spain)
- **Silver:** Tatiana Eremina (Russia)
- **Bronze:** Sari Ueki (Finland)

**MASTER WELLNESS (OPEN):**

Champion: Bárbara Romero (Spain)
Tatiana Mandolina (35 years old; Russia) achieved the overall title of European Bodyfitness Master Champion, by majority decision of the judges. This was a splendid debut as a master athlete, after having achieved the World cup title in the short-middle class in 2020.

The Ukrainian champion factory surprised by presenting Alla Matsehora, Bodyfitness champion in 2020, as a Women’s physique contestant. She took a title that seems already in possession of that country. Athletes come and go, but the title stays. Only the Swiss Aline Beck resisted, due to her excellent routine of free poses.

**MEDAL TABLE WOMEN’S PHYSIQUE (+35 YEARS):**
- **Gold:** Alla Matsehora (Ukraine)
- **Silver:** Aline Beck (Switzerland)
- **Bronze:** Olena Opekun (Lithuania)

This is her second consecutive title, now in a whole new discipline.
30th Balkan Bodybuilding & Fitness Championships

Drobeta Turnu Severin is now becoming the capital of bodybuilding in the Balkans and the mayor Marius Screciu is pleased with organisation of Balkan Championship. The event was great organised by Romanian Bodybuilding and Fitness Federation with leadership of President Gabriel Toncean. “Sport means health, sportsmanship and joy! Let’s guide as many people as possible to do sports”, said the president of IFBB, Dr. Rafael Santonja.

Over 150 athletes from seven Balkan countries participate in the 30th Balkan Bodybuilding and Fitness Championship on 12-13th of June in Drobeta Turnu Severin, Romania.

Senior Winners:
- Men’s Bodybuilding - Overall: Kushtrim Bajraktaraj (Kosovo)
- Men’s Classic Bodybuilding - Overall: Cosmin Iancu (Romania)
- Men’s Classic Physique - Overall: Tomislav Strmecki (Croatia)
- Men’s Physique - Overall: Cosmin Radulescu (Romania)
- Women’s Bodyfitness - Overall: Raluca Biro (Romania)
- Women’s Bikini - Overall: Anastasiya Boychuk (Bulgaria)
- Mr. Fitness - Overall: Dusan Zivkovic (Serbia)
- Men’s Wheelchair Bodybuilding - Overall: Dorinel Mihai Bleianu (Romania)
In Team rankings wins Romania, second place Serbia and in third is Croatia.

Anastasiya Boychuk (135) from Bulgaria winning category over 169cm and taking Overall title home. Anastasiya brought great package, amazing balanced physique.

Cosmin Iancu (Romania) Men’s Classic Bodybuilding – Overall

Anastasiya Boychuk (Bulgaria) Women’s Bikini – Overall
Athletes from 12 countries were represented at the 2021 European Championships held in Riga.

**2021 EUROPEAN FIT MODEL CHAMPIONSHIPS**

**THE FITTEST MODELS SHINE AGAIN IN RIGA (LATVIA)**

“Russia wins the team title.”

“Maryna Polapa (Ukraine) achieves the overall title, consolidating her career.”

FOR THE SECOND TIME in 2021 - and it won’t be the last - the capital of Latvia hosted an IFBB Fit Model competition, supported by its national federation chaired by Ms Christina Vedernikova. The European Championships returned to Riga on September 11 to 13, as a prelude to what will be the IFBB World Championships, scheduled for October 30 and November 1.

As regards the sports scene, the championship had a name: Mayna Polapa. The Ukrainian athlete, a silver medallist in 2017, bronze medal in 2020 and also a world champion last year, demonstrated her quality and achieved the missing medals: gold in the Tall class (-172 cm) and the Overall of the competition.

Maryna Polapa (Ukraine), world champion of Tall class in 2020, managed to repeat victory and reach the overall European title.

Russia achieved the title by countries with a sensational team that achieved 1 gold, 3 silver and 4 bronze medals.

FOR THE SECOND TIME

Gold: Ksenia Zavodovskaya (Latvia)
Silver: Anzhelika Fedulova (Russia)
Bronze: Ekaterina Kuvina (Russia)

Maryna Polapa (Ukraine) achieves the overall title, consolidating her career.
2020/2021 BOOK OF THE YEAR

BEST TEAM AWARD (TOP 6)

1. RUSSIA
2. LATVIA
3. FINLAND
4. UKRAINE
5. SPAIN
6. ESTONIA

SUPER FINAL

Gold: Marina Polapa (Ukraine)
Silver: Anastassiya Chshekotilova (Kazakhstan)
Bronze: Elena Raspopina (Russia)

Top 6 of the Middle-short class (-164 cm) with Elina Abolina (Latvia; 6th), Aina Saprava (Russia; 4th place), Julia Malinina (Latvia; silver), Elena Raspopina (Russia; gold), Jekaterina Malnacha (Latvia; bronze) and Ekaterina Sozhuova (Russia; 5th).

Top 5 of the Tall class (-172 cm), with Izaskun Iriarte (Spain; 4th), María Gotarida Salas (Spain; silver), Maryna Polapa (Ukraine; Gold), Karina Kondratieva (Belarus; bronze) and Elvi Ossipov (Estonia; 5th).

Top 6 of the Super Tall class (+172 cm), with Viktoriia Meshkova (Russia; 6th), Ilizia Rumiantseva (Russia; 4th), Katerina Myroniku (Ukraine; silver), Anastassiya Chshekotilova (Kazakhstan; Gold), Viktoriia Ezhova (Russia; bronze) and Olga Sibanova (Estonia; 5th).

Top 6 of the Master class, with Karina Kondratieva (Belarus; 6th), Olga Sibanova (Estonia; 4th), Ilizia Rumiantseva (Russia; silver), Johanna Nikkanen (Finland; Gold), Anna Khavanova (Russia; bronze) and Viktoriia Meshkova (Russia; 5th).

Saeid Nikbakht (Germany) took Gold in Men's Fit Model.
WITH THE PARTICIPATION of more than 200 athletes from 15 countries, El Salvador was able to bring together the entire Bodybuilding family of Central America and the Caribbean from August 13 to 15. The hosting country showed its excellent health management of the global Covid pandemic.

The Salvadoran Federation of Bodybuilding and Related Sports (FSFC) chaired by Lic. Frabrizio Hernandez had full support from the Salvadoran sports institutions, headed by the National Institute of Sports of El Salvador, and was able to perfectly organize the 48th edition of the continental championships, presenting a team made up of 42 male and female athletes. The Salvadoran team ended up achieving the gold by teams, surpassing the rest of the outstanding countries among which Costa Rica, Guatemala, Belize, Mexico, Bahamas and Venezuela won gold medals.

The individual champions were as follows:
BODYBUILDING

Junior:
Henry A. Gálvez (Guatemala)
Bantam (-65 Kg):
Evaristo Cortés (Costa Rica)
Lightweight (-70 Kg):
Anthony Orozco (Costa Rica)
Middleweight (-80 Kg):
Clayton Greenidge (Belize)
Heavyweight (+80 Kg):
Jorge A. Gómez (IFBB Flag)

Fit Pairs:
Yesenia C. Constanza & Edwin M. Pérez (El Salvador)

CLASSIC BODYBUILDING

Open:
José David Vargas (Costa Rica)
Games:
José David Vargas (Costa Rica)

CLASSIC PHYSIQUE

Open:
José David Vargas (Costa Rica)

JOSÉ DAVID VARGAS (Costa Rica), Classic Bodybuilding and Games Classic Bodybuilding champion.

EVARISTO CORTÉS (Costa Rica) Repeated his 2019 title as Bantamweight Champion.

ANTHONY OROZCO (Costa Rica) Lightweight Bodybuilding Champion.

CLAYTON GREENIDGE (Belize) Bodybuilding Master and Middleweight champion.

JOSÉ ANDRÉS GÓMEZ (IFBB Flag) Bodybuilding heavyweight champion.

YESENIA C. CONSTANZA & EDWIN M. PÉREZ (El Salvador), Fit Pairs Bodybuilding champions.

JOSÉ DAVID VARGAS (Costa Rica), Classic Physique champion.
48TH IFBB-CACBBFF CENTRAL AMERICAN AND CARIBBEAN CHAMPIONSHIPS

MEN’S PHYSIQUE
- Short class (-170 cm): Ricardo R. Valdiviezo (Mexico)
- Middle-short class (-173 cm): D. Johan García (IFBB Flag)
- Middle class (-176 cm): Kevin S. Donis (Guatemala)
- Tall class (+179 cm): Wellington Wallace (Bahamas)
- Super tall class (+179 cm): Pierre de Laet (Mexico)

JULIETH PAOLA BARRIOS (IFBB Flag), Wellness Junior and Short class champion.

KARINA PADILLA (Costa Rica), Wellness Tall class champion.

LAURA DE LOS ANGELES PARADA (El Salvador), Wellness Master champion.

SAÚL E. ARTÍGA (El Salvador), Men’s Physique Junior champion.

WELLINGTON WALLACE (Bahamas), Men’s Physique Master and Tall class champion.

KEVIN S. DONIS (Guatemala), Men’s Physique Middle class champion.

PIERRE DE LAET (Mexico), Men’s Physique Middle-short class champion.

DEIBY JOHAN GARCÍA (IFBB Flag), Men’s Physique Middle-short class champion.

JORGÉ ANDRÉS SOTO (Costa Rica), Muscular Men’s Physique champion.

RÍCARDO R. VALDIVIEZO (Mexico), Men’s Physique Short class champion.

SAÚL EDUARDO ARTÍGA (El Salvador), Men’s Physique Junior champion.

KEVIN S. DONIS (Guatemala), Men’s Physique Middle class champion.

WELLINGTON WALLACE (Bahamas), Men’s Physique Master and Tall class champion.

PIERRE DE LAET (Mexico), Men’s Physique Middle-short class champion.

KEVIN S. DONIS (Guatemala), Men’s Physique Middle class champion.

LAURA DE LOS ANGELES PARADA (El Salvador), Wellness Master champion.

JULIETH PAOLA BARRIOS (IFBB Flag), Wellness Junior and Short class champion.

KARINA PADILLA (Costa Rica), Wellness Tall class champion.

LAURA DE LOS ANGELES PARADA (El Salvador), Wellness Master champion.

JULIETH PAOLA BARRIOS (IFBB Flag), Wellness Junior and Short class champion.

KARINA PADILLA (Costa Rica), Wellness Tall class champion.

LAURA DE LOS ANGELES PARADA (El Salvador), Wellness Master champion.

JULIETH PAOLA BARRIOS (IFBB Flag), Wellness Junior and Short class champion.

KARINA PADILLA (Costa Rica), Wellness Tall class champion.

LAURA DE LOS ANGELES PARADA (El Salvador), Wellness Master champion.

JULIETH PAOLA BARRIOS (IFBB Flag), Wellness Junior and Short class champion.

KARINA PADILLA (Costa Rica), Wellness Tall class champion.

LAURA DE LOS ANGELES PARADA (El Salvador), Wellness Master champion.
BIKINI
- Short class (-160 cm): Ana G. Jiménez (Mexico)
- Middle class (-164 cm): Clara E. Pineda (Guatemala)
- Tall class (+164 cm): Johanna I. Peña (El Salvador)
- Junior: Mirna G. Romero (Guatemala)
- Master: Jeanette López (El Salvador)

WOMEN'S PHYSIQUE
- Open: Erika Vélez (Mexico)

FIT MODEL
- Open: Verónica Avoleván (El Salvador)

3 Top Fit Models: won by VERÓNICA AVOLEVÁN (El Salvador).

ERIKA VÉLEZ
- Mexico
- Women's Physique champion.

ANNA G.
- Mexico
- Bikini Short class champion.

CLARA
- Guatemala
- Bikini Middle class champion.

JOHANNA
- El Salvador
- Bikini Tall class champion.

MIRNA G.
- Guatemala
- Bikini Junior champion.

JEANETTE
- El Salvador
- Bikini Master champion.

FITNESS
- Women's: Deborah C. Marín (Mexico)
- Men's: Adrián I. No Monge (El Salvador)

BODYFITNESS
- Master: Yureica Duarte (Venezuela)
- Short class (-158 cm): Yesenia C. Constanza (El Salvador)
- Tall class (+158 cm): Yureica Duarte (Venezuela)

ADRIÁN
- El Salvador
- Fitness champion.

DEBORAH
- El Salvador
- Fitness champion.

YESENIA C.
- El Salvador
- Bodyfitness Short class champion.

YUREICA
- Venezuela
- Bodyfitness Short class and Master champion.
The 2021 Australasian Championships was held in Sydney Australia at the beautiful Stamford Plaza Conference Centre on March 28th.

Even Covid restrictions could not deter fans from the 2 sold out sessions of competitions! 129 fantastic athletes screamed, cheered and even played drums as their favourite athletes took to the stage!

Although the Covid virus has closed international borders, Australian athletes from almost every state in the country turned out hoping to win the coveted title of IFBB Elite Pro Champion of their division. In most of the divisions, the top 3 places were separated by only 1 or 2 points, which shows the quality of the athletes.

There were 5 IFBB Elite Pro Cards given in the Open categories and 2 IFBB Elite Pro Masters Cards were awarded and each of these athletes were well deserving of the honour of being awarded Pro status!

• Men's Body Building; Mijail Barack
• Men's Body Building; Paul Jaylian (Masters)
• Classic Physique; Drew Denford
• Men's Physique; Sam Al Sabonchi
• Men's Physique; Shady Hamed (Masters)
• Body Fitness; Karla Gambell
• Women's Physique; Lucie Thompson
• BikiniFitness; Hannah Hawkes

It was a long day and we are forever grateful for the great team that makes these competitions
the huge success that they are. From our fantastic and dedicated team of judges, our amazing and patient backstage crew to the girls registering all the athletes, all still smiling at the end of the day! And to Paul & Carole Graham, congratulations on promoting another successful show.

Thank you to the outstanding audiences for creating such a wonderful atmosphere and of course to each and every athlete who did their best and got up on the stage- THANK YOU for making the Australasian Championships the huge success it was!
2021 IFBB AUSTRALASIAN CHAMPIONSHIP WOMENS RESULTS

**WOMEN’S PHYSIQUE OPEN**
1st Lucie Thompson (PRO CARD)
2nd Megan Knight
3rd Marlene Buckpitt

**BODY FITNESS NOVICE**
1st Maya Rathod

**BODY FITNESS OPEN**
1st Karla Gambell (PRO CARD)
2nd Tellena Hill
3rd Maya Rathod

**WELLNESS NOVICE**
1st Annie Rendall-Short
2nd Hannah Finney
3rd Genevieve Nestor

**WELLNESS OPEN**
1st Lucy Piper
2nd Annie Rendall-Short
3rd Cassie Keeping

**BIKINI FITNESS NOVICE**
1st Hannah Hawkes
2nd Mikayla Tritico
3rd Joanna Rogaris

**BIKINI FITNESS JUNIOR**
1st Shingalana Hill
2nd Indy Mortimer
3rd Annie Sermukslis

**BIKINI FITNESS OPEN**
1st Hannah Hawkes (PRO CARD)
2nd Nevine Blinoff
3rd Mikayla Tritico

**WELLNESS NOVICE**
1st Annie Rendall-Short
2nd Hannah Finney
3rd Genevieve Nestor

**WELLNESS OPEN**
1st Lucy Piper
2nd Annie Rendall-Short
3rd Cassie Keeping

**BIKINI FITNESS NOVICE**
1st Hannah Hawkes
2nd Mikayla Tritico
3rd Joanna Rogaris

**BIKINI FITNESS JUNIOR**
1st Shingalana Hill
2nd Indy Mortimer
3rd Annie Sermukslis

**BIKINI FITNESS OPEN**
1st Hannah Hawkes (PRO CARD)
2nd Nevine Blinoff
3rd Mikayla Tritico
HISTORICAL RECORD OF PARTICIPATION: THE WORLD RECORD OF PARTICIPANTS IN A SINGLE CATEGORY HAS BEEN ACHIEVED!
Under the watchful eye of the Pyramids of the Giza Plateau in Cairo City on February 18, the first international event of this year’s IFBB season began, an event that was open to all athletes from Europe, Africa and Asia.

The international federation team, headed by Mr. José Ramos Muñoz, a member of the IFBB Executive Board, were welcomed with open arms by the Egyptian organization lead by Dr. Adel Fahim, President of the Egyptian Federation, President of the Arab and African federations of physique-bodybuilding and fitness and Vice-President of IFBB.

Although faced with a disturbing expectation about the effects that the pandemic could have with COVID 19 on the championship, the Egyptian Federation in charge of the organization of the event, informed the IFBB officials that the total number of athletes expected would amount to a total of 700, promising a competition with magnificent social, sporting and media repercussions.

Likewise, the promoter of the championship, Mr. Adbul Azeem Hegazy arranged all the means at his disposal to achieve the best event that could be held, in a space designed and dedicated to a top-notch athletic spectacle such as the one that took place at the Movenpick Hotel Cairo -Media City.

Dr. Rafael Santonja -Dc. Adel Fahim- Mr. Adbul Azeem Hegazy.

Some of the IFBB's staff of judges and officials.

Dr. Santonja awards the IFBB gold medal to Mr. Adbul Azeem Hegazy.

Being in Cairo, a visit to the pyramids is essential.

COMPLETE PHOTO GALLERY

OPEN HERE
Thursday’s weigh in day began at 10 a.m. and the flow of athletes was constant. Such was the volume of competitors that a record participation was achieved with a total of 822 athletes for a total of 16 categories, with athletes from Egypt, Iraq, Libya, Sudan, Tunisia, Syria and Denmark. The day was concluded after the registration of all participants at 21.00 hours.

The three categories of Men’s Physique were the most represented with a total of 95 competitors registered in the category up to 173cm, 96 competitors in the category up to 178cm and a total of 131 in the category of more than 178cm, thus becoming the most competitors in one division of a category in the history of body-building!

The experience and efficiency of the organizers was evident in the handicap of locating such a magnitude of athletes and thanks to exceptional work, the stage and backstage could be enabled to accommodate the entire cast of magnificent competitors who met there.

Egypt’s Diamond Cup started on Friday, with the first categories of the Mens Physique program. On stage of the 95 competitors in the elimination round, only 40 would go through and then only 15 of them would reach the semi-finals. Nothing was left to chance.

The team of Judges, headed by José María García, Chairman of the European Committee of Judges of the
Dr. Santonja gave an Honorable mention to Dr. Abel Fahim for his invaluable contribution to our sport. The promoter of the event Mr. Abdul Azeez Hegazy was awarded the IFBB Gold Medal, a badge awarded for his effort and dedication in the organization and promotion of this Diamond Cup.

Friday ran smoothly, despite the large number of competitors who had to fight for a place in the final.

After the finals of Men's Physique, it was time for the competitors of the CLASSIC PHYSIQUE category who, in all three divisions, made a total of 143 athletes who showed off their great physiques starting with the most committed pose of the division: the abdominal vacuum or vacuum, indispensable to be able to participate and choose to continue competing, according to the regulation of this category.

While most Egyptian athletes obtained the first places, it should be

IFBB, spent more than 2 hours judging the competitors to find who would reach the final. This was a very difficult selection job because of the quality of all the competitors.

Accompanied by a fast-paced staging, the following categories of Men's physique were giving way to the high size (+178) with their 131 competitors, who under the excited gaze of the organizers, made history that will mark a milestone in our sport.

Dr. Rafael Santonja, President of IFBB, lived up to his promise and attended the Diamond Cup, and was pleased to accompany competitors on stage at various points of the competition as well as in different tributes given by the organizers.

The category of Men's Physique over 178 cm.
noted that the IRAQ athlete ABDALLA PSHADAR MAHMUD achieved a second place and silver medal in the Classic Physique category up to 173cm. Danish athlete FABRISYOS MOHAMED ALY also won a medal, taking home third place in the Classic physique category up to 178cm.

Saturday started at 10:00 for all Body Builders and the youngest, the Juniors between the 16 and 23 years in two categories, under 80kg and over 80kg, had the first prominence of the spectators who wanted to see the show. After a long day, Friday’s competition ended at 04:00 a.m.

In the Junior category up to 80 kg, the winner was Mahmoud Ismail Ahmed Mohamadain. And in the category of over 80kg, the gold went to Sherif Abdelbaaeth Mohamed, both competitors from Egypt.

The Masters category once again showed that our sport is ageless and we were able to witness on stage the oldest competitor, the Egyptian, Taha Abdelmoneam Elgarf who was born in 1948! And competing in the division of over 80 years and over 80kg.

The most anticipated moment of the day was when senior bodybuilding began, covering 4 categories: up to 70kg, up to 80kg, up to 90kg and over 90kg.

Egypt has won several world titles in senior bodybuilding throughout its history and we met the great heirs of those triumphs, showing great muscle quality, as well as symmetries and proportions that raised the passion and cheers of the fans present in the championship venue.

The winner and gold medal up to 70kg was Sameh Ahmed Hamed Mohamed. He was followed in the category of up to 80kg, the gold medal won by Islam Mohamed Abdalla Abdelnaby.

Osama Salama Ahmed Salama won in the category up to 90kg and in heavyweight it was competitor Sherif Abdelbaaeth Mohamed who won the gold medal.

The Champion of Champions, winner of the overall, was the Egyptian competitor Osama Salama Ahmed Salama who won his Body Building category of up to 90kg.

More than 800 competitors came together at MUSCLETECH DIAMOND CUP CAIRO 2021, which together with the organization, the Egyptian Federation, the promoter of the event, officials and judges from various Arab and European countries, as well as sponsors, coaches, spectators and fans of Body Building physique, made this Muscletch Diamond Cup, a global benchmark in terms of sport, organization and logistics.

An unforgettable trip for all, including European officials who, courtesy of the organization and federation, were able to visit the pyramids of Gizah and the Egyptian museum in Cairo and contemplate the thousands of objects on display there.
Bucharest recovers its dynamism in Europe

"Alexander Ronchetti (Men’s Physique), Marta Almendros (Bodyfitness), Mathias Lampe (Bodybuilding) and Agne Kiviselg (Bikini) are the stars of this edition."

"The brand new Fit Model and Fit Pairs disciplines join this prestigious event."

With COVID-19 in the rear view mirror, events such as the Tiger Classic Diamond Cup Romania, organized by Mr. Mihai Tigora with the support of the national federation chaired by Prof. Gabriel Toncean, have prospered and are quickly regaining their prominence on the IFBB calendar.

Only 5 days before the European Championships, Bucharest hosted the 2021 edition of one of the favorite competitions for international athletes, from May 7 to 8. The event is beloved for its magnificent organization and for the prestige of its awards: no shortage on Elite Pro cards here, as no less than 16 were distributed amongst the most outstanding champions.

The competition was held in the facilities of the elegant Caro Hotel in the country’s capital city. It included even more official divisions and left us the following champions:

- Carl Bolund (Sweden), Classic Physique champion.
- Marta Almendros (Spain), Bodyfitness champion.
- Agne Kiviselg (Estonia; gold), overall champion of Bikini, along with her rivals in the Middle class, Simona Koffler (Germany; silver) and Paula Escalón (Spain; bronze).
- Attila Schmid (Switzerland), champion of Muscular Men’s Physique.
- Alexander Ronchetti (Switzerland), overall champion of Men’s Physique and Fit Pairs.

Dr. Santonja congratulated the organizer and creator of the Tiger Classic, Mr. Mihai Tigora, as well as the president of the FRFC, Mr. Gabriel Toncean, for the success of this edition.
For the first time, the Tiger Classic Diamond Cup Romania included the Fit Model division.

Giuseppe Celico (Germany), won the Bodybuilding Master class and the Master professional card.

Aleks Aleksiev (Bulgaria), Junior Bodybuilding champion.

The Fit Pairs class is consolidated: the Swiss Annika Donner & Alexander Ronchetti took the title.

The podium of the Bikini Tall Size, with Jana Jarabkova (Czech Rep.; Silver), Kaisa Abner (Estonia; gold) and Annika Leok (Estonia; bronze).

The Tiger Classic Diamond Cup Romania is a social and sporting event held in Bucharest that serves to promote the inclusive message of Bodybuilding.

For the first time, the Tiger Classic Diamond Cup Romania included the Fit Model division.

Giuseppe Celico (Germany), won the Bodybuilding Master class and the Master professional card.

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The podium of the Bikini Tall Size, with Jana Jarabkova (Czech Rep.; Silver), Kaisa Abner (Estonia; gold) and Annika Leok (Estonia; bronze).

The Tiger Classic Diamond Cup Romania is a social and sporting event held in Bucharest that serves to promote the inclusive message of Bodybuilding.
II DIAMOND CUP FRANCE 2021

BORIS PALOVIC (SLOVAKIA) MAKES HISTORY AT THE GREAT EVENT OF FRENCH BODYBUILDING

“The hosts present an excellent national team only weeks after the 2021 European Cup”

“A new Bodybuilding star is born: George L. Behringher (Germany)”

THE 2ND EDITION of the Diamond Cup France summoned a significant number of athletes from 16 countries, some as far away as Kazakhstan and Kyrgyzstan, in the beautiful town of Divonne les Bains on May 28 and 29. The event, which was included in this season’s IFBB calendar, included an Elite Pro event.

Once again, the good work developed by the French Federation (AFBBF) chaired by Mr. Mario Valero, was evident with the excellent organization. The host country alone presented more than 90 athletes, maintaining the high level shown in the 2021 European Cup.

The great star of the event was the Slovak Boris Palovic, current European champion, who increased his legend by winning 5 gold medals (Bodybuilding Master, Classic Bodybuilding +175 cm, Classic Bodybuilding Master, Classic Bodybuilding Overall and Classic Physique Master) and 1 silver (Classic Physique Open). Along with him, athletes such as Marta Almendros (Bodyfitness), Aisha Kaipova (Bikini), Bárbara Romero (Wellness), Yasmina Gouaich (Women’s Physique), Alexander Ronchetti (Men’s Physique) and the imposing George Lukas Behringher (Bodybuilding) stood out.

Boris Palovic (Slovakia) was the main protagonist of the competition. At 43 years of age, the winner of the IFBB World Ranking 2019 achieved 5 gold medals and one silver, distributed in the divisions of Bodybuilding, Classic Bodybuilding and Classic Physique.

Markus Lamparth (Germany), Classic Physique overall champion.

Aisha Kaipova (Kazakhstan), Bikini overall champion and new Elite Pro athlete.

George Lukas Behringher (Germany) - escorted by the presidents of the federations of Spain (José Ramos) and France (Mario Valero) - was proclaimed overall champion of Bodybuilding.
2021 DIAMOND CUP FRANCE CHAMPIONS

MEN’S PHYSIQUE

Junior: Romeo Hoffman (France)
Master: Bright Eze (Belgium)
Middle Class (-176 cm): Gabriel Domos (Belgium)
Tall Class (+182 cm): Aurelien Fourmann (France)
Super Tall Class (+182 cm): Attila Schmid (Switzerland)
Muscular: Attila Schmid (Switzerland)

CLASSIC BODYBUILDING

Master: Boris Palovic (Slovakia)
Short Class (-175 cm): Ludovic Figueiredo (France)
Tall Class (+175 cm): Boris Palovic (Slovakia)

CLASSIC PHYSIQUE

Master: Boris Palovic (Slovakia)
Open: Marcus Leipart (Germany)

BODYBUILDING

Master (Open): Boris Palovic (Slovakia)
Semi-heavyweight (-90 kg): Lucas A. Guts (Germany)
Heavyweight (+90 kg): George Lukas Behringher (Germany)

FIT MODEL

Open: Inna Sindeleeva (Kazakhstan)

BODYFITNESS

Open: Marta Almendros (Spain)
Master: Marta Almendros (Spain)

WELLNESS

Open: Barbara Romer (Spain)

BIKINI

Master: Natalya Efimova (The Netherlands)
Junior: Aisha Kaipova (Kazakhstan)
Short Class (-160 cm): Barbora Vosatkova (Slovakia)
Middle-Short Class (-163 cm): Joana Werle (Germany)
Middle Class (-166 cm): Alina Mashikhina (Russia)
Middle-Tall Class (-169 cm): Aisha Kaipova (Kazakhstan)
Tall Class (+169 cm): Jana Jerabkova (Czech Rep.)

WOMEN’S PHYSIQUE

Open: Yasmina Gouaich (France)

OVERALL CHAMPIONS & ELITE PRO CARD

Attila Schmid (Switzerland), Muscular Men’s Physique overall champion.
Inna Sindeleeva (Kazakhstan), Fit Model overall champion.
Alexander Ronchetti (Switzerland), Men’s Physique overall champion.
Yasmina Gouaich (France) achieved the Elite Pro card in Women’s Physique.
George Lukas Behringher (Germany), Bodybuilding overall champion.
Marta Almendros (Spain), Master and Bodyfitness overall champion.

Yasmina Gouaich (France) achieved the Elite Pro card in Women’s Physique.
JUST OVER 200 competitors were in the fight for the IFBB Elite PRO cards last Saturday, June 12 at the 2021 Diamond Cup in Luxembourg, organized by the president of the federation of Luxembourg, Mr. Guy Kridel. In spite of the Covid restrictions, the event still managed to gather representatives from almost twenty European countries. Particularly, the participation of some 80 German athletes stood out.

On Saturday morning at the scheduled time, the Men’s Physique competition began. The French Hachime Bakary rose as overall champion, showing one of the best structures you’ll see today in this division, with a tiny waist, sculpted abs and size appropriate to what is expected of Men’s Physique. We will certainly hear more about him in the future. The Belgian Thoma DeMeijer was the champion of Classic Bodybuilding with his proportionate, sizable physique; a fine figure with broad shoulders and developed legs that gave him the victory. He is also a master of pose, as he demonstrated with one of the most applauded routines of the day.

The Bodyfitness division experienced a high number of participants, with 3 classes and about 30 athletes. The structure and muscular balance of the German Izabela Jablonski made her win the overall title against Spanish Marta Almendros, who presented an attractive physique, very compensated, that gave the audience a beautiful duel in the Overall. The also German athlete Lisa Beller was a perfect example as champion of Women’s Physique. This division is really starting to show its potential.

Albert Moor, representing Germany, was the champion in Muscular Men’s Physique. He displayed a strong and fit body. Next up was Classic Physique, which was the most celebrated division of the entire event. A total of 14 athletes competed for the title, presenting an enormous level and making the fans enjoy the display of their excellent competitive skills. The German Marcus...
Lampart took the PRO card, thanks to his physical balance. Although he doesn’t have the best structure, he does possess muscular quality, no muscular failures and a brilliant pose that earned him a great ovation after his choreography.

We’d also like to highlight the champions of Bikini Master, Kamila Pardemkova, and Bikini Junior, Dorine de Spiegeleer, for their difficult victories, which show that you can be competitive regardless of age. In the senior classes, the Estonian Agnes Kiviselg was the overall champion. Kiviselg gave a master-class on how to show and move on stage in this discipline. She didn’t have an easy victory, though, against the more than 50 contenders who competed in Bikini. The surprise of the championship came from the French Yasmine Dia, who prevailed in Wellness in spite of her strong rivals. This is a discipline that keeps growing non-stop in the countries of the heart of Europe. Dia’s combined set of glutes / legs and exact competing condition for Wellness made her champion without a doubt. Last but not least, in Male Bodybuilding, the Polish Maciej Kieltyka showed his 114 kilos on stage with a shreddedness that made him the overall champion of Bodybuilding and new IFBB Elite PRO athlete. He displayed an interesting combo of great torso and excellent competing condition. In the Masters class, the Cypriot Stavros Christodoulou was the victor. This event also featured three IFBB Elite PRO disciplines in MASTER class, which were won by the Hungarian Karina Gavrikova in Bikini Master, the German Sabine Simitsopoulos in Bodyfitness Master and the Austrian Christoph Senn in Master Bodybuilding. These great athletes left an enduring impression with their excellent physiques and were the perfect way to close this competition day in Luxembourg before an audience that cheered until the last minute, after having enjoyed the 10 hours of competition that followed the programme perfectly. Congratulations to the participants and the team that made this event possible!
The Czech Republic recovers one of its great international events

“The Czech Republic recovers one of its great international events”

“Maciej Kieltyka (Poland) and Danielius Sauka (Lithuania), the great winners in Bodybuilding”

The 3rd Edition of the Diamond Cup Ostrava returned to the IFBB calendar, to great enthusiasm of the European athletes. Organized by officials Stanislav Pesat and Jan Kubík, with the support of the Bodybuilding Federation of the Czech Republic, chaired by Ms. Ludmila Cizova, the competition brought together a large number of athletes from 16 countries. Quite a few young athletes, aged 16-19, were present in the Sub-Junior classes, which have so deep roots in Eastern Europe.

As usual, the champions achieved the Elite Pro card in a competition that discovered new stars such as Renata Souckova (Bikini), Julius Povilaitis (Classic Bodybuilding) and Maciej Kieltyka (Bodybuilding), together with some familiar faces, such as Alexander Ronchetti (Men’s Physique).

The Diamond Cup Ostrava 2021 produced the following champions:

### BODYBUILDING

<table>
<thead>
<tr>
<th>Category</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Middleweight (-80 Kg)</td>
<td>Erik Lesnak (Slovakia)</td>
</tr>
<tr>
<td>Semi-heavyweight (-90 Kg)</td>
<td>Danielius Sauka (Lithuania)</td>
</tr>
<tr>
<td>Heavyweight (+90 Kg)</td>
<td>Maciej Kieltyka (Poland)</td>
</tr>
<tr>
<td>Master (Open)</td>
<td>Buzaggo Celso (Germany)</td>
</tr>
</tbody>
</table>

### CLASSIC BODYBUILDING

<table>
<thead>
<tr>
<th>Category</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short class (-180 cm)</td>
<td>Robert Kanuk (Slovakia)</td>
</tr>
<tr>
<td>Tall class (+180 cm)</td>
<td>Julius Povilaitis (Lithuania)</td>
</tr>
<tr>
<td>Master</td>
<td>Radostim Dykowiski (Poland)</td>
</tr>
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</table>

### CLASSIC PHYSIQUE

<table>
<thead>
<tr>
<th>Category</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open</td>
<td>Christian Drost (Germany)</td>
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### MEN’S PHYSIQUE

<table>
<thead>
<tr>
<th>Category</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior (Open)</td>
<td>Pavel Vasek (Czech Rep.)</td>
</tr>
<tr>
<td>Short class (-174 cm)</td>
<td>Hannu Bager (Czech Rep.)</td>
</tr>
<tr>
<td>Middle class (-182 cm)</td>
<td>Alexander Ronchetti (Switzerland)</td>
</tr>
<tr>
<td>Tall class (-192 cm)</td>
<td>Libor Skopek (Czech Rep.)</td>
</tr>
<tr>
<td>Muscular</td>
<td>Jan Hrazsky (Czech Rep.)</td>
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</tbody>
</table>

### WOMEN’S PHYSIQUE

<table>
<thead>
<tr>
<th>Category</th>
<th>Winner</th>
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</thead>
<tbody>
<tr>
<td>Open</td>
<td>Alina Cepurniene (Lithuania)</td>
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</table>

### BIKEFITNESS

<table>
<thead>
<tr>
<th>Category</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sub-Junior (Open)</td>
<td>Natalia Kupustova (Slovakia)</td>
</tr>
<tr>
<td>Junior (Open)</td>
<td>Renata Souckova (Czech Rep.)</td>
</tr>
<tr>
<td>Master (Open)</td>
<td>Sylvie Moscova (Czech Rep.)</td>
</tr>
<tr>
<td>Short class (+162 cm)</td>
<td>Barbara Vosatova (Slovakia)</td>
</tr>
<tr>
<td>Middle class (+166 cm)</td>
<td>Renata Souckova (Czech Rep.)</td>
</tr>
<tr>
<td>Middle-tall class (+169 cm)</td>
<td>Natalia Kupustova (Slovakia)</td>
</tr>
<tr>
<td>Tall class (+172 cm)</td>
<td>Sylvie Moscova (Czech Rep.)</td>
</tr>
<tr>
<td>Super Tall class (+172 cm)</td>
<td>Natalia Kupustova (Czech Rep.)</td>
</tr>
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### WELLNESS

<table>
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<tr>
<th>Category</th>
<th>Winner</th>
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<tbody>
<tr>
<td>Open</td>
<td>Julia Schneider (Germany)</td>
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### BODYFITNESS

<table>
<thead>
<tr>
<th>Category</th>
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</thead>
<tbody>
<tr>
<td>Open</td>
<td>Neda Azakhan (Germany)</td>
</tr>
</tbody>
</table>

### OVERALL BIKINI FITNESS

<table>
<thead>
<tr>
<th>Category</th>
<th>Winner</th>
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</thead>
<tbody>
<tr>
<td>Open</td>
<td>Renata Souckova (Czech Rep.)</td>
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### OVERALL CLASSIC BODYBUILDING

<table>
<thead>
<tr>
<th>Category</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open</td>
<td>Julius Povilaitis (Lithuania)</td>
</tr>
</tbody>
</table>

### OVERALL MEN’S PHYSIQUE

<table>
<thead>
<tr>
<th>Category</th>
<th>Winner</th>
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</thead>
<tbody>
<tr>
<td>Open</td>
<td>Alexander Ronchetti (Switzerland)</td>
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</tbody>
</table>

### OVERALL BODYBUILDING

<table>
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<tr>
<th>Category</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open</td>
<td>Maciej Kieltyka (Poland)</td>
</tr>
</tbody>
</table>
BEIRUT CONSOLIDATES ITS POSITION AS A LEADING BODYBUILDING HOST

"The authorities of Lebanon turn to Bodybuilding and Fitness"

THANKS to the leadership of its recently re-elected president, Hassenen Moukhaled, Lebanon and its national federation (LWPBBF) have become a reference for Bodybuilding within the area of the Arab countries and Asia. This November, Beirut will be hosting the 2021 IFBB-AFBF Asian Championships, and on the 20-23 of August we were able to enjoy a preview of sorts with the new edition of the Lebanon Diamond Cup, held at the Hilton Hotel in Beirut.

The competition was again an organizational and sporting success, reaching a record participation of athletes from a high number of participating countries, including Iraq, Cyprus, Egypt, Jordan, Palestine, North Macedonia, Qatar, Kuwait and Syria, challenging the powerful host team. A total of 19 Elite Pro cards were distributed and the overall champions were the following:

OVERALL CHAMPIONS 2021 DIAMOND CUP LEBANON:

OVERALL MEN’S PHYSIQUE: Rony Abboud (Lebanon)
OVERALL CLASSIC PHYSIQUE: Ahoud Al-Lami (Iraq)
OVERALL CLASSIC BODYBUILDING: Nader H. Kadhim (Iraq)
OVERALL BODYBUILDING: Emmanuel Obane (IFBB Flag)
OVERALL BODYBUILDING MASTER: Fayez Solhoun (Lebanon)
Men’s Physique

Lightweight (-70 kilos): Mohammad Droumtah (Lebanon)
Welterweight (-75 kilos): Lorance Fakhruddine (Lebanon)
Middle-lightweight (-80 kilos): Ribal El Halabi (Lebanon)
Middleweight (-85 kilos): Emmanuel Gbane (IFBB Flag)
Semi-heavyweight (-90 kilos): Jafar Zahraa (Syria)
Heavyweight (-100 kilos): Mohammad Ayman B. (Syria)
Super Heavyweight (+100 kilos): Ahmad Jamil Cheaih (Lebanon)
Master (-80 kilos): Marwan Hakwik (Lebanon)
Master (+80 kilos): Fayez Salmon (Lebanon)
Junior: Abdulateef Al Tameeni (Iraq)

Classic Physique

Short class (-173 cm): Hadi Charaf (Lebanon)
Middle class (-176 cm): A. Haidar Ahmad (Lebanon)
Tall class (-182 cm): Douded Dway (Syria)
Super tall class (+182 cm): Rabea Hachem (Syria)
Junior: Hadi Charaf (Lebanon)
Master: Ahmad Hasan Darwish (Lebanon)

Bikini

Bikini (Open): Eesa Cakir (IFBB Flag)

Bodybuilding

Lightweight (-70 kilos): Mohammad Droumtah (Lebanon)
Welterweight (-75 kilos): Lorance Fakhruddine (Lebanon)
Middle-lightweight (-80 kilos): Ribal El Halabi (Lebanon)
Middleweight (-85 kilos): Emmanuel Gbane (IFBB Flag)
Semi-heavyweight (-90 kilos): Jafar Zahraa (Syria)
Heavyweight (-100 kilos): Mohammad Ayman B. (Syria)
Super Heavyweight (+100 kilos): Ahmad Jamil Cheaih (Lebanon)
Master (-80 kilos): Marwan Hakwik (Lebanon)
Master (+80 kilos): Fayez Salmon (Lebanon)
Junior: Abdulateef Al Tameeni (Iraq)

Classic Bodybuilding

Short class (-173 cm): Rony Abboud (Lebanon)
Short-middle class (-176 cm): Omar Oumeur (Lebanon)
Middle class (-179 cm): Ali Bazezza (Lebanon)
Tall class (-182 cm): Ahmad Al Lami (Iraq)
Junior: Rony Abboud (Lebanon)
Master: Yasser Alzayt (Syria)
Muscle: Ahmad Al Lami (Iraq)

Bodyfitness

Bodyfitness (Open): Farah Awad (Lebanon)

Men’s Physique Top 3 athletes: Douded Dway (Syria), Rony Abboud (Lebanon) and Rabea Hachem (Syria). They were all awarded Elite Pro cards.
EUROPE SHOWS FULL SUPPORT TO MALTA AND THE MFBBF

"Important growth in the number of participants as compared to 2020."

"Theresa Oesterreich (Germany), Agata Hlavakova (Slovakia) and Chantal Graziani (Malta), the female stars of the competition."

"Jakub Kolinek (Czech Rep.), a new star after winning gold in Classic Physique and Classic Bodybuilding."

THE 2020 EDITION of the Diamond Cup Malta represented the renewed takeoff of international activity in the midst of the Covid-19 pandemic. Now, one year later, the 4th edition of the event reaches a higher level with a 50% growth in the number of participants.

Once again, the dedication and experience of the Maltese Federation (MFBBF) chaired by Mr. Ralph DeCelis was rewarded with the support of international athletes, as well as the follow-up of Maltese fans, who attended the Hotel Resort Dolmen in Qawra to cheer on their athletes on the 28th and 29th of August. Among the local athletes who stood out were Chantal Graziani (Bodyfitness) and Roderick Theuma (Bodybuilding).

MEN’S PHYSIQUE:

**Open:**
- Bright Eze (Nigeria)

**Master**
- Master (+50 years): Pawel Forman (Poland)
- Master (-50 years): Boris Palovic (Slovakia)

**Extra Master**
- Boris Palovic (Slovakia)

**Muscular**
- Claus Kopp (Germany)

**Short class (-176 cm):**
- Ramin Moggi (Italy)

**Middle class (-182 cm):**
- Bright Eze (Nigeria)

**Tall class (+182 cm):**
- Valerio Iacovella (Italy)

**Super Tall class (+189 cm):**
- Kody Percival (Ireland)

**Bikini Fitness**

**Master (Open):**
- Andrea Horvath (Hungary)

**Short class (-176 cm):**
- Amelie Trisson (France)

**Middle class (-182 cm):**
- Natalia Galindo (Spain)

**Tall class (-189 cm):**
- Kady Parnaku (Estonia)

**Super Tall class (+196 cm):**
- Theresa Oesterreich (Germany)

Jakub Kolinek (Czech Rep.) was one of the most outstanding athletes. At 25, he prevailed in Classic Bodybuilding and Classic Physique.
Claus Kopp (Germany)  
Gold in Muscular Men’s Physique.

Bright Eez (Belgium)  
Twin gold medals in Men’s Physique:  
Master and Middle class (+102 cm).

Boris Palovic (Slovakia)  
Was once again one of the outstanding athletes,  
achieving gold in the Master disciplines of  
Classic Bodybuilding and Bodybuilding.

Kadi Parnaku (Estonia)  
Gold in the Bikini Tall class.

Natalia Galindo (Spain)  
Gold in Bikini Middle class.

Chantal Graziani (Malta)  
Local idol in Malta, won gold in the  
Bodyfitness Short class and the Elite Pro card.

Theresa Oesterreich (Germany)  
Gold in Super Tall Bikini class.

The Bodybuilding division was disputed in an Open class,  
in which Gilberto Vigliota (Italy)  
won, ahead of Roderick Theuma (Malta)  
and Boris Palovic.

Once again, the Diamond Cup Malta was a meeting point for  
athletes and officials from many European federations. In the  
image, President Santonja with many of the judges and officials  
present in Qawra.
III DIC DIAMOND CUP PRAGUE 2021

RECORD PARTICIPATION IN THE CZECH REPUBLIC!

"Jan Svub (Czech Rep.) and Anastasia Zolotaia (Russia) take the Bodybuilding and Bikini titles."

"Boris Palovic remains undefeatable and takes 4 golds."

A WEEK AFTER the 2021 ACE, the activity in Europe moved to Prague, where the III consecutive edition of a Diamond Cup was held, led by the organizer Roman Hajabac. The event kept its usual headquarters in the prestigious Hilton Hotel and broke its record of participating athletes.

President Santonja travelled to Prague to check the growth of the competition and the activities of a national federation (SKFCR) that will be organizing a total of 4 international events this year.

More than 300 athletes competed for the Elite Pro cards at stake. Standing out alongside the overall champions were the junior Jaroslav Jenicek, who repeated his 2020 title in Bodybuilding, and the veteran Boris Palovic, who won 4 gold medals.

The Diamond Cup Prague 2021 left us the following champions:

Overall Bodybuilding: Jan Svub (Czech Rep.)

Overall Bikini Fitness: Anastasia Zolotaia (Russia)

Overall Bodybuilding: Boris Palovic (Czech Rep.)

Overall Classic Bodybuilding: Boris Palovic (Czech Rep.)

OVERALL WELLNESS:

Anastasia Zolotaia (Russia)

Jan Svub (Czech Rep.)

Boris Palovic (Czech Rep.)

Tatiana Mandolina (Russia)

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Jan Svub (Czech Rep.)

Adrianna Szymanska (Poland)

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The Diamond Cup Prague 2021 left us the following champions:

Overall Bodybuilding: Jan Svub (Czech Rep.)

Overall Bikini Fitness: Anastasia Zolotaia (Russia)

Overall Bodybuilding: Boris Palovic (Czech Rep.)

Overall Classic Bodybuilding: Boris Palovic (Czech Rep.)

OVERALL WELLNESS:

Anastasia Zolotaia (Russia)

Jan Svub (Czech Rep.)

Boris Palovic (Czech Rep.)

Tatiana Mandolina (Russia)

Tatiana Mandolina (Russia)

Tatiana Mandolina (Russia)

Jan Svub (Czech Rep.)

Adrianna Szymanska (Poland)

Adrianna Szymanska (Poland)
Tatiana Mandolina (Russia), overall champion of Bodyfitness.

With his formidable 92 kg physique, Jan Svub took the overall title and is aiming to be a Bodybuilding star, at 38 years.

Theresa Oesterreich (Germany) achieved the Elite Pro card for her second position in the Bikini Overall, after winning the Super tall class (+172 cm).

Jan Fobl (Czech Rep.) was the champion of the Bodybuilding Super Heavyweights (+100 Kg).

Sylvie Moocova (Czech Rep.), Bikini Master champion.

Lukas Petruj (Czech Rep.), champion of Bodybuilding Middleweight (-85 Kg).

The Top 3 of Classic Physique, won by Tomas Seninek.

There was a very high level in all Bodybuilding categories at the III Diamond Cup Prague.
II DIAMOND CUP GEORGIA 2021
THE RETURN OF THE GREAT EUROASIAN CLASSIC

The Men’s Physique division was the most disputed. In the image, the Top 3 of the Short class, where Iveri Korinteli (Georgia) won, here accompanied by the president of the Federation of Georgia, Mr. Konstantin Matsaberidze.

THE CAPITAL of Georgia, Tbilisi, recovered its international event of the Diamond Cup Circuit, on June 25 and 26. Again, it could count on an important presence of athletes from the Eurasian region.
The excellent organizational work carried out by the national federation chaired by Mr. Konstantin Matsaberidze was rewarded by the high sports quality of the participants. The titles were widely distributed geographically and 9 professional cards were awarded, 2 of them for Master athletes.
The Diamond Cup Georgia 2021 left us with the following winners:

BODYBUILDING
Open: Volkan Toptanoglu (Turkey)
Master: Volkan Toptanoglu (Turkey)

CLASSIC BODYBUILDING
Open: Giorgi Tabatabaze (Georgia)

CLASSIC PHYSIQUE
Open: Dzmitry Maksimovich (Belarus)

MEN’S PHYSIQUE
Short class (-173 cm): Iveri Korinteli (Georgia)
Middle class (-179 cm): Ali Gurbanli (Azerbaijan)
Tall class (+179 cm): Alexander Ronchetti (Switzerland)
Master: Alper Boyrak (Turkey)

BIKINI FITNESS
Tall class (-172 cm): Aliaksandra Patsokaya (Belarus)
Tall class (+172 cm): Valiantsina Karatchenia (Belarus)

WELLNESS
Open: Viktoria Vorotlav (Georgia)
OVERALL BIKINI FITNESS: Valiantsina Karatchenia (Belarus)
OVERALL MEN’S PHYSIQUE: Alexander Ronchetti (Switzerland)
ARNOLD CLASSIC EUROPE
SANTA SUSANNA JOINS THE MOST IMPORTANT FESTIVAL IN EUROPE, PROVIDING THE NECESSARY FACILITIES AND SECURITY MEASURES TO CELEBRATE ITS 10TH ANNIVERSARY

Deepak Verma (Great Britain), overall champion of Master Men’s Physique.

Safia Iancu (Romania), overall champion of Classic Physique.

Alina Wilhelm (Germany) celebrates the overall title of Bodyfitness together with President Santonja.

Viktoriia Lytvynenko (Ukraine), overall Fit Model champion.

Olga Demchuk (Russia), Fitness champion.

Bleiquel Colina (Venezuela), overall champion of Men’s Physique together with President Santonja and Mr. Mario Valero.

Mohammed Fabricius Ali (Denmark) won two golds in Bodybuilding and Classic Physique.

Martin Drab (Czech Rep.); double overall champion of Bodybuilding, Master and Bodybuilding.
Martin Drab (Czech Rep.) wins Master and Overall Bodybuilding titles, making the leap to Elite Pro.

Wiktoria Nnaka (Poland) achieves the Junior and Overall Bikini titles and closes the season undefeated.

The global pandemic once again prevented thousands of Bodybuilding and Fitness fans from congregating in Spain to participate in the largest multisport festival in Europe, which was celebrating its 10th edition. However, streaming allowed the five continents to follow the development of one of the most important events on the planet that was held in Santa Susanna (Barcelona) from December 10 to 14. The event was made possible thanks to the effort of the organization represented by Dr. Rafael Santonja and his wife, Nieves – General Manager of the Festival – as well as mayor of Santa Susanna, Joan Campolier, who put the entire infrastructure of the “World Capital of Fitness” at the service of athletes, officials and fans.

Throughout three days of intense sporting competition, the 2020 ACE didn’t miss out on its place in history and laid the foundations for the 2021 edition to be held in Seville. Next year, it plans to overcome all the records that it couldn’t reach this year, which was complicated for society in general, and for sports in particular.

Alexy Syurtukov (Russia), overall champion of Classic Bodybuilding.

Bleiquel Colina (Men’s Physique) and Anastassiya Chshekotilova (Fit Model), the only representatives from Venezuela and Kazakhstan respectively, achieve the gold medal.

Sensational debut of the new Fit Pair discipline.

Andrii Bondarenko (Ukraine), Men’s Fitness champion.

Wiktoria Nnaka (Poland), two-times overall champion of Bikini and Bikini Junior, together with Dr. Alfonso Moran and Mr. Pawel Filleborn.

Alexy Syurtukov (Russia), overall champion of Classic Bodybuilding.

Mariia Burlaka (Ukraine), overall champion of Bikini Master.

Imposing debut in the ACE of the Fit Pairs discipline, with 9 registered couples.
BODYBUILDING

110

The Middleweight (-80 kilos) podium with Michael de Sousa (France; silver), Eddy Nguema (France; gold) and Khaled Al Mabrouk (Libya; bronze).

The Super Middleweight (-95 kilos) podium with Alex Trpisovsky (Czech Rep.; silver), Mohammed Fabricius Ali (Denmark; gold) and Peter Schwarz (Germany; bronze).

The Master (45-49 years) Lightweight (-70 kilos) podium with Bryan Biertschismann (Switzerland; silver), Christian Leibhan (Germany; gold) and Petr Tejkl (Czech Rep.; bronze).

The Junior podium with Bryan Biertschismann (Switzerland; silver), Christian Leibhan (Germany; gold) and Petr Tejkl (Czech Rep.; bronze).

The Master (45-49 years) Heavyweight (+80 kilos) podium with Marco Bachmann (Switzerland; silver), Martin Drab (Czech Rep.; gold) and José Luis Ortiz (Spain; bronze).

The Semi-heavyweight (+95 kilos) podium with Jonathan Ramirez (Spain; silver), Dmytro Marchenko (Ukraine; gold) and Antonin Toma (Czech Rep.; bronze).

The Heavyweight (+95 kilos) podium with Tomas Kornatowski (Poland; silver), Martina Drab (Czech Rep.; gold) and Jan Fedl (Czech Rep.; bronze).

The Junior podium with Bryan Biertschismann (Switzerland; silver), Christian Leibhan (Germany; gold) and Petr Tejkl (Czech Rep.; bronze).

The Master (45-49 years) Heavyweight (+80 kilos) podium with Marco Bachmann (Switzerland; silver), Martin Drab (Czech Rep.; gold) and José Luis Ortiz (Spain; bronze).

The Master (40-44 years) podium with Andrei Leonov (Russia; silver), Julio Portet (Spain; gold) and Michal Sitter (Czech Rep.; bronze).

The Master (40-44 years) Heavyweight (+80 kilos) podium with Eddy Nguema (France; silver), Khaled Al Mabrouk (Libya; gold) and Rafael de Pedro (Spain; bronze).

The Semi-heavyweight (+95 kilos) podium with Jonathan Ramirez (Spain; silver), Dmytro Marchenko (Ukraine; gold) and Antonin Toma (Czech Rep.; bronze).

The Middleweight (-80 kilos) podium with Michael de Sousa (France; silver), Eddy Nguema (France; gold) and Khaled Al Mabrouk (Libya; bronze).

The Master (45-49 years) Heavyweight (+80 kilos) podium with Marco Bachmann (Switzerland; silver), Martin Drab (Czech Rep.; gold) and José Luis Ortiz (Spain; bronze).

The Semi-heavyweight (+95 kilos) podium with Jonathan Ramirez (Spain; silver), Dmytro Marchenko (Ukraine; gold) and Antonin Toma (Czech Rep.; bronze).

The Heavyweight (+95 kilos) podium with Tomas Kornatowski (Poland; silver), Martina Drab (Czech Rep.; gold) and Jan Fedl (Czech Rep.; bronze).

THE BIG STAR was Czech Martin Drab, who came from the PEPA Grand Prix as overall champion and with a brand new professional license in his pocket. He didn’t disappoint and achieved 4 gold medals, dominating the overall and master competition, and qualifying for the ACE Pro, where he was able to enter the Top 5. After Drab, two excellent characters like Mohammad F. Ali (champion also in Classic Physique) and Dmytro Marchenko who, like Drab, closed his amateur career with a gold medal, before standing out in professional competition.
The Master (50-54 years) podium, with Mariusz Balazinski (Poland; silver), Mikhail Iusev (Russia; gold) and Carlos Cabello (Spain; bronze).

The Master (+55 years) podium with José Quiñones (Spain; silver), Ray Polfliet (The Netherlands; gold) and Eduardo Martínez (Spain; bronze).

The Mixed Pairs podium, with Carole Rochont & Joseph Doutau (France; silver) and Ekaterina Kochergina & Andrey Popov (Russia; gold).

CLASSIC PHYSIQUE

In its third year as an official discipline, Classic Physique grew again with the inclusion of the Master class, won by Belgian Antonio de la Quintana. The leading role was played by Romanian Safier Iancu, who not only revalidated his 2019 Middle Class title, but also won the overall title, with 1 point advantage over Russian Alexey Syurtukov.

Super Final (Top 3):

1. Safier Iancu (Romania) 15 points
2. Alexey Syurtukov (Russia) 9 points
3. Jonay Mesa (Spain) 8 points

The Master division podium, with Richard Bilik (Czech Rep.; silver), Antonio de la Quintana (Belgium; gold) and Peter Stiewe (France; bronze).

The Middle Class (-175 cm) podium, with Mikhailo Kysliakov (Ukraine; silver), Safier Iancu (Romania; gold) and Daniel Kunikowski (Poland; bronze).

The Tall Class (-180 cm) podium, with Eduardo Duarte (Portugal; silver), Mohammad Fabritius Ali (Denmark; gold) and Kiril Kiryakov (Bulgaria; bronze).

The Super Tall Class (+180 cm) podium, with Angelo Sepin (Spain; silver), Alexey Syurtukov (Russia; gold) and Bohdan Radko (Ukraine; bronze).

Safier Iancu (Romania)
Overall Classic Physique champion.

Jonay Mesa (Spain)
Short Class (+171 cm) champion.
The Master podium, with Miguel Angel Pozuelo (Spain; silver), Richard Bilik (Czech Rep.; gold) and Fouad Besaze (France; bronze).

The Short Class (-175 cm) podium, with José María Gómez (Spain; silver), Daniel Kunikowski (Poland; gold) and Ashraf Elazhari (Libya; bronze).

The Middle Class (-180 cm) podium, with Richard Bilik (Czech Rep.; silver), Borja Serna (Spain; gold) and Vladimir Matsievskiy (Russia; bronze).

The Tall Class (+180 cm) podium, with Ahmet Konus (The Netherlands; silver), Alexey Syurtukov (Russia; gold) and Tsevetozar Balkandzhiev (Bulgaria; bronze).

Overall de Classic Bodybuilding champion.

Alexey Syurtukov (Russia)

The Junior podium with Fernando Martínez (Spain; silver), Dominik Mackowiak (Poland; gold) and Antoni Moreno (France; bronze).

The Tall Class (+182 cm) podium, with Pierre Martin Murcia (France; silver), Bleiquel Colina (Venezuela; gold) and Rudy Kouadio (France; bronze).

Men's Physique

Without any athlete repeating their 2019 medals, the leading role was for Venezuelan Bleiquel Colina. The only representative of the South American country travelled alone to Spain to achieve the overall title and show off his impressive genetics. At his side, Deepak Verna achieved the only gold for Great Britain, as he prevailed in the Master class.
ONLY TWO ATHLETES competed in this discipline, but both boasting an imposing quality and both candidates for continental and world titles. The European runner-up, Mohamed Benghali, showed his physical progression and a formidable routine, but he ran into a new star: Ukrainian Andrii Bondarenko, an artist at the “Cirque du Soleil”, who proved unattainable.

RUSSIANS AND CZECHS disputed the dominance in this Division that had a good number of contenders. The winners of the last years have already moved on to the Elite Pro Division.

The Muscular Men’s Physique division podium, with Lukas Cerveny (Czech Rep.; silver), Stanislav Brzhevskiy (Russia; gold) and Jan Hrasky (Czech Rep.; bronze).
BIKINI FITNESS

THE FEMALE queen discipline once again confirmed the current European and World champion, Wiktoria Nnaka, as the best athlete of the season. At 19 years, her record earned her an invitation to the Elite Pro Show, where she also stood out before taking the overall amateur title.

SUPER FINAL (TOP 3):
1. Wiktoria Nnaka (Poland) 5 points
2. Victoria Lyseiko (Ukraine) 14 points
3. Maria Burlaka (Ukraine) 10 points

SUPER FINAL MASTER (TOP 2):
4. Maria Burlaka (Ukraine) 5 points
5. Martina Kurkova (Czech Rep.) 10 points

The Junior podium, with Valeriya Fedorenko (Russia; silver), Wiktoria Nnaka (Poland; gold) and Kristyna Borna (Czech Rep.; bronze).

The Short Class (-164 cm) Master podium, with Natalya Efimova (The Netherlands; silver), Maria Burlaka (Ukraine; gold) and Lesley Peeters (Belgium; bronze).

Tall Class (+160 cm) Master podium, with Elena Punina (Russia; silver), Martina Kurkova (Czech Rep.; gold) and Eva Bodas (Czech Rep.; bronze).

The Short Class (-160 cm) podium with Amelie Trisson (France; silver), Maria Burlaka (Ukraine; gold) and Clarissa Pajukoski (Finland; bronze).

The Tall Class (+172 cm) podium with Aneta Ticha (Slovakia; silver), Jana Jaraíková (Czech Rep.; gold) and Macsa Stutz (Germany; bronze).

Middle-Short Class (-164 cm) podium with Patrycja Kazmierczak (Poland; silver), Anna Wozniakowska (Poland; gold) and Elodie Caubet (France; bronze).

Overall Bikini Master title.

Mariia Burlaka (Ukraine)

Overall Bikini Master title.

Super Final Master (TOP 2):
4. Mariia Burlaka (Ukraine) 5 points
5. Martina Kurkova (Czech Rep.) 10 points

Overall Bikini champion.

Wiktoria Nnaka (Poland)
BODYFITNESS

LOTS OF NEW FACES in a Division that featured two new stars: Alina Wilhelm and Veronika Rynesova. The German took the overall title, while the Czech took 2 gold medals: the Tall class and the Master class.

SUPER FINAL (TOP 3):
1. Alina Wilhelm (Germany) 5 points
2. Veronika Rynesova (Czech Rep.) 12 points
3. Raluca Biro (Romania) 12 points

LOTs OF NEW FACES in a Division that featured two new stars: Alina Wilhelm and Veronika Rynesova. The German took the overall title, while the Czech took 2 gold medals: the Tall class and the Master class.

WELLNESS

WITH THE RETURN to 2 height categories as in 2018, the title went to Dagmara Dominiczak, who had no problem repeating her 2019 gold in the short class. Special mention to the Spanish Rebeca Climent, who achieved gold in the Master class and bronze in the short class.

SUPER FINAL (TOP 2):
1. Dagmara Dominiczak (Poland) 6 points
2. Viktoria Shcherbakova (Russia) 9 points
WOMEN’S FITNESS

VETERAN OLGIA DEMCHUK achieved the most important milestone of her career at 38, and she did so by winning this discipline with her excellent physique and a very competitive choreography.

FIT PAIRS

IMPOSING DEBUT of this new Division combining Bikini and Men’s Physique athletes, in which 9 pairs of athletes participated. The only pair made up of athletes of two nationalities, Anna Kotova (Russia) and Alexander Ronchetti (Switzerland), took the gold.

SUPER FINAL (TOP 2):

1. Viktoria Lytvynenko (Ukraine) 6 points
2. Anastassiya Chshekotilova (Kazakhstan) 9 points

THE MAIN ATHLETES in this division were of master age (+35 years), so they ended up meeting in the final, where only one class was contested. Both awards were won by Peggy Bgoldcco (France).

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The podium of the Fit Pairs competition, with Olesya Zhantarova & Stanislav Brzhevskiy (Russia; silver), Anna Kotova & Alexander Ronchetti (Russia/Switzerland; gold) and Mariia Burlaka & Olessandr Nikolaiukh (Ukraine; bronze).

WOMEN’S PHYSIQUE

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WOMEN’S FIT MODEL

THIS DIVISION has showed unstoppable in its growth and is now fully consolidated, celebrating its third edition at the ACE. Again, athletes from Eastern Europe fought for the medals, including the formidable Kazakh Anastassiya Chshekotilova who travelled more than 6,500 km alone to win gold in the Tall class and represent her country.
OTHER INVITATIONAL EVENTS
KLADNO CONSOLIDATES THE CZECH REP. AS A MEETING POINT IN CENTRAL EUROPE

ORGANIZED to the highest quality standards by promoter Yuri Shcherbakov, with the collaboration of the Czech Federation (SKFCR) chaired by international official Ludmila Cižová, Fitness Mania 4 closed the 2020 season on December 19 and 20. The event boasted a high number of participants, some from countries as exotic as Nigeria and the Philippines, all of them looking for the prize money and the 24 Elite Pro licenses that were up for grabs.

The big star was the Czech Martin Drab, who achieved the victory in both Bodybuilding and Bodybuilding Master disciplines, thereby sealing his definite access to the Elite Pro division, where his excellent conditions led him to a second place in the World Master.

Along with Martin Drab, Bikini athletes Olga Peters (Belgium) - Master champion- and Renata Souckova (Czech Rep.) - Junior and overall champion- stood out, and also qualified for the professional competition. Among male athletes, the highlight was the double triumph in Classic Physique and Bodybuilding of Danish Mohammed Fabricius, winner of the 2020 ACE.
Mohammed Fabricius Ali (Denmark) celebrates his victory in Classic Physique and his Elite Pro license, together with his coach Deividas Dubinas and the professional bodybuilder Alex Bursa, host of the event.

The three top Bikini athletes achieved the Elite Pro license.

Kilian Colin (France) Men's Physique Short Class champion

Pavel Nezicka (Czech Rep.) Middle Class Men's Physique champion

Pierre Murcia (France) Tall Class Men's Physique champion

Dominik Mackowiak (Poland) Junior Men's Physique champion

Aneta Ticha (Slovakia) Tall Class Bikini champion

Olga Peeters (Belgium) Bikini Master champion

Marketa Hartl (Czech Rep.) Wellness champion

Roman Hajas (Czech Rep.) Master Men's Physique champion

Patrycja Kazmierczak (Poland) Short Class Bikini champion

The Bodyfitness final, with the Tall Class (Veronika Rynesova; Czech Rep.) and Short Class (Alina Wilhelm) champions.
6th EDITION SIBERIAN POWER SHOW
IN KRASNOYARSK, RUSSIA

One of the biggest multi sport events in Russia and East Europe IFBB
Siberian Power Show took place on 2-5th of April 2021

With 30 different types of sports and over 2500 athletes, including IFBB
Bodybuilding and Fitness amateur event and IFBB Elite Pro
Show. Organiser Denis Kyustin

together with Russian Bodybuilding and Fitness
Federation made an amazing show, fantastic stage and
spectacular performance. Top level athletes from over
19 countries with total 600 of them fighting for the top
positions.
The most challenging was Bikini fitness division with 200 athletes between height categories. As always Russian athletes showed highest level of preparation and again confirmed the unstoppable grow of this IFBB category worldwide.

Promoter Denis Khustin and Alexander Vishnevskiy (President of Russian Bodybuilding and Fitness Federation) every year Siberian Power Show is improving and growing in number of the athletes and prize money.

Head Judge of Siberian Power Show Jose Maria Garcia and FBBR President Alexander Vishnevskiy.

57 athletes at Fit Model division between three height categories. Overall Winner Rima Kotelnikova.

One of best line ups at Men’s Bodybuilding over 100kg. Winner Denis Bazanov, 2nd place Kiryl Nazarenko, 3rd Anton Gerasimov.)
Overall Bikini fitness winner Anastasiya Zolotaya.

Bodyfitness Alexandra Mekshun.

Wellness: Great level of Wellness category with line up of 25 athletes. Winner Arina Michailova, 2nd place Elena Sandayevskaya, 3rd place Yekaterina Razumnikova.
THE FIRST WEEKEND of July 2021, IFBB Bodybuilding and Fitness Championship took place at FITNESS SPORTS GAMES in the Capital of Fitness, city of Santa Susanna. Iran National Federation brought very strong team and was leading in men’s categories. Ukraine at same time again showing high level of athletes preparation and leading in women’s categories. National Federations attended IFBB Bodybuilding and Fitness Championship from many European counties including guest from such far as Mexico, Kyrgyzstan and Iran, which organised and found a way to travel at this hard time to participate here in Santa Susanna.
Bodybuilding

Men's Bodybuilding Up To 70 kg:
Miroslav Skadra (Slovakia)

Men's Bodybuilding Up To 75 kg:
Juan Barroso (Mexico)

Men's Bodybuilding Up To 80 kg:
Rico Lehmann (Germany)

Men's Bodybuilding Up To 90 kg:
Sergio Cento (representing FBB flag)

Men's Bodybuilding Up To 95 kg and Overall Bodybuilding Winner:
Amir Khakian (Iran)

Men's Bodybuilding Up To 100 kg:
Vitalii Kozhukhov (Kyrgyzstan)

Men's Bodybuilding Over 100 kg:
Alireza Hasanvand (Iran)

Master Men's Bodybuilding 40-44 yrs., Up To 80 kg:
Juan Barroso (Mexico)

Master Men's Bodybuilding 40-44 yrs., Over 90:
Vitalii Kozhukhov (Kyrgyzstan)

Master Men's Bodybuilding 55-59 yrs., Over 75 kg:
Javier Acuna (Spain)

Men's Physique

Men's Physique Up To 170 cm:
Oleksandr Sirenko (Ukraine)

Men's Physique Up To 179 cm and Overall Winner:
Alexander Polyakov (Czech Republic)

Men's Physique Over 182 cm:
Julien Fouquet (France)

Junior Men's Physique 16-20 years:
Arif Kandus (representing FBB flag)

Men's Physique 80 yrs. & over:
Ivano Aloisi (Italy)

Beginner Men's Physique:
David Hosteau (France)

Muscular Men's Physique Open category Winner:
Naser Khodami (Iran)

Naser Khodami from Iran. Very strong Iranian athletes fight for the gold but Naser was more balanced and took gold medal in this very line up.

Men's Classic Bodybuilding

Men's Classic Bodybuilding Up To 171 cm:
Vahid Hanifelou (Iran)

Men's Classic Bodybuilding Up To 175 cm & Men's Classic Bodybuilding Overall Winner:
Mojtaba Bahreini (Iran)

Men's Classic Bodybuilding Over 180 cm:
Eeli Halonen (Finland)

Men's Classic Bodybuilding Up To 180 cm:
Eeli Halonen (Finland)

Men's Physique Up To 170 cm:
Oleksandr Sirenko (Ukraine)

Alexander Polyakov from Czech Republic make a huge improvements since last time on stage and make his best presentation on stage by winning Overall title and IFBB Elite Pro-card.

Men's Physique Up To 179 cm and Overall Winner:
Alexander Polyakov (Czech Republic)

Men's Physique Over 182 cm:
Julien Fouquet (France)

Junior Men's Physique 16-20 years:
Arif Kandus (representing FBB flag)

Master Men's Physique 80 yrs. & over:
Ivano Aloisi (Italy)

Beginner Men's Physique:
David Hosteau (France)

Muscular Men's Physique Open category Winner:
Naser Khodami (Iran)
In Masters open and Senior Overall categories there was a battle between two athletes from Ukraine Yuliia Shykula and Kateryna Ishchenko who showed more defined condition and won by one and two points in these categories.
Wellness

Women’s Wellness Up To 158 cm:
Oona Hentunen (Finland)

Women’s Wellness Up To 163 cm:
Olga Meniailo (Ukraine)

Women’s Wellness Up To 168 cm and Master
Women’s Wellness 35-39 yrs. & over:
Barbara Romero (Spain)

Junior Women’s Wellness 21-23 yrs., Up To 163 cm
and Overall Women’s Wellness Winner:
Meri Akievska (North Macedonia)

Women’s Bikini Up To 166 cm:
VIOLETA PALAMARCHUK (Ukraine)

Women’s Bikini Up To 162 cm:
YANA YENKO (Ukraine)

Women’s Bikini Up To 164 cm:
Paula Escalon (Spain)

Women’s Bikini Up To 169 cm & Women’s Bikini
Overall Winner:
Viktoriia Lysenko (Ukraine)

Women’s Bikini Over 172 cm:
Yevgeniya Pastukh (Ukraine)

Meri Akievska from North Macedonia was the
biggest surprise on stage. At this young age being
only junior she showed amazing physique, big
legs, gluteus muscles and took the overall title among
all winners from the senior categories.

Junior Women’s Wellness 21-23 yrs., Up To 163 cm and Overall
Women’s Wellness Winner:
MERI AKIEVSKA (North Macedonia)

Fit Pairs

Fit Pairs, Open:
Yana Yenko - Oleksandr Sirenko (Ukraine)

Women’s Bikini Up To 162 cm:
YANA YENKO (Ukraine)

Men’s Bikini Up To 168 cm:
Paula Escalon (Spain)

Women’s Bikini 40-44 yrs:
Oksana Fjodorova (Spain)

Women’s Bikini Over 172 cm:
Yevgeniya Pastukh (Ukraine)

Women’s Bikini Overall Winner:
VIKTORIIA LYESenko
(Ukraine)

Viktoriia Lysenko from Ukraine
was on point with condition,
presentation on stage and total
package who brought her an
overall winner title.
THE 2021 EDITION of the IFBB Classic Physique of America Cup was held on July 3 and 4 in the capital of Ecuador, with the participation of athletes from 9 of the continent’s countries, in what was a new organizational success for the South American Confederation of Bodybuilding & Fitness (CSFF) chaired by Lic. Juan Paredes. The competition featured all official disciplines, including Fit Pairs and Women’s Fit Model, where local athletes prevailed. Although Ecuador dominated the medal table, the titles were widely distributed with gold medals for Guatemala (Jorge Luis Galdeano achieving 3 titles: Bodybuilding, Games Classic Bodybuilding and Classic Bodybuilding), Bolivia, Dominican Republic, Mexico, Venezuela and Colombia.

QUITO (ECUADOR) SHOWS US THE BEST BODIES IN LATIN AMERICA

The vibrant posedown in the Bodybuilding final, with athletes from Ecuador, Bolivia, Guatemala, Mexico and the Dominican Republic.
Guatemala, proud of its athletes and their results.

BODYBUILDING

Lightweight (-70 Kg):
Jorge L. Galeano (Guatemala)

Welterweight (-75 Kg):
Pablo R. Cruz (Ecuador)

Middleweight (-80 Kg):
Germán M. Jancio (Bolivia)

Super middleweight (-85 Kg):
Randi de los Santos Soriano (Dominican Rep.)

Semi-heavyweight (+85 Kg):
Román V. Grimaldo (Mexico)

Junior:
Alexander J. Delgado (Ecuador)

Master I:
Luis A. Velásquez (Ecuador)

CLASSIC BODYBUILDING

Open:
Jorge L. Galeano (Guatemala)

Junior:
Jonathan A. Game (Ecuador)

Games:
Jorge L. Galeano (Guatemala)

CLASSIC PHYSIQUE

Short Class (-171 cm):
Jorge L. Galeano (Guatemala)

Middle Class (+171 cm):
David A. Villacís (Ecuador)

MEN'S PHYSIQUE

Junior:
Andrews M. Morillo (Venezuela)

Short Class (-167 cm):
Jaime A. Merizaldes (Ecuador)

Middle Class (-170 cm):
Ronny E. Chango (Ecuador)

Tall Class (+170 cm):
J. Luis de Jesús García (Ecuador)

Master:
Juan C. Tadeo (Ecuador)

Muscular Short c. (-173 cm):
Douglas R. Lascano (Ecuador)

Muscular Tall c. (+173 cm):
Hugo A. Fragua (Colombia)

BIKINI FITNESS

Junior:
Fátima S. Martínez (Guatemala)

Master:
Johanna K. Cortez (Ecuador)

Short Class (-160 cm):
Fátima S. Martínez (Guatemala)

Middle Class (+160 cm):
Rafaela M. Cornejo (Ecuador)

There was an extraordinary atmosphere of sports camaraderie among the officials of the 9 Latin American national federations who were present in Quito.
Román Valentín Grimaldo (Mexico) is a new star of Latin American Bodybuilding. He achieved the Elite Pro card after winning the overall title and the gold medal in Semi Heavyweight.

Ada Lorena Morales (Ecuador) overall Wellness champion, achieving the Elite Pro Card.

Rafaela Maritza Cornejo (Ecuador) overall Bikini champion, also took gold in Fit Model.

Rafaela Maritza Cornejo (Ecuador) overall Bikini champion, also took gold in Fit Model.

Ada Lorena Morales (Ecuador) overall Wellness champion, achieving the Elite Pro Card.

Rafaela Maritza Cornejo (Ecuador) overall Bikini champion, also took gold in Fit Model.

David Alejandro Villacís (Ecuador) was overall champion of Classic Physique, after his Middle Class gold.

Hugo Alexander Fragua (Colombia) was overall champion of Muscular Men’s Physique and achieved an Elite Pro Card.
2021 SOUTH AMERICAN OPEN
“IFBB NIGHT OF THE CHAMPIONS”

ECUADOR CONTINUES ITS SUCCESS WITH ANOTHER BODYBUILDING AND FITNESS SHOW

“The rookie competition, reserved for international beginners, was a huge success”

AFTER THE GREAT organizational success of the IFBB Classic Physique of America Cup held in July, Quito was once again in the Latin American spotlight, with the 2021 IFBB Night of the Champions, held on August 14. Organized by the South American Confederation (CSFF) and the Ecuadorian federation (FEFICULP), the event was not only dedicated to the best South American amateur athletes, but also featured an Open competition for rookies (beginners), which achieved great participatory success.

Once again, the competition had the institutional support of the Ministry of Sports of Ecuador, which goes to show the good work being done in the country under the leadership of Dr. Christian Díaz Hernández and Lic. Juan Paredes. The next major international event in Ecuador will take place from November 19 to 21, namely the 3rd edition of Mr. America.

OVERALL WINNERS:
OVERALL BIKINI FITNESS: Rafaela Martínez Cornejo (Ecuador)
OVERALL BODYFITNESS: Jaqueline Rosario Cadena (Ecuador)
OVERALL WELLNESS: Mercedes Delgado Guanipa (Dominican Rep.)
OVERALL MUSCULAR M. PHYSIQUE: Douglas R. Lascanmo (Ecuador)
OVERALL BODYBUILDING: Pablo Ramiro Cruz Capelo (Ecuador)
OVERALL CLASSIC PHYSIQUE: Randi de los Santos Seriño (Dominican Rep.)
FIT PAIRS: Estefanny Jesley & Edwin D. González (Venezuela)

The president of the CSFF, Lic. Juan Paredes, handing over the Elite Pro card to the winner of Bodybuilding, Pablo R. Cruz.

José Luis de Jesús Carcelén (Ecuador), overall champion of Men’s Physique.
Douglas R. Lascanmo (Ecuador), overall champion of Muscular Men’s Physique.
Mercedes Delgado Guanipa (Ecuador), celebrating her overall title in Wellness and obtaining the Elite Pro Card.
Pablo Ramiro Cruz Capelo (Ecuador), overall champion of Bodybuilding.
Miami reappeared with renewed strength on the international scene, after the forced restrictions due to Covid-19 were overcome. The pandemic interrupted the event in 2020, after its significant successes in 2018 and 2019. Led by IFBB Physique America and promoter Carlos Cortés, "The Battle of the Giants" took place on August 20-22, marking a new milestone in the history of this event.

With 22 Elite Pro cards offered to the top champions, the event saw the participation of athletes from virtually every American country, as well as competitors from Asia, Africa and Europe. The event was moved to a 5 star venue such as the Cultural Arts Center, a reference for cultural and sports activities in Miami and Florida.

The main champions were:

Bodybuilding is one of the great sports of American culture. Miami offered spectacular duels in all disciplines of the 2021 IFBB Grand Prix.

“Miami returns in style to the IFBB calendar”

“Athletes from 4 continents were represented at the event”
Jeremiah Wright (USA) was the overall champion of Classic Physique and was awarded the Elite Pro card.

The Wellness Champion was the excellent Jhoselie Reyes (Puerto Rico).

Main Champions:

- **BODYBUILDING:**
  - Master: Juan Carlos Robinson (USA)
  - Lightweight (-70 Kg): José de Jesús Hernández (Mexico)
  - Middleweight (-80 Kg): Alonso Pinkus (Mexico)
  - Semi Heavyweight (-90 Kg): Alex Hernández (Mexico)
  - Heavyweight (+90 Kg): Raúl García (USA)

- **CLASSIC PHYSIQUE:**
  - Short class (-171 cm): Edgar Frío (El Salvador)
  - Tall class (+171 cm): Jeremiah Wright (USA)

- **MEN'S PHYSIQUE:**
  - Short class (-170 cm): Avery Arctica (Aruba)
  - Middle class (-176 cm): Carlos Castro (Puerto Rico)
  - Tall class (-182 cm): Jason Johnson (Bahamas)
  - Super tall class (+182 cm): Pierre Yves de la Lettre (Mexico)
  - Master: Jermaine Howard (Aruba)

- **BIKINI:**
  - Short class (-160 cm): Alejandra Rodríguez (Mexico)
  - Middle class (-164 cm): Elís Rodríguez (Puerto Rico)
  - Tall class (-168 cm): Roxana Pérez (Puerto Rico)
  - Master: Alejandra Rodríguez (Mexico)

Other Champions:

- **BODYBUILDING:**
  - Randy Christopher (Antigua & Barbuda)
  - Carlos Castro (Puerto Rico)

- **CLASSIC BODYBUILDING:**
  - Randy Christopher (Antigua & Barbuda)
  - Bianca Centurión (Paraguay)

- **MEN'S PHYSIQUE:**
  - Short class (-170 cm): Avery Arctica (Aruba)
  - Middle class (-176 cm): Carlos Castro (Puerto Rico)
  - Tall class (-182 cm): Jason Johnson (Bahamas)
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  - Master: Alejandra Rodríguez (Mexico)

Alejandra Rodríguez (Mexico) was the overall champion of Bikini, achieving an impressive double by also prevailing in Fit Model.
Alex Hernández (Mexico) was the overall Bodybuilding champion, after winning gold in the Light Heavyweight class.

Jesús Hernández (Mexico) won the Bodybuilding Lightweight class and the Elite Pro card.

Mexico stole the limelight in Bodybuilding, placing Alonso Pinkus as the winner of the Middleweight class (-80 kg) and the Elite Pro card.

Randy Christopher (Antigua & Barbuda) was the Classic Bodybuilding overall champion.

The Mexican José de Jesús Hernández won the Bodybuilding Lightweight class and the Elite Pro card.
An imposing image of the 3 Mexican Bodybuilding champions: José de Jesús (Lightweight), Alex Hernández (Light Heavyweight) and Alonso Pinkus (Middleweight).

The Fit Model discipline made its debut in the USA: Rayna Cabral (USA) and Alejandra Rodríguez (Mexico) were the outstanding athletes. In the image, with Jorge Prince (organizer of the 1st Miami Grand Prix) and Marco Cabezas (IFBB vice president for North America).

Led by the experience of official Carlos Cortés, organizer of the event, the 2021 Miami Grand Prix had an important presence of judges and delegates from the American continent.

Denise Remmers (USA), winner in Women’s Physique division.

Classic Physique division keeps growing in USA.
Since his election as President of the FRFC, Prof. Gabriel Tocean has positioned Romania as a prominent venue for IFBB events.

**2021 IFBB EUROPEAN CUP**

**ROMANIA AND THE FRFC CONSOLIDATE THEIR COMPROMISE WITH FITNESS AND BODYBUILDING**

**CREATED IN 2012** as an alternative designed for European athletes to showcase their quality, the 2021 edition of the IFBB European Cup was a spectacular test for the Arnold Classic Europe—one of the most important events in the world— to be held in Seville (Spain), just 5 days later.

Always hand in hand with the Federation of Romania (FRFC) chaired by Prof. Gabriel Tocean, the IFBB 2021 European Cup was held in Sibiu (Romania), on September 11-12. It was a great success both in terms of participation and organization, and it confirmed the organizational capacity of Romania, a country that has hosted important events such as the 2018 IFBB World Cup or the Junior World Bodybuilding & Fitness Championships in recent seasons.

The champions were the following:

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<th>Category</th>
<th>Class</th>
<th>Champion</th>
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<td><strong>BODYBUILDING</strong></td>
<td>Wheelchair:</td>
<td>George Moina (Romania)</td>
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<td></td>
<td>Master (40-49 years):</td>
<td>Boris Palovic (Slovakia)</td>
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<td>Master II (50 years):</td>
<td>Pavel Forman (Czech Rep.)</td>
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<td>Wheelers (+90 Kg):</td>
<td>Daniel Cuptincianu (Romania)</td>
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<td>Strong Heavyweight (+90 Kg):</td>
<td>Karel Tesar (Czech Rep.)</td>
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<td><strong>BIKINI</strong></td>
<td>Junior:</td>
<td>Crina Orleanu (Romania)</td>
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<td>Master:</td>
<td>Eliza Oprea (Romania)</td>
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<td>Short class (+164 cm):</td>
<td>Andrea Gavas (Australia)</td>
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<td><strong>CLASSIC PHYSIQUE</strong></td>
<td>Open:</td>
<td>Saffer Koemndjik (Romania)</td>
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<tr>
<td><strong>MEN'S PHYSIQUE</strong></td>
<td>Junior:</td>
<td>Cornel Pantelin (Romania)</td>
</tr>
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<td></td>
<td>Short class (+173 cm):</td>
<td>Andrei Popescu (Romania)</td>
</tr>
<tr>
<td></td>
<td>Tall class (+173 cm):</td>
<td>Andrei Dragas (Romania)</td>
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<tr>
<td><strong>WELLNESS</strong></td>
<td>Open:</td>
<td>Alexandra Gogu (Romania)</td>
</tr>
<tr>
<td><strong>WOMEN'S PHYSIQUE</strong></td>
<td>Open:</td>
<td>Iuliana Girgiu (Romania)</td>
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<tr>
<td><strong>FIT MODEL</strong></td>
<td>Open:</td>
<td>Inna Sindeleeva (Kazakhstan)</td>
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<tr>
<td><strong>FITNESS</strong></td>
<td>Women's Acrobatic:</td>
<td>Gerasa Suciu (Romania)</td>
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<td>Women's Artistic:</td>
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<td></td>
<td>Men's Physique:</td>
<td>Cornel Pantelin (Romania)</td>
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<tr>
<td><strong>2021 OVERALL CHAMPIONS:</strong></td>
<td>Bodybuilding:</td>
<td>Jan Fobl (Czech Rep.)</td>
</tr>
<tr>
<td></td>
<td>Men's Physique:</td>
<td>Cornel Pantelin (Romania)</td>
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<td></td>
<td>Muscular Men's Physique:</td>
<td>Remus Boroiu (Romania)</td>
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<td></td>
<td>Bikini:</td>
<td>Beatrice Astolfi (Italy)</td>
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<tr>
<td></td>
<td>Fit Pairs:</td>
<td>Iona Crisan &amp; Remus Boroiu (Romania)</td>
</tr>
</tbody>
</table>
Sahar Koordjik (Romania), winner of Classic Physique.

Laurentiu Mihalcea (Romania), Junior Champion of Classic Bodybuilding.

Inna Sindeleva (Kazakhstan), Fit Model champion.

Jan Fobl (Czech Rep.) was the overall champion of Bodybuilding, a title that gives him access to the status of Elite Pro athlete.

Iuliana Girgiu (Romania), winner of Women’s Physique.

George Moise (Romania), Wheelchair Bodybuilding champion.
MEET & GREET
The IFBB World Championships will take place together with the Annual Congress of the International Federation, between November 3 and 8, on a very special occasion, as the IFBB, founded in 1946, is celebrating its 75th anniversary, and athletes and officials from around the world, gather in Santa Susana, in the largest Bodybuilding and Fitness championship ever held, with a historical participation record, to share this significant milestone in the history of their sport and lifestyle in Health.

For the celebration of these Championships, the IFBB has chosen, as it could not be otherwise, Santa Susanna, the attractive Mediterranean city on the coast of Barcelona, the traditional venue for dozens of successful IFBB international championships, and which carries the deserved title of “World Fitness Capital.”
**BODYBUILDING AND FITNESS BOOMING IN AMERICA**

Bodybuilding and Fitness are very popular in America, and are currently dealing to be included in the Official program of the Panamerican Games 2023 in Santiago (Chile), after IFBB’s successful participation in the latest 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.

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**CENTRAL AMERICAN AND CARIBBEAN OLYMPIC SPORTS ORGANIZATION RECOGNIZES THE IFBB**

The IFBB’s incorporation of bodybuilding and fitness into the Olympic regional programs continues to move forward steadily. The Executive Committee of the Central American and Caribbean Sports Organization (CENTRO CARIBE SPORTS) and later on their General Assembly, voted in favour of the official recognition of the IFBB, and the inclusion of Bodybuilding and Fitness as medallist sports in the next edition of the Central American and Caribbean Games, to be celebrated in El Salvador in 2023.

The decision made by the CENTRO CARIBE SPORTS is another important step towards integrating the IFBB into Olympism, as well as a motivation to all Bodybuilding & Fitness performers in the area. It is also a meaningful achievement thanks to the hard work of IFBB officials, such as Eng. Eduardo Abdalah, -President of the Pan American Confederation for Bodybuilding & Fitness-, and Gral. Juan Santiago Estrada –IFBB Special Adviser-, who works regularly with President Santonja in the achievement of these important goals.

At the meeting of the Central American and Caribbean Sports Organization, in Panama City, greeting Luis Mejia, President of the Central American and Caribbean Sports Organization (CENTRO CARIBE SPORTS) and IOC member.

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

GREETING IOC PRESIDENT, DR. THOMAS BACH AT PANAM SPORT ASSEMBLY

• At the General Assembly of the Pan American Sports Olympic Organization; President Santonja greeted the President of International Olympic Committee, Dr. Thomas Bach.
  • Bodybuilding and Fitness are progressing to be included in the Official program of the Panamerican Games 2023 in Santiago (Chile), after the participation in the previous edition in these prestigious Games, in Lima 2019, in which Bodybuilding and Fitness event was most welcomed by the audience, in a fully packed auditorium.

Nicole Hoevertsz, New Vice President of the I.O.C.

• Ms. Hoevertsz was elected as Vice President of the International Olympic Committee (IOC) last July, at the meeting their Executive committee held on the occasion of the Tokyo 2020 Olympic Games.
  • Ms. Hoevertsz was a 1984 Los Angeles Olympian athlete in synchronized swimming. She joined the IOC in 2006, and has since become an Executive member. She was the Legal Coordinator of the Pan American Games, a position she also held in Tokyo 2020.
  • Throughout her career as a sports executive, she has always maintained an excellent relationship with President Santonja and the IFBB, supporting Fitness activities in the Caribbean and the Pan-American area.

President Santonja in Crete, Attending the ANOC General Assembly

• In a new step towards the goal of Olympism, President Santonja traveled to Crete (Greece), attending the XXV General Assembly of the World Association of National Olympic Committees (ANOC).
  • Crete is hosting, from October 23rd to 26th, 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 Crete, in the follow up of our relationship with the Olympic Family, before flying to Dubai to attend the IFBB Dubai Muscle Classic, just one week before the largest bodybuilding and fitness event in the history, the IFBB World Championships and Congress, that took place in Santa Susana, Spain, with the celebration of the IFBB 75th Anniversary.

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

Nicole Hoevertsz with President Santonja.

President Santonja with Dr. Robin Mitchell, ANOC President.
Bodybuilding and Fitness are very popular sports in America, and recognized by all the sports Olympic regional and continental bodies. IFBB is recognized member of Panamsports and ACODEPA, the organizations joined by all the national Olympic committees from America, and all the American sports confederations respectively. It is also recognized by the Central American Sports Organization (ORDECA), the Central American and Caribbean Sports Organization (CENTRO CARIBE SPORTS), the Bolivarian Sports Organization (ODEBO), and the South American Sports Organization (ODESUR). Thus, IFBB is recognized by all the bodies in America, and also participating as medallist sports in their Regional and Continental Games.

The Pan-American IFBB Confederation, presided by Eng. Eduardo Abdalah, has a solid structure, and is joined by the North American, the Central American and Caribbean, the Central American, and the South American Confederations, being all of them very active and key members in the IFBB.

In a yearly basis, IFBB holds the Meeting of the Americas, joined by all these bodies, which Presidents are also holding Executive Council positions within the IFBB, in the follow up of our participation in the next coming Games, and the numerous IFBB International activities in schedule in America for the yearly season.

Bodybuilding and Fitness will be participating as medallist sports 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, as well Member of the International Olympic Committee and President of the Paraguayan Olympic Committee.

The Paraguayan Association of Bodybuilding (APF & PFI) chaired by Mr. 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. The APF will also have the full support of the Pan-American and South American Bodybuilding Confederations, chaired by Eng. Eduardo Abdalah and Lic. Juan Paredes respectively.

ODESUR President, Mr. Camilo Pérez, together with his wife Claudia Vallejo de Pérez, and President Santonja, watching together the Bodybuilding and Fitness finals at the South American Beach Games in Rosario, Argentina, with Bodybuilding and Fitness as medallist sport for the first time.
Bodybuilding is one of the most popular sports in the African continent, and IFBB has a strong relation with the continental sport bodies as the ANOCA (Association of African National Olympic Committees) being also recognized member of AASC (Association of African Sports Confederations).

In his last trip to Algeria, President Santonja took the opportunity to meet Mr. Mustapha Berraf, President of the Algeria Olympic Committee, also President of the ANOCA (Association of African National Olympic Committees) at the NOC Headquarters, updating him on the huge growth that Bodybuilding is experiencing in the North of Africa.

The meeting between Mr. Mustapha Berraf – President of the Algerian Olympic Committee and ANOCA- with Dr. Rafael Santonja.

Bodybuilding and Fitness are very popular sports in the Caribbean countries, and are included in the official programmes of the Central American and Caribbean Olympic Organization (CENTRO CARIBE SPORTS).

The President of the Jamaican Olympic Committee, Mr. Christopher Samuda, and Dr. Rafael Santonja, held a telematic meeting this spring, in which they reached a Memorandum of Cooperation between both institutions for educational and sports activities. This agreement will have a very positive influence on Bodybuilding and Fitness activities in Jamaica and throughout the Caribbean.

Dr. Santonja, together with the President of the Jamaican Olympic Committee, Mr. Christopher Samuda.
Bodybuilding and Fitness, being one of the most popular sports in the Arab countries, have been recently included in the Official Sport’s Program of the Pan-Arab Games to take place in Baghdad, in another significant step forward for IFBB. Congratulations to Dr. Adel Fahim El Sayed, President of the IFBB Arab Federation, and also Executive Assistant to IFBB President, and to the IFBB Arab Family, for this great achievement for our sport.

Bodybuilding and Fitness at the Panarab Games

President Santonja led the development of the on-line meeting from the central offices in Madrid. Among other issues, the incorporation of the “Fitness Challenge” discipline was approved.

EBFF: Meeting of the Executive Committee

The European Bodybuilding & Fitness Federation (EBFF) held its annual meeting with the members of the Executive Committee chaired by Dr. Rafael Santonja via videoconference on January 30. Restrictions on mobility between countries led the EBFF executives to participate from their respective headquarters. The meeting lasted for more than 6 hours and important issues for 2021 season calendar were addressed. Among the most outstanding topics, the EBFF approved the official incorporation of the “Fit Pairs” discipline, as well as the new “Fitness Challenge” discipline, focused on performance sports physical tests. Likewise, the adoption of the Classic Physique competition swimsuit was approved for the Games Classic category, in addition to a new regulation for the disciplines of Choreographic Fitness and Acrobatic Fitness.

Eduardo Abdalah, IFBB Vice President, Elected AS ACODEPA Executive Council Member

Eng. Eduardo Abdalah, IFBB Vice President and President of the Panamerican Bodybuilding and Fitness Confederation, has been elected Treasurer of ACODEPA (Panamerican Association of American Sports Confederations).

Eduardo Abdalah is an excellent IFBB Official, and a great leader, and the IFBB is very proud to have one of its key officials now being part of the Executive Council of such prestigious Association.

In the picture, Lic. Francisco Lee, President of ACODEPA, surrounded by Eng. Eduardo Abdalah at his left (IFBB Vice President, President of the Panamerican Bodybuilding and Fitness Federation and recently elected as Treasurer of ACODEPA), and Dr. Rafael Santonja, (IFBB President) at his right.
The election of Dr. Abdolmahdi Nasirzadeh as President of the national federation of Iran and his incorporation as Vice President into the Executive of the Asian Federation (AFBF), led Dr. Rafael Santonja to make an institutional visit to Tehran in early April, together with the Director of the IFBB Judges Committee, Mr. Pawel Filleborn, and other international officials. During his visit, President Santonja met with the main Iranian sports authorities, starting by Iran’s Minister of Sports, H. E. Masoud Soltanifar, and the President of the Olympic Committee, Dr. Reza Salehi Amiri. Bodybuilding is an important sport in the Persian country and has significant social roots. Their champions enjoy important recognition.

A National Event and also various Educational activities in the area of Statisticians, International Judging, and Coaching, were held, with the successful participation of over 700 national athletes and officials.

President Santonja during his meeting with the Minister of Youth and Sports of Iran, H. E. Masoud Soltanifar, to which he presented an institutional distinction. Dr. Soltanifar already received the IFBB Gold Order in recognition of his important support to Bodybuilding in 2017.

Dr. Reza Salehi Amiri, President of the Iranian Olympic Committee (NOCIR), and Dr. Rafael Santonja exchanged institutional distinctions at their meeting in Tehran.

Accompanied by officials of the Iranian Bodybuilding Federation and its President, Dr. Santonja visited the headquarters of the Ministry of Youth and Sports of Iran, where he met with the head of the Ministry and other sports authorities.

A moment during the meeting with the Iranian sports authorities, at the headquarters of the NOCIR.
President Santorini visited the Iranian Parliament, being warmest welcomed by Dr. Mohammad Mehdi Farzad (Chairman of the Sports Commission of the Islamic Consultative Assembly), Dr. Mohammad Rezapour Ebrahimi (Chairman of the Economic Commission of the Islamic Consultative Assembly), and Mr. Ahad Azadikah (Representative of Malayer City in Parliament, also Chairman of Bodybuilding Committee of Sport Commission), among others, holding an official meeting.
The Arnold Sports Festival Europe 2021 took place in Seville, one of the most beautiful cities in Spain, with excellent facilities, great tourist attractions, love of sports, along with its wide and rich history, culture and gastronomy. Including in its program a great multi-sport event, a huge IFBB Pro qualifier competition, the IFBB Elite Pro World Championships, and a World Fitness Challenge Competition, among many others, the eleventh edition of the Arnold Sports Festival Europe was a great success, welcoming visitors and athletes from all over the world, gathered in the same space and with the same goal: to make sport and healthy living their way of life. This unique experience, in an unbeatable environment, hosted over 20,000 spectators and 30 sports, in the impressive FIBES Conference and Exhibition Centre of Seville, and over 1,200 amateur athletes participated only in the Bodybuilding and Fitness amateur event.

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 home.

Santa Susanna, the attractive city, internationally known as the “World Capital of Fitness”, hosted the first edition of the Fitness Sports Games, a competition that presented in its program different fitness related sports modalities, such as Pool Dance, Street Workout, Spartan Race, Spinning, Aerobics, Zumba, Aeroboxing/Bodycombat, Body Pump, TXR/Air Training, Bosu, Step, GAP, Martial Arts, Bodybuilding, Fitness, and the great debut of the newest IFBB category, IFBB FITNESS CHALLENGE.

This 1st edition of the Games was attended by athletes from the 5 continents, ready to enjoy their love for fitness and healthy lifestyle, in a weekend fully packed of emotions, sport activities and enjoyment.

These Multisport Games, organized by the World Fitness Union, are scheduled to be celebrated in a yearly basis, and Santa Susana, as World Fitness Capital, is already confirmed to repeat as venue city for the 2022 edition.
MAG. EMMETT LANG, REELECTED AS PRESIDENT OF THE NICARAGUAN OLYMPIC COMMITTEE

Mag. Emmett Lang Salmerón, was re-elected President of the Nicaraguan Olympic Committee for a new term this past September, in an election held in the highest sports organization in the country.

Mr. Lang is one of the most recognized sports executives in the Americas and has always had an excellent relationship with the IFBB. For this new mandate, he will continue to be accompanied on his Board of Directors by Executive Members such as General Juan Santiago Estrada, Special Advisor to the IFBB for Olympic affairs, and Eng. Eduardo Abdalah, IFBB Vice President and President of the Pan American Federation of Bodybuilding & Fitness.

XI’AN, HOME FOR BODYBUILDING AND FITNESS

IFBB-CBBA Belt and Road competitions, with a remarkable and stoning organization, and one of the most beautiful and impressive openings shows we had ever seen, settled the starting point of a fruitful and strong relation between the CBBA (Chinese Bodybuilding Association) and the IFBB.

This prestigious international competition started in 2018, and followed with the 2019 edition, being the event to be rescheduled due to the Covid 19 for 2022, if the situation allows it.

The IFBB is in regular contact with the local Organizing Committee led by Zhang Penggang, and CBBA President Mr. Zhang Haifeng and his General Secretary, Mr. Gu Qiao, in the follow up of the progression of a this important project.

Athletes from all over the world are looking forward very much to have again the joy to be part of this astonishing competition in Xi’an, China, in the mythical capital of the Chinese Empire.
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 IFBB.

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 its 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.

At first stage, for the 2021 season, the IFBB has organized National University Championships in five to six countries per continent.

Being this first step already accomplished, in 2022, IFBB will host its Continental University Championships.

Once there are established yearly at least three continental University Championships, IFBB will hold its World Bodybuilding and Fitness University Championships, expected for 2023.

General Santiago Estrada, General Secretary of the Nicaraguan Olympic Committee, and Executive Member of the IFBB, has been elected Executive Council Member of the Panamerican Sports Organization.

This meaningful achievement evidence the brilliant services to sports and merits of Gral. Estrada.

A task full of responsibilities in which we are sure that General Estrada will contribute to the goals of the Olympic ideals, and to the progression of the sport, with his well known diplomatic and leadership skills.

Gianni Merlo, President of the International Sports Press Association (AIPS), was awarded the IFBB Medal of Honour during the latest AIPS World Congress, in Budapest.

AIPS is the peak professional body representing the international sports media, joined by 160 national organizations and includes over 10,000 of today’s sports journalists.

This prestigious press body has always provided great support towards the sports of Bodybuilding and Fitness.
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).
The recent Balkan Championships held in the Romanian city of Drobeta-Turnu Severin were accompanied by the General Congress comprising the 13 national Bodybuilding federations in the Balkan region. The President of the Romanian Federation (FRCF), Prof. Gabriel Toncean, was re-elected for a new period of 4 years as head of the Balkan Federation (BBFF). Prof. Toncean thanked the national federations for his re-election and expressed his commitment to continue working to promote Bodybuilding and Fitness within the area. He did so together with President Santonja, who went to Romania to supervise the Congress and the development of the 2021 Balkan Championships.

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Dr. Rafael Santonja was in Drobeta-Turnu Severin, supervising the development of the BBFF Congress and the Balkan Championships.

Francisco Cabizas, President of the Mexican Federation of Bodybuilding and Fitness was elected the new president of the Mexican Sports Confederation, a body made up of all sports federations in the country. The distinction achieved confirms the great leadership career carried out by this outstanding IFBB official. Sincere congratulations to him and to all those who work for our sport, once again in all the tournaments in the world, it’s confirmed that bodybuilding and fitness are very popular sports among young people. We continue to work for the development of a modern sport, connected to the ancient sports cultures, but also, and no less important, the IFBB maintains its firm commitment to the practice of a clean and healthy sport, controlled in all its aspects. This is the best message we can give and an unequivocal signal for the new generations of athletes.

Mr. Francisco Cabezas, accompanied by his son, Mr. Marco Cabezas (IFBB Vice President) awarding Mrs. Saldaña, one of the most well-known executive women in the sport, on behalf of IFBB.
MEET & GREET

EL SALVADOR, HOST OF THE “SPORTS LEADERSHIP CONFERENCE,” IN WHICH THE IFBB PLAYED AN IMPORTANT ROLE

President Santonja participated in the 2nd Conference on Sports Leadership, at the end of September, organized by the Salvadoran Olympic Committee chaired by Mr. Eduardo Palomo. Ing. Neven Ilic, President of Panam Sports, as well as other important sports leaders, among them the President of the Salvadorian Federation of Bodybuilding, Mr. Fabrizio Hernández, participated in this important conference, in which Bodybuilding and Fitness had a prominent role. As it happens, the Salvadorian Federation that Mr. Hernández presides made quite an impression during the last Pan American Games in Lima 2019, achieving 2 gold medals in the disciplines of Classic Bodybuilding and Fitness.

BODYBUILDING AND OLYMPISM FOLLOW PARALLEL PATHS IN SYRIA.

The Syrian Bodybuilding Federation chaired by Mr. Manar Haikal is working hard towards the appointment of the next 2021 Arab Championships that will take place in Damascus. For this reason, Dr. Adel Fahim El Sayed, Executive Assistant to Dr. Santonja in the IFBB and President of the Arab Bodybuilding Federation, visited the Syrian capital where he met with local officials and with the President of the Syrian Olympic Committee, Mr. Firas Hashim Moualla, to advance details on the celebration of the event. Dr. Adel Fahim and President Firas Hashim, who already had a previous meeting in March, during which the Olympic leader received the IFBB Distinguished Service Award, offered a press conference in which they revealed the details of this important sporting event for the Arab countries.
THE RUSSIAN FEDERATION REACHES ITS 34TH ANNIVERSARY

Founded on August 11, 1987, the Russian Federation of Bodybuilding & Fitness (FBBR), currently chaired by Mr. Alexander Vizhnevskiy, has reached its 34th anniversary and is consolidated as the largest European national federation in number of sports licenses and competitions.

Bodybuilding and Fitness achieved their recognition in Russia back in the times of the USSR, thanks to its Athletics Federation and the work of then IFBB President Mr. Ben Weider and his, at that time, Executive Assistant, Dr. Rafael Santonja, and through the collaboration of officials such as Mr. Vladimir Dubinin and Mr. Eugene Koltun, seen in the images above, now part of the history of this sport in the country.

The current president of the FBBR, Alexander Vizhnevskiy, was awarded the IFBB Gold Medal during the 2021 European Championships held in Santa Susanna (Spain).

A historical image of the two IFBB Presidents, Mr. Ben Weider and Dr. Rafael Santonja, in Saint Petersburg, reinforcing the integration of the Russian Federation, back then chaired by Mr. Vladimir Dubinin (crouching), into the IFBB.

Another historical image of one of the first international competitions held in Russia (then the USSR), with the presence of IFBB presidents Ben Weider and Rafael Santonja, accompanied by historical officials like Vladimir Dubinin or Eugene Koltun.
Professor Mauricio Arruda de Campos, head of the IFBB Anti-Doping area, was elected Executive Member of the Development Committee of the International Council of Sport Sciences and Physical Education (ICSSPE). This organization, belonging to the Unesco and based in Berlin (Germany), is dedicated to education in sports.

This appointment represents a great endorsement of the IFBB’s educational activity and a new step forward in the professional career of Prof. Mauricio De Arruda who is also the director of the IFBB International Academy from his residence in Batatais (Sao Paulo, Brazil).

Prof. Mauricio de Arruda, director of the IFBB Academy, has been elected member of the International Council of Sport Science & Physical Education.

President Santonja’s trusted person in educational tasks, Prof. Mauricio de Arruda, maintains his commitment and dedication to the IFBB.

The IFBB World Master Championships are always an inspiration to athletes, officials, enthusiasts, and society in general, being the showcase of one of the most magic and impressive effects of our sport.

Numerous scientific researches 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.

Toshisuke Kanazawa, from Japan, at his 83 years old, and Rafael Vera, from Spain, at his 76 years old, are vivid examples of bodybuilding as the ideal antiaging and healthy lifestyle.

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MEET & GREET

THE NORDIC COUNTRIES STAND THEIR GROUNDS

The presidents of the national federations of the Nordic countries met via videoconference with President Santonja in order to review the activities of this season. The programme is very extensive, and includes more than 20 scheduled events. Highlights include a new edition of the IFBB Nordic Cup that will take place at the Nordic Expo to be held in Turku (Finland) on September 4.

The meeting took place at the end of March and was attended by Presidents Palle West (Denmark), Ergo Metsla (Estonia), Jani Kaaria (Sweden), Elise Murbraeck (Norway), Einar Gudmann (Iceland) and K.P. Ourama (Finland). All in all, it was a productive and positive meeting.

THE NORDIC COUNTRIES STAND THEIR GROUNDS

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 Garcia, Honorary Member of AIPS and Former Vice President, IFBB President, Dr. Rafael Santonja, Mr. Ernesto Orta, President of the Circle of Sports Journalists of Uruguay, Mr. Gabriel Cazenave, President of AIPS America, Mr. Carlos Gonzalez, President of the Association of Sports Journalists of Cuba, Mr. Desney Romero, President of the Sports Media Suriname and, Mr. Daniio Díaz, President of the Circle of Journalists of Chile.
SERBIAN SPORTS AUTHORITIES CONTINUE TO SUPPORT CHILDREN’S FITNESS

Since the very start of the children’s fitness disciplines, the Serbian Federation (SSBBFBFA) chaired by Mr. Goran Ivanovic has played a very prominent role as host of the most important international events. First in Novi Sad and currently in Cacak, in both cases the SSBBFBFA has been able to propose a very interesting sports and educational project for children from 7 to 15 years of age, and has always had the support of the Serbian Ministry of Sports.

The recent edition of the IFBB World Children Fitness Championships held in Cacak was attended by local and state authorities, both very interested in promoting sports for new generations of athletes.

SIBERIAN POWER SHOW SHOW ONE OF THE MOST PRESTIGIOUS IFBB EVENTS IN EUROPE

Organized by promoter Denis Kiyutsin under the supervision of Russian Bodybuilding & Fitness Federation, chaired by Alexander Vizhnevsky; the IFBB Siberian Power Show 2021 celebrated in Krasnoyarsk (Russia), opened the IFBB season in Europe.

The Siberian Power Show, an already fully consolidated and renowned event, reached this year its 6th edition, being 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 Krasnoyarsk enjoying the multiple sports activities celebrated at the functional Siberia International & Bussiness Center.

This IFBB competition is one of the main events in the IFBB Calendar, with a fantastic level of competitors from the former USSR 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.
INTERNATIONAL CONGRESS
The worldwide lockdowns and other sharp restrictions ordered by governments and countries due to the epidemiological circumstances, caused many National Federations to cancel their participation in the Congress as well as in the World Championships. But those, who could come, participated in the very interesting and productive Congress, which approved a couple of important amendments to the IFBB Rules regarding competition, anti-doping and other matters. Taking into account the Covid-19 pandemic, we should be aware that 2020 Congress and World Championships could happen only due to the extremely effective activity and effort of President Santonja, his staff and the Spanish Federation who elaborated a detailed, step by step procedure of actions from the arrival, through competition up to departures of national teams, which had to be approved by the Spanish Sanitary Authorities. Without this approval, no championships could be held. Thank you!

As usual, at the beginning, the Congress adopted the Minutes of the previous Congress (2019) and it passed smoothly. Then, two new IFBB members were approved: Gabon and Kyrgyzstan.

After that, IFBB President, Dr. Rafael Santonja, delivered his annual report, full of short news showing our President’s international activity. In the passing year (2020) IFBB has been recognized by two new important international sport bodies:

- INTERNATIONAL UNIVERSITY SPORT FEDERATION (FISU)
- CENTRAL AMERICAN & CARIBBEAN SPORTS ORGANIZATION (CACSO)

FISU currently has 174 member-countries from 5 continents and their international competitions include over 50 sports. Their main events are: World University Games and World University Championships held every two years. From now, IFBB sports may be included in these events. Also IFBB member-countries may organize their University National Championships, followed by Continental and World University Championships. IFBB recognition by FISU is also an important step toward the IOC recognition.

CASCO (in Spanish: ODECABE) is a regional sports federation bringing together 31 National Olympic Committees from Central America and Caribbean region. With this recognition, Bodybuilding & Fitness will be included in the Sport Program of the Central American and Caribbean Games. This creates a fantastic opportunity for our athletes from 30+ countries to participate in this important international Olympic-style event!

With this two new recognitions, IFBB is currently recognized by the following international sport bodies:

- Olympic Council of Asia (OCA)
- Pan-American Sport Organization (PASO)
- Central American & Caribbean Sports Organization (CACSO)
- Central American Sports Organization (ORDECA)
- South American Sport Organization (ODESUR)
- Bolivarian Sport Organization (ODEBO)
- Association of National Olympic Committees of Africa (ANOCA)
- Oceania National Olympic Committees Organization (ONOC)
- Association of Pan-American Sport Confederations (ACODEPA)
• Association of African Sport Confederations (AASC)
• Global Association of International Sports Federations (GAISF)
• International World Games Association (IWGA)
• Alliance of Independent Recognized Members of Sport (AIMS)
• International University Sports Federation (FISU).

In his interview for AIPS, President Santonja said – “The IFBB is present in a large and growing number of regional Olympic cycle programs and we have commitments that we assume and fulfill.” The final statement of this interview was – “The IFBB is following established guidelines in the direction of full Olympic recognition.” In the other interview for the AIPS Magazine, Dr. Santonja said – “... our athletes, our sport and healthy lifestyle that is achieved, deserves full Olympic recognition. We are going to make it happen. I’m sure we are going to have good news soon.” Nothing to add!

NEW SPORT DIVISION: BEGINNERS
A special type of contests, devoted for beginners, have been held by many National Federations for a long time. Now, beginners enter the international stages. The Congress approved this division, which may be included in the IFBB international events, with the perspective to have Continental and World Championships. The basic concept is that the beginners must be recommended by their National Federations and may participate only in the beginner’s categories from the beginning of the year (their first contest) to the end of the year. By this, IFBB created the opportunity for newcomers to participate internationally, win awards and develop their sport career.

CHANGING OF THE NAMES
Instead of “Wellness Fitness” and “Bikini Fitness” a shorter version of names: “Wellness” and “Bikini” may be used on a daily basis.

Following the introduction of a new fitness division, the precise names of the choreographic fitness sports will be: “Acrobatic Fitness” and “Artistic Fitness”.

CROSSOVERS
This decision has been awaiting for years. Athletes very often declared their willingness to participate in more than one category at the same contest. And finally, the Congress opened to them this possibility. With four so called “bodybuilding” divisions in the sport program: Games Classic Bodybuilding, Classic Bodybuilding, Men’s Classic Physique and Bodybuilding, athletes may compete in all of them at the same contest. Later on, IFBB opened even more possibilities of crossovers: Men’s Fitness – Men’s Physique; Women’s Acrobatic Fitness – Women’s Bodyfitness; Women’s Artistic Fitness – Women’s Bikini – Women’s Fit-Model; Women’s Wellness – Women’s Fit-Model.

NEW EVENT AND CATEGORIES
The next important Congress decision: organization of the IFBB World Fitness Cup, included Junior and Senior categories. The first, 2021 World Fitness Cup, will be a part of the 2021 International Fitness Show to be held at the Dubai Studio City, UAE, on December 09th -11th.

The Congress also approved two new Masters categories:
• Master Men's Bodybuilding 60 years & over
• Master Men's Physique 50 years & over

IFBB ANTHEM
Taking into account the worldwide activity of our Federation and its prestige, it’s time to create an anthem that will identify the IFBB. The anthem would be played at the opening of the international events. The Congress approved this idea and agreed to a budget of up to EUR €5000 paid to the composer.

NEW IFBB ANTI-DOPING RULES
Due to the amendments to the WADA Code, IFBB Anti-Doping Commission prepared and negotiated with WADA the updated IFBB Anti-Doping Code, that was approved by WADA and entered into force on January 01st, 2021. The text of this updated IFBB Anti-Doping Rules was attached to the Congress materials.

LOCATION OF THE WORLD CHAMPIONSHIPS
The Congress approved the following location of the World Championships:

• 2021 World Fitness Championships: Republic of Korea (Yeongju)
• 2021 World Children Fitness Championships: Serbia (Cacak)
• 2021 World Bodybuilding Championships: China (Xi’an)

Now we know that this program couldn’t be followed due to the Covid-19 epidemic and still existed restrictions. Only the World Children Fitness Championships were held according to the above plan, in Serbia.
DELEGATES PRESENT AT THE CONGRESS

Algeria: Djelloul Seif (Delegate).

Andorra (from L): Monica Bermaus (President), Vincent Redondo Penas (General Secretary).

Austria (from L): Alexander Friedl (Judge), Jörg Kapfer (President).

Belarus: Natallia Kachan (Judges Committee Chairperson).

Czech Republic: (from L): Zdenka Ruzymova (Team Manager), Jana Bendova (Coach), Ludmila Cizova (President).

El Salvador: Fabrizzio Hernandez (President).

France (from L): Menad Douar (Int. Judge), Jean Louis Balat (Vice-President), Mario Valero (President).

Andorra (from L): Monica Bermaus (President), Vincent Redondo Penas (General Secretary).

Czech Republic: (from L): Zdenka Ruzymova (Team Manager), Jana Bendova (Coach), Ludmila Cizova (President).

Belarus: Natallia Kachan (Judges Committee Chairperson).

El Salvador: Fabrizzio Hernandez (President).

France (from L): Menad Douar (Int. Judge), Jean Louis Balat (Vice-President), Mario Valero (President).

Canada (from L): Ratchanee Sornburr (General Secretary), Andre Wouters (President).

Croatia: Goran Juratovic (President).

Estonia: Kady Parnaku (Athletes Commission Deputy Chairman).

Finland: (from L): Andone Rotov (Head Judge), Pauliina Kallorainen (Judges Committee Chairperson), Anna-Maija Laurila (General Secretary).

Germany: Alexander Friedl (Judge), Jörg Kapfer (President).

Guatemala (from L): Roni Zamora (Coach), Luis Medrano (President).

Hungary (from L): Csaba Bara (Executive Council Member), Zsuzsanna Messe (Supervisory Committee Member), Vida Verhaj (General Secretary).

Ireland: Andrea Rotov (Head Judge), Pauliina Kallorainen (Judges Committee Chairperson), Anna-Maija Laurila (General Secretary).

Andorra (from L): Monica Bermaus (President), Vincent Redondo Penas (General Secretary).

Belarus: Natallia Kachan (Judges Committee Chairperson).

Czech Republic: (from L): Zdenka Ruzymova (Team Manager), Jana Bendova (Coach), Ludmila Cizova (President).

El Salvador: Fabrizzio Hernandez (President).
Lithuania (from L): Rinaldas Cesnaitis (National Coach), Egle Rasaitiene (Int. Judge).

Mexico: Alfredo Monzo (Delegate).

Nicaragua: Claudia Jimenez (Delegate).

Poland: Andrew Michalak (Vice-President).

Portugal: Jose Monteiro (Director).

Romania: (from L): Adrian Neamtu (Head of Security), Gabriel Toescan (President), Tanta Grea-Zona (President’s Advisor).

Slovakia: (from L): Lubomir Hecko (Team Manager), Iveta Chrtanova (National Coach), ??

Russia: (from L): Marina Bychenko (Coach & Int. Judge), Alexander Vishnevskiy (President), Anastasiia Goncharova (Coach & Int. Judge).

Sweden: (from L): Tina Lemor (Competition Committee), Emilia Mark (Delegate).

Switzerland (from L): Neda Lechaire (President), Daniela Gallo (Int. Judge).

Ukraine (from L): Igor Telyk (President), Vitaliy Talauera (National Coach).
OFFICIALS AWARDED
WITH IFBB AWARDS AND MEDALS

IFBB “Spirit of Fitness Award” for Santa Susanna Mayor, Mr. Joan Campolier, presented by President Santonja.

IFBB President’s Silver Medal for Mr. Fernando Heras from the Santa Susanna City Council, presented by President Santonja and Mayor Campolier.

Santa Susanna World Capital of Fitness Award for President Santonja, presented by the city Mayor, Mr. Joan Campolier.

IFBB “Spirit of Courage Award” for the Executive Assistant to the President, Dr. Eng. Adel Fahim El Sayed, presented by President Santonja and Vice-President Pawel Filleborn (left).
IFBB “Distinguished Service Award” presented to the President of the IFBB Central American Federation, Eng. Eduardo Abdalah, by President Santonja and Vice-President Filleborn (left).

IFBB Achievement Award and IFBB Medal of Honor for the IFBB top women’s officials: Ms. Natalia Nazarenko (left) and Ms. Viola Vargha (right), presented by President Santonja, Vice-President Filleborn and Treasurer Jose Ramos (far right).

A new IFBB “Mr. Universe” Award was designed and made by the Russian Federation. Here displayed by the Russian Federation President, Mr. Alexander Vishnevsky.

IFBB “Spirit of Fitness Award”.
THE 9 BEST AMATEUR ATHLETES OF

"Ukraine prevails in three disciplines (Women's Physique, Classic Physique and Bodybuilding), Poland in two (Bikini and Wellness), with Guatemala (Classic Bodybuilding), Russia (Fitness), Switzerland (Men's Physique) and Spain (Bodyfitness) also represented at the top of the Ranking."

"Rocío Araujo (Bodyfitness) is the only athlete to revalidate her victory of 2019."

"Yurii Zimohliad, first winner of Classic Physique."
Despite all the problems for sports and international travel in 2020, the IFBB managed to successfully carry out the fourth edition of its World Ranking.

For amateur athletes, regularity and excellence are of the utmost importance, thus, their great challenge last season consisted in attending a sufficient number of scoring events so that the best athletes in each discipline could be recognized with objectivity. Such was the difficult road ahead of the great names of the 2020 season, which began after the 2019 World Cup and integrated events such as the Diamond Cup in Aurangabad (India) and Rome (Italy).
Even in the difficult context of the pandemic, the IFBB World Ranking was able to exceed a thousand athletes with points, and also to grow as compared to the previous season, with the inclusion of the Classic Physique discipline. After going through all the tests of this season, the last of which was the Fitness Mania 4 (Kladno, Czech Rep.), the 2020 IFBB World Ranking Champions were the following 9 athletes:

President Santonja sent a personal congratulation to all of them by letter, in which he conveyed the congratulations and admiration for their sporting successes during the 2020 season on behalf of the IFBB. He also highlighted the positive influence this achievement must have had on their families and social environment, as well as the motivational effect for all Bodybuilding and Fitness fans in their respective countries. In the letter, Dr. Santonja announced that they would receive a special distinction from the IFBB through their national federations.

**RANKING BODYBUILDING**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Country</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Dmytro Marchenko</td>
<td>Ukraine</td>
<td>30</td>
</tr>
<tr>
<td>2</td>
<td>Eddie N’guema</td>
<td>France</td>
<td>29</td>
</tr>
<tr>
<td>3</td>
<td>Mickael de Sousa</td>
<td>France</td>
<td>25</td>
</tr>
<tr>
<td>4</td>
<td>Pierre Zocha</td>
<td>Poland</td>
<td>21</td>
</tr>
<tr>
<td>5</td>
<td>Jacek Komorowski</td>
<td>Poland</td>
<td>20</td>
</tr>
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<td>6</td>
<td>William Rodriguez</td>
<td>El Salvador</td>
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</tr>
<tr>
<td>7</td>
<td>Aleksandr Martynkin</td>
<td>Russia</td>
<td>18</td>
</tr>
<tr>
<td>8</td>
<td>Alex Toporovsky</td>
<td>Czech Rep.</td>
<td>18 points</td>
</tr>
<tr>
<td>9</td>
<td>Martin Gram</td>
<td>Czech Rep.</td>
<td>18 points</td>
</tr>
<tr>
<td>10</td>
<td>Martina Balakinskai</td>
<td>Poland</td>
<td>17</td>
</tr>
</tbody>
</table>

**BODYBUILDING:**

Dmytro Marchenko defeats Eddie N’guema in the final sprint

The fight for the World Ranking was centred on the mimetic struggle between Dmytro Marchenko and Eddie N’guema, big stars of the European and World Cups, as well as the 2020 ACE. They tied in the continental cup and the Ukrainian won gold in the World Cup, while the French only reached bronze. The 5-point advantage remained for the ACE, where both competitors reached gold. With just one chance to go, N’guema sought to reach the top in Fitness Mania 4, but he was surpassed by his fellow countryman Mickael de Sousa (3rd in the Ranking), and his silver medal gave him only 4 points, not enough to reach Marchenko.
Guatemalan athlete Erick Sánchez becomes more of a legend by winning the World Ranking after achieving two world titles in 2020: the Classic Bodybuilding and Games Classic Bodybuilding disciplines. The Central American athlete is part of the Talent Retention programme of the Guatemalan Sports Confederation (CDAG) and was a runner-up in the 2018 and 2019 world cups, as well as an Olympic athlete.

Everything was decided after the World Cup event, although the ACE and Fitness Mania 4 allowed us to discover a future star: Danish Mohammed Fabricius Ali who reached the 6th place with only those two competitions, finishing only 2 points from the podium.

CLASSIC PHYSIQUE:

Yuriy Zymohliad imposes his domain on the big events

With his excellent role in the European and World Championships, the Ukrainian Yuriy Zymohliad scored enough points to distance himself from his biggest rivals, Jonay Mesa and William Rodríguez, who were tied on points at 9 behind the winner.

Everything was decided after the World Cup event, although the ACE and Fitness Mania 4 allowed us to discover a future star: Danish Mohammed Fabricius Ali who reached the 6th place with only those two competitions, finishing only 2 points from the podium.

CLASSIC BODYBUILDING:

Erik Sánchez positions central american olympism at the top

Guatemalan athlete Erick Sánchez becomes more of a legend by winning the World Ranking after achieving two world titles in 2020: the Classic Bodybuilding and Games Classic Bodybuilding disciplines. The Central American athlete is part of the Talent Retention programme of the Guatemalan Sports Confederation (CDAG) and was a runner-up in the 2018 and 2019 world cups, as well as an Olympic athlete.

After Sánchez, Yamil Calvo took the second position only 2 points away, thanks to his good classifications in the World and European Championships. The Spanish athlete ranked 10th in 2019.

**RANKING CLASSIC PHYSIQUE**

<table>
<thead>
<tr>
<th>1</th>
<th>Yuriy Zymohliad</th>
<th>Ukraine</th>
<th>27 points</th>
</tr>
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<tbody>
<tr>
<td>2</td>
<td>Jonay Mesa</td>
<td>Spain</td>
<td>15 points</td>
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<td>3</td>
<td>William Rodriguez</td>
<td>El Salvador</td>
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<td>4</td>
<td>Bryan Bertschmann</td>
<td>Switzerland</td>
<td>17 points</td>
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<td>5</td>
<td>Salter Ianco</td>
<td>Romania</td>
<td>17 points</td>
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<tr>
<td>6</td>
<td>Mohammed Fabricius Ali</td>
<td>Denmark</td>
<td>17 points</td>
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<td>7</td>
<td>Daniel Kunikowski</td>
<td>Poland</td>
<td>15 points</td>
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<td>8</td>
<td>Filip Dzuplic</td>
<td>Croatia</td>
<td>15 points</td>
</tr>
<tr>
<td>9</td>
<td>Stanislav Taranov</td>
<td>Ukraine</td>
<td>14 points</td>
</tr>
<tr>
<td>10</td>
<td>Peter Tarka</td>
<td>Slovakia</td>
<td>13 points</td>
</tr>
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**RANKING CLASSIC BODYBUILDING**

<table>
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<tr>
<th>1</th>
<th>Erick Sanchez</th>
<th>Guatemala</th>
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<tr>
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<td>Yamil Calvo</td>
<td>Spain</td>
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<td>Yuriy Gayduk</td>
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<td>22 points</td>
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<td>Jose Maria Domen</td>
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<td>Combin Ianco</td>
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<td>Vladimir Matusov</td>
<td>Russia</td>
<td>16 points</td>
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<td>Fabrizio De Silvestro</td>
<td>Italy</td>
<td>17 points</td>
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<td>10</td>
<td>Raúl Sánchez</td>
<td>Spain</td>
<td>17 points</td>
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MUSCULAR & MEN’S PHYSIQUE:
Alexander Ronchetti wins thanks to his regularity

Up to almost 250 athletes added points in a World Ranking that finished with Alexander Ronchetti at the top. The aesthetic Swiss athlete began to score points in 2019 (Diamond Cup Rome) and qualified for 6 championships in 2020, even achieving the world runner-up.

Behind him, a full 14 points down, once again the French aesthete Pierre Murcia, who repeated his second place from the 2019 World Ranking. His slight disappointment was compensated by his 2020 world champion title, which he achieved in Santa Susanna.

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<th>RANKING MUSCULAR &amp; MEN’S PHYSIQUE</th>
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BIKINI:
Unreachable Wiktoria Nnaka

This year, you’ll have to go down to the 41st place to find the first Russian bikini athlete (Anna Kotova). This is largely due to restrictions on international travel. So, the triumph of a Wiktoria Nnaka, who finished the 2020 season undefeated, may seem too simple, as it was the year in which she made her international debut. Nonetheless, the situation caused by Covid-19 should not obscure the immense quality of an athlete who was even able to win the European On-line cup (e-Championships) and to reach the silver medal at the ACE Pro as a guest athlete. And remember: she is still in junior age. Her biggest rival was the imposing Jana Jerabkova, an athlete who has become an icon of this discipline in the Czech Republic and who leads the growing level of her country in this specialty.

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<tr>
<th>RANKING BIKINI</th>
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</table>
With her enormous quality and the points achieved in the Diamond Cup Malta and the European Cup, Spanish Rocío Araujo had everything in her favour to reissue her 2019 title. However, the appearance at the World Cup of Rejoice Godwin, a Nigerian athlete residing in Spain, was quite a challenge. Her silver medals in the World Cup, the ACE and the gold in Fitness Mania led her to an undisputed second place, ahead of athletes such as world champions Tiia Kaare or Mira Hotti.

**BODYFITNESS:**

Rocío Araujo repeats title ahead of the appearance of Rejoice Godwin

Continental champions in 2019 Nikoletta Sularz, Dagmara Dominiczak and Lara Santini were once again present in the Ranking, with greater or lesser fortune. The biggest advance was that of the Polish athlete who achieved enough points to take the title with only 3 participations, albeit 3 gold medals, thus improving her 4th place of 2019. After her, champion Lara Santini, still in Junior age, was 4 points behind after not attending the ACE. The biggest drop was for Nikoletta Sularz (runner-up in 2019) who could only reach 13th, while Spanish Rebeca Climent made a leap forward, after an imposing season in which she achieved medals in the master and overall classes.

**WELLNESS:**

Dagmara Dominiczak overcomes Lara Santini

Continental champions in 2019 Nikoletta Sularz, Dagmara Dominiczak and Lara Santini were once again present in the Ranking, with greater or lesser fortune. The biggest advance was that of the Polish athlete who achieved enough points to take the title with only 3 participations, albeit 3 gold medals, thus improving her 4th place of 2019. After her, champion Lara Santini, still in Junior age, was 4 points behind after not attending the ACE. The biggest drop was for Nikoletta Sularz (runner-up in 2019) who could only reach 13th, while Spanish Rebeca Climent made a leap forward, after an imposing season in which she achieved medals in the master and overall classes.
With only 5 scoring events this season, the World Fitness Ranking focused on excellence. Nataliia Toropova prevailed thanks to her overall gold medal, which represented more points than the two medals of Ukrainian Inna Nosolenko and Marharyta Doroshenko.

Behind them, we should pay attention to the appearance of Nelli Novodomska (4th) in her first season as a Junior and absolute athlete, after her unrepeatable record as a children’s champion.

<table>
<thead>
<tr>
<th>RANKING FITNESS</th>
<th>1</th>
<th>Nataliia Toropova</th>
<th>Russia</th>
<th>19 points</th>
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<tbody>
<tr>
<td></td>
<td>2</td>
<td>Inna Nosolenko</td>
<td>Ukraine</td>
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</tr>
<tr>
<td></td>
<td>3</td>
<td>Marharyta Doroshenko</td>
<td>Ukraine</td>
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</tr>
<tr>
<td></td>
<td>4</td>
<td>Nelli Novodomska</td>
<td>Slovakia</td>
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<td>Lenka Gorina</td>
<td>Hungary</td>
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</tr>
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<td></td>
<td>6</td>
<td>Natalia Osinskaya</td>
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<td>7</td>
<td>Viktoria Iscovoy</td>
<td>Hungary</td>
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<td>Dorothia Agostin</td>
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<td>Delia Lacatari</td>
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<td></td>
<td>10</td>
<td>Virag Vargy</td>
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<td>9 points</td>
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</tbody>
</table>

**FITNESS:**
Nataliia Toropova imposes over Inna Nosolenko and Marharyta Doroshenko

With 2019 runner-up Liubov Popova slipping to 9th place in the Ranking, it was veteran Nataliia Prokhorova who put Ukraine back at the top of this specialty. Much better as compared to last season, in which she reached the 7th place, Prokhorova asserted her titles in the European and World Championships and took 8 points ahead of Polish Aleksandra Krzyworzeka, her direct rival in both championships.

<table>
<thead>
<tr>
<th>RANKING WOMEN’S PHYSIQUE</th>
<th>1</th>
<th>Nataliia Prokhorova</th>
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<th>33 points</th>
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<td></td>
<td>2</td>
<td>Aleksandra Krzyworzeka</td>
<td>Poland</td>
<td>20 points</td>
</tr>
<tr>
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<td>3</td>
<td>Peggy Borocco</td>
<td>France</td>
<td>19 points</td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>Lucie Janousova</td>
<td>Czech Rep.</td>
<td>19 points</td>
</tr>
<tr>
<td></td>
<td>5</td>
<td>Mira-Sofia Manzoni</td>
<td>Sweden</td>
<td>16 points</td>
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<tr>
<td></td>
<td>6</td>
<td>Andrijana Dalic</td>
<td>Austria</td>
<td>15 points</td>
</tr>
<tr>
<td></td>
<td>7</td>
<td>Aline Beck</td>
<td>Switzerland</td>
<td>15 points</td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>Maryna Mechenko</td>
<td>Ukraine</td>
<td>15 points</td>
</tr>
<tr>
<td></td>
<td>9</td>
<td>Liubov Popova</td>
<td>Ukraine</td>
<td>15 points</td>
</tr>
<tr>
<td></td>
<td>10</td>
<td>Ulfka Thunberg</td>
<td>Sweden</td>
<td>11 points</td>
</tr>
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**WOMEN’S PHYSIQUE:**
Natalia Prokhorova keeps Ukraine as leader of the discipline

With 2019 runner-up Liubov Popova slipping to 9th place in the Ranking, it was veteran Nataliia Prokhorova who put Ukraine back at the top of this specialty. Much better as compared to last season, in which she reached the 7th place, Prokhorova asserted her titles in the European and World Championships and took 8 points ahead of Polish Aleksandra Krzyworzeka, her direct rival in both championships.
2020 IFBB OVERALL CHAMPIONS

2020 IFBB WORLD FITNESS CHAMPIONSHIPS

Wiktoria Nnaka (Poland)

Alina Yaman (Ukraine)

Natalia Prokhorova (Ukraine)

Lara Santini (Croatia)

Natalia Toropova (Russia)

Roman Haishuk (Ukraine)

2020 Women Bikini Fitness overall winner

2020 Women Bodyfitness overall winner

2020 Women’s Physique overall winner

2020 Women Wellness Fitness overall winner

2020 Women’s Fitness overall winner

2020 Men’s Fitness open category winner
2020 IFBB OVERALL CHAMPIONS

2020 IFBB WORLD BODYBUILDING CHAMPIONSHIPS

Aleksandr Martynkin (Russia)

Erick Sánchez (Guatemala)

Erick Sánchez (Guatemala)

Yuri Zymohliad (Ukraine)

Farbad Chaharlang (Sweden)

Julien Camdessoucens (France)

2020 IFBB WORLD BODYBUILDING CHAMPIONSHIPS

Bodybuilding

2020 Men Bodybuilding overall winner

Games Classic Bodybuilding

2020 Men Games Classic Bodybuilding overall winner

Classic Bodybuilding

2020 Men Classic Bodybuilding overall winner

Classic Physique

2020 Men Classic Physique overall winner

Men’s Physique

2020 Men’s Physique overall winner

Wheelchair Bodybuilding

2020 Wheelchair Bodybuilding overall winner

Fitness Pairs

2020 Fitness Pairs overall winner

Ljubov Popova & Yuri Zymohliad (Ukraine)
2020 IFBB WORLD JUNIOR CHAMPIONSHIPS

**BODYBUILDING**
2020 Junior Men Bodybuilding overall winner

**GAMES CLASSIC BODYBUILDING**
2020 Junior Men Games Classic Bodybuilding overall winner

**CLASSIC BODYBUILDING**
2020 Junior Men Classic Bodybuilding overall winner

**CLASSIC PHYSIQUE**
2020 Junior Men Classic Physique overall winner

**MEN’S PHYSIQUE**
2020 Junior Men’s Physique overall winner

**BIKINI**
2020 Junior Bikini overall winner

José Ibarra (Mexico)
Roman Hubrii (Ukraine)
Josef Nyírcsak (Hungary)
Sebastian Serpescu (Romania)
Oskar Kras (Poland)
Wiktoria Nnaka (Poland)
2020 IFBB WORLD JUNIOR CHAMPIONSHIPS

**BODYFITNESS**
Julia Lanecka (Poland)
2020 Junior Bodyfitness overall winner

**WELLNESS**
Mia Miklis (Croatia)
2020 Junior Wellness overall winner

**ARTISTIC FITNESS**
Yuliia Komenotrus (Poland)
2020 Junior Artistic Fitness overall winner

**ACROBATIC FITNESS**
Marhariyta Doroshenko (Ukraine)
2020 Junior Acrobatic Fitness overall winner

**MEN'S FITNESS**
Matej Juganariu (Romania)
2020 Junior Men's Fitness overall winner
2020 IFBB WORLD MASTERS CHAMPIONSHIPS

- **Master Bodybuilding**
  - Winner: Martin Drab (Czech Rep.)

- **Master Classic Bodybuilding**
  - Winner: Germán Villarroya (Spain)

- **Master Classic Physique**
  - Winner: Waldemar Biernacki (Poland)

- **Master Men’s Physique**
  - Winner: Vladimir Lanevich (Russia)

- **Master Bikini Fitness**
  - Winner: Mariia Burlaka (Ukraine)

- **Master Bodyfitness**
  - Winner: Alina Yaman (Ukraine)
2020 IFBB OVERALL CHAMPIONS

2020 IFBB WORLD MASTERS CHAMPIONSHIPS

- **Master Wellness**
  - Overall Winner: Rebeca Climent (Spain)
  - Winner: Natalia Prokhorova (Ukraine)

- **Women's Physique**
  - Overall Winner: Rebeca Climent (Spain)
  - Winner: Natalia Prokhorova (Ukraine)

2020 IFBB WORLD FIT MODEL CHAMPIONSHIPS

- **Women Fit Model**
  - Overall Winner: Samanta Balode (Latvia)
  - Winner: Ireneusz Pochwala (Poland)

- **Men Fit Model**
  - Overall Winner: Samanta Balode (Latvia)
  - Winner: Ireneusz Pochwala (Poland)
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“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., CSt.J, Ph.D., IFBB Founder