



BOOK OF THE YEAR



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IFBB TODAY

The International Fitness and Bodybuilding Federation (IFBB), founded in 1946 in Canada, has 204 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 204 national affiliated federations.
- IFBB is signatory of the WADC, and strongly believes and

supports the sport values, clean sport 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 Fitness and Bodybuilding Federation (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)

IFBB officially participated or will participate in 2022/2023 in the following prestigious regional Games:

Pan American Games (Lima, Peru), South American Games (Asuncion, Paraguay), Central American and Caribbean Games (Panama City, Panama). Among other continents, good news came from Asia/Africa: IFBB will participate in the 2023 Pan-Arab Games (Bagdad, Iraq).

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 is as well 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)
- TAFISA

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 Hindi languages; IFBB events, Photo galleries, athlete interviews, IFBB news together with Nutritional and training articles in a reader friendly design; with high informative and educational values.
- As the worldwide authority on weight training and fitness nutrition, the IFBB has extensive Educational programs at IFBB Academy, that provides qualified certifications, with international validity, about training, nutrition and healthy lifestyle, followed by Bodybuilding, Fitness, Health and Sport related individuals and from a variety of academic and professional backgrounds as a complementary source of inspiration.

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



MESSAGE FROM IFBB PRESIDENT DR. RAFAEL SANTONJA

Dear friends in sport:

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, gender, 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 research already proved the great efficiency of fitness training and nutrition to prevent and/or reverse this process. Recent studies have even shown that strength training can cause a functional reversal of aging at the molecular level, "repairing" very poorly functioning genes of elder people.

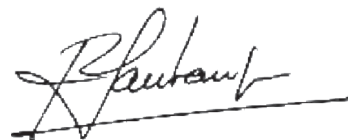
Nothing else in human history has shown a similar effect! The best visual example of it, is our athletes over 60 and plus years old, and their healthy muscular bodies.

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.

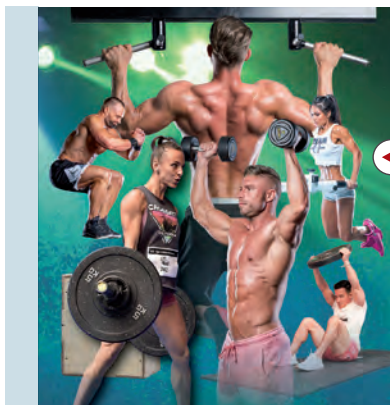
Wishing you all the success, in sport and in life,

Warmest regards,



*Dr. Rafael Santonja
IFBB President*

IFBB CATEGORIES



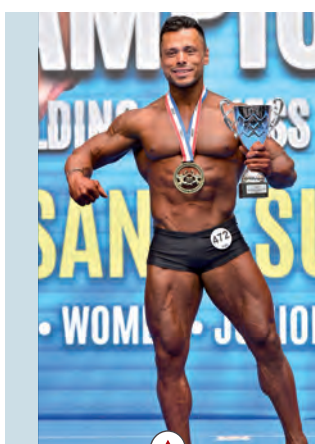
Fitness Challenge

Fitness Challenge, the new IFBB category.

This new category includes different physical exercises to display the athletic ability of athletes, and it's destined to have great success in gym competitions, and in major international events.

The event consists in a circuit of six stations (exercises), in which the competitors perform as much repetitions as they can in a 2 minutes session, of each exercise, making a competition of excellent visual impact, full of emotions, and great dynamism, in which athletes may compete individually, by couples, or by teams (6 persons per team).

A new initiative of the International Federation, with an already excellent implementation and popularity in all over the world.

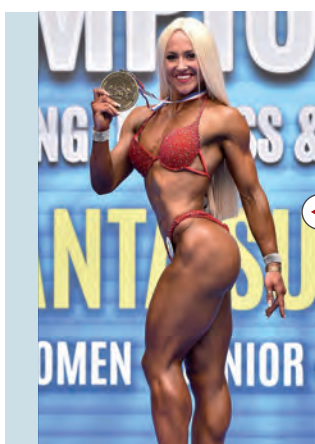


Men Fitness

This sport discipline is similar in structure to Women's 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).



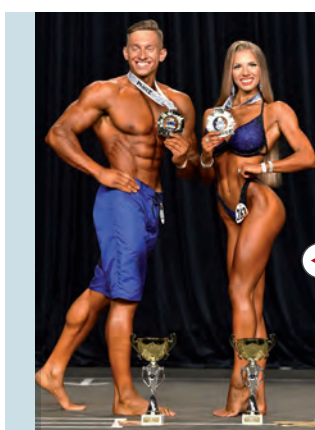
Women's Wellness Fitness

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 one 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.

Fit-Pairs

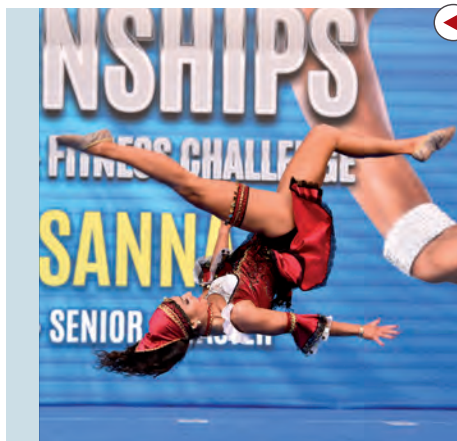
Fit-Pairs is the latest IFBB sport division, introduced in 2020 and approved by the IFBB International Congress. It is devoted for Women's Bikini athletes and Men's Physique competitors to create for them the possibility to perform as a couple. Fit-Pairs athletes don't perform poses like in Mixed-Pairs 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 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 strengths elements, flexibility movements, high tempo, technical perfection, elegance and grace. Competitors may use small props, associated with their attires.

As it is a physique sport as well, there are also two physique assessment rounds beside this artistic routine rounds. In Round 1 and 3 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 (90-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.

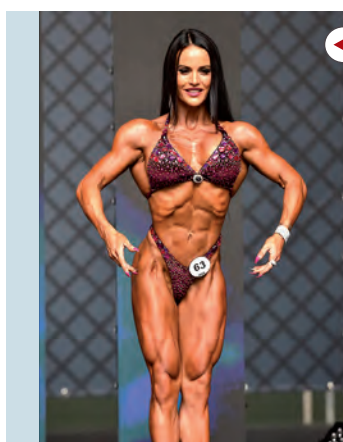
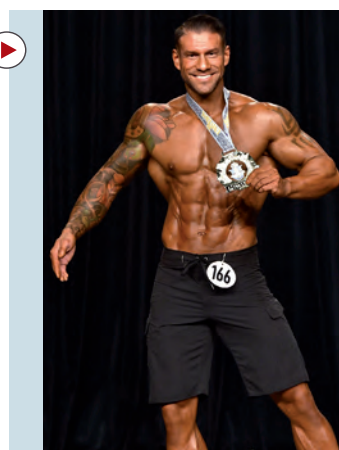
▶ Men's Physique

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 muscularity 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.

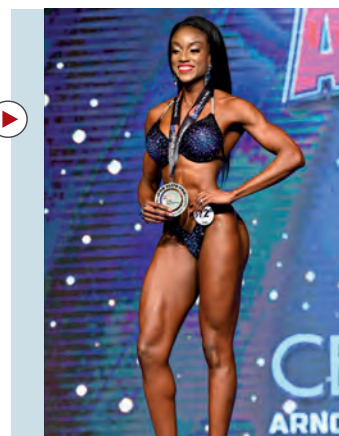
In all rounds judges should assess the overall athletic appearance of the physique, taking into account symmetrically developed physique, muscle tone and shape, with a small amount of body fat, as well as the hair, makeup and individual style of presentation, including personal confidence, poise and 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: 158 cm, 160 cm, 162 cm, 164 cm, 166 cm, 169 cm, 172 cm and over 172 cm.



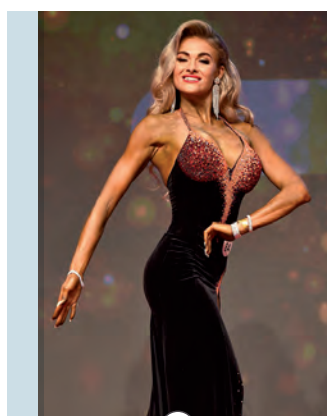


Children Fitness

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.



Women's Fit Model

New IFBB sport, new possibilities, new challenge.

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

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

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

Women's 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 (semi-finals) competitors' physiques and muscularity are assessed during quarter turns and four compulsory poses. In the finals compulsory poses and the posedown are performed in round 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.



Mixed Pairs

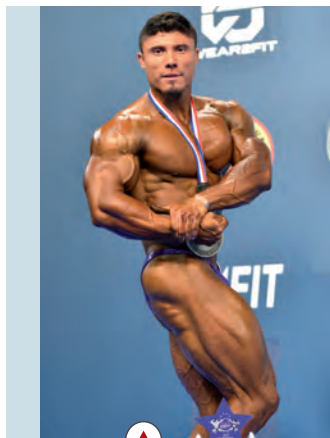
Mixed-Pairs was officially recognized as by the IFBB a sport discipline in 1983 as a bodybuilding mixed pairs.

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.

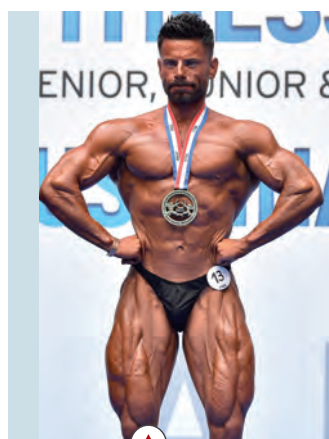


Bodybuilding

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. Who can display more muscle details is scoring higher at the contest. And the other matter to be assessed is general view of the physique, which should be proportionally built. It means broad shoulders and narrow waist as well as adequately long legs and shorter upper body.

These qualities are displayed during two physique assessment rounds when competitors do 7 mandatory poses during comparisons of 3 to 8 athletes proposed by the judges. Athletes perform barefoot, in posing trunks. There are 7 bodyweight categories for men: 65 kg; 70 kg; 75 kg; 80 kg; 90 kg; 100 kg and over 100 kg.

There is also a routine round when athletes can show their physique during 60-second free posing routine performed to the music of their choice. It is an attractive, artistic presentation, including compulsory and non-compulsory poses and other type of movements. There are three rounds. In each round each panel judge must put the competitors in order, giving them individual places from the first to the last.



Games Classic Bodybuilding

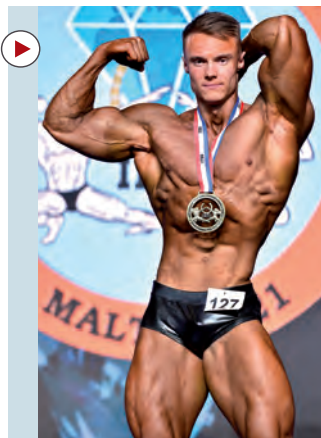
Was introduced by the IFBB in 2016. It is intended for less muscular men, with smaller bodyweight limits, what is the only difference compared to Classic Bodybuilding. There are two categories in Men's Games Classic Bodybuilding: up to 175 cm and over 175 cm.

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.



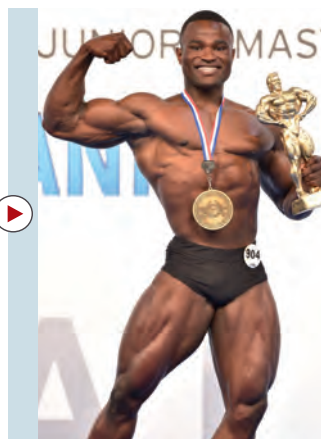
Classic Physique

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

Classic Physique want to show again the classic look that in the 60's and 70's years in the last century did famous our sport, Bodybuilding. In fact the competition system is doing two news poses; Vacuum pose; famous in the older era of 50's to 80's, the reason for this is easy; 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.





2021 IFBB JUNIOR WORLD CHAMPIONSHIPS

SANTA SUSANNA ALSO HOSTED THE BIG APPOINTMENT FOR THE WORLD'S NEW PROMISES OF BODYBUILDING AND FITNESS

"Extraordinary growth in the level of participation, with 9 classes more than in 2020."

"BODYBUILDING: Europe regains the title with the imposing Aleksei Cherednichenko."

"FITNESS: Tatiana Ondruskova and Nelli Novodomska (Slovakia) are overtaken by Tatiana Toropova (FBBR)."

"Slovakia climbs to the top of the podium, joined by Turkey (silver) and Finland (bronze)."



Within the programme of the 75th IFBB World Championships held from November 3 to 8 2021, the "Fitness Capital of the World" also hosted the competition for athletes between the ages of 16 and 23. Santa Susanna takes over

from the Romanian town of Cluj-Napoca, which hosted the 2020 edition and did a fabulous job in the midst of the Covid-19 pandemic.

With a much improved international health situation, the Junior Bodybuilding and Fitness World Championships grew significantly in number of

participants. The excellent infrastructures of Santa Susanna advised to celebrate a unified event in this location. No less than 31 countries managed to place athletes in the finals, where the Slovak Federation prevailed in the team competition, supported by its mastery in the Fitness disciplines.



COMPLETE PHOTO GALLERY



Aleksei Cherednichenko (FBBR), overall Bodybuilding champion, accompanied by President Santonja and the Secretary General of the Asian Federation (AFBF), Mr. Sanjai More.



▲ The podium of the competition by national teams, with the Slovakian national team ahead of Turkey (silver) and Finland (bronze).

Natalia Toropova (FBBR), overall champion of Acrobatic Fitness, accompanied by President Santonja and IFBB Treasurer, Mr. José Ramos. ▶



▲ Yulia Komenotrus (Poland), overall champion of Artistic Fitness, accompanied by the president of the Federation of Japan, Mr. Tatsuya Fujiwara and IFBB official Mr. José María García.



◀ Historic overall title for North Macedonia; achieved in Wellness by Meri Akievska. In the image, celebrating with the federation president Mr. Boban Djorovski, the mayor of Santa Susanna, Mr. Joan Campolier, and President Santonja.



Accompanied by President Santonja, Alina Wilhelm (Germany), celebrates her overall title in Bodyfitness. ▶



▲ Dr. Rafael Santonja and the director of the Judges Committee, Mr. Pawel Filleborn, together with the overall champion of Bikini: Joanna Tanska (Poland).



◀ Isaac Ebagnilin (Sweden), celebrating his victory in Men's Physique, accompanied by the presidents of the federations of Malta (Mr. Ralph DeCelis) and Hungary (Mr. Istvan Huber).



BODYBUILDING

Mexico dominated the 2020 edition, but could only achieve a bronze medal this year, yielding to the quality of young Libyan athlete Abdalmalek Abubrig and to the colossal athlete Aleksei Cherednichenko (Russian federation) who won the overall title.

OPEN BODYBUILDING (16-20 years)

Gold: Abdalmalek Abubrig (Libya)
Silver: Karolis Linkevicius (Lithuania)
Bronze: Leonardo Terrazas (Mexico)

▲ Bodybuilding Top 3 (16 to 20 years), with Karolis Linkevicius (Lithuania; silver), Abdalmalek Abubrig (Libya; gold) and Leonardo Terrazas (Mexico; bronze).

Abdalmalek Abubrig (Libya), Bodybuilding world champion (16 to 20 years).

OPEN BODYBUILDING (21-23 years)

Gold: Aleksei Cherednichenko (FBBR)
Silver: Muhammet Kurutas (Turkey)
Bronze: Osama Koujak (Turkey)

▲ Aleksei Cherednichenko (FBBR), Junior Bodybuilding world champion (21 to 23 years).

▲ Top 3 Bodybuilding (21 to 23 years), with Muhammet Kurutas (Turkey; silver), Aleksei Cherednichenko (FBBR; gold) and Osama Koujak (Turkey; bronze).

OVERALL BODYBUILDING: Aleksei Cherednichenko (FBBR)



▲ He was the most developed athlete at the show with his 101 kg of pure muscle: fabulous Aleksei Cherednichenko won the overall. A dazzling career in the IFBB lays ahead of him.

CLASSIC PHYSIQUE

It came down to a direct duel between the European countries. The very young Karolis Linkevicius (20 years, Lithuania) defeated the 2020 champion, Roman Hubrii, who fell to the bronze medal. Runner-up Stanislav Tarailo kept his silver medal.



OPEN (16-23 years)

Gold: Karolis Linkevicius (Lithuania)
Silver: Stanislav Tarailo (Serbia)
Bronze: Roman Hubrii (Ukraine)



◀ **Top 3 Games Classic Bodybuilding Junior**, with Josef Nyircsak (Hungary; silver), Nuutti Kokkonen (Finland; gold) and Max Blom (Sweden; bronze).

OPEN GAMES CLASSIC (16-23 years)

Gold: Nuutti Kokkonen (Finland)
Silver: Josef Nyircsak (Hungary)
Bronze: Max Blom (Sweden)

CLASSIC BODYBUILDING

Many new stars stood out in this edition. Hungarian athlete Josef Nyircsak, gold in Games and overall bronze in 2020, could only reach silver in Games this year. Finnish contender Kokkonen (19 years) and Slovakian contender Grisnik (21 years) were the two revelations of the 2021 edition.



Sebastian Grisnik (Slovakia), Junior Classic Bodybuilding world champion.



◀ Nuutti Kokkonen (Finland), Junior Games Classic Bodybuilding world champion.



▲ **Top 3 Classic Bodybuilding Junior**, with Nuutti Kokkonen (Finland; silver), Sebastian Grisnik (Slovakia; gold) and Domantas Sunokas (Lithuania; bronze).

OPEN CLASSIC BODYBUILDING (16-23 years)

Gold: Sebastian Grisnik (Slovakia)
Silver: Nuutti Kokkonen (Finland)
Bronze: Domantas Sunokas (Lithuania)



OPEN MEN'S PHYSIQUE (16-20 years)

Gold: Andrei Trocea (Romania)
Silver: Gergely Kardos (Hungary)
Bronze: Rashad Ali (Egypt)

◀ **Top 3 Men's Physique (16 to 20 years)**, with Gergely Kardos (Hungary; silver), Andrei Trocea (Romania; gold) and Rashad Ali (Egypt; bronze).

MEN'S PHYSIQUE

The Men's Physique discipline experienced enormous growth, doubling the number of classes as compared to 2020. Countries such as Libya, Turkey and Egypt reached a medal, although the overall title went to Europe, with young Isaac Ebagnilin (Sweden) as the great star.



Andrei Trocea (Romania) revalidated his Junior Men's Physique world title (16 to 20 years) from Cluj-Napoca 2020.



◀ Isaac Ebagnilin (Sweden), Men's Physique Short class world champion (21 to 23 years).

Top 3 Men's Physique Short class (21 to 23 years), with Andrei Durlea (Romania; silver), Isaac Ebagnilin (Sweden; gold) and Oleksii Halkin (Ukraine; bronze).

SHORT CLASS (-174 cm; 21-23 years)

Gold: Isaac Ebagnilin (Sweden)
Silver: Andrei Durlea (Romania)
Bronze: Oleksii Halkin (Ukraine)





◀ Top 3 Men's Physique Middle class (21 to 23 years), with Mohamed Abdullatif (Libya; silver), Abdulsemet Cevik (Turkey; gold) and Halil Bicer (Romania; bronze).

Abdulsemet Cevik (Turkey), Men's Physique Middle class world champion (21 to 23 years). ▶

MIDDLE CLASS (-178 cm; 21-23 years)

Gold: Abdulsemet Cevik (Turkey)
Silver: Mohamed Abdullatif (Libya)
Bronze: Halil Bicer (Romania)



◀ Maksym Tarariev (Ukraine), Men's Physique Tall class world champion (21 to 23 years).

Top 3 Men's Physique Tall class (21 to 23 years), with Vitalii Yusko (Ukraine; silver), Maksym Tarariev (Ukraine; gold) and Titus Linte (Sweden; bronze). ▶

TALL CLASS (+178 cm; 21-23 years)

Gold: Maksym Tarariev (Ukraine)
Silver: Vitalii Yusko (Ukraine)
Bronze: Titus Linte (Sweden)



OVERALL JUNIOR MEN'S PHYSIQUE: Isaac Ebagnilin (Sweden)



▲ Victory by unanimous decision (5 points) for Isaac Ebagnilin (Sweden). At only 21 years, he has everything to make an excellent sporting career.

BIKINI FITNESS

After a year of hard work, athletes like Aneta Ticha or Joanna Tanska managed to convert their 2020 silver into gold, unlike Adela Uhrova, who took a step in the opposite direction. Tanska revalidated the vacant overall title for Poland in the absence of Wiktoria Nnaka, who has undefeated throughout the 2020 season and continental champion of 2021.

Maria Nedelcu (Romania), Bikini Short class world champion (16 to 20 years). ▶

◀ Top 3 Bikini Short class (16 to 20 years) with Tatiana Kononova (FBBR; silver), Maria Nedelcu (Romania; gold) and Violetta Pekarska (Ukraine; bronze).

SHORT CLASS (-166 cm; 16-20 years)

Gold: Maria Nedelcu (Romania)
Silver: Tatiana Kononova (FBBR)
Bronze: Violetta Pekarska (Ukraine)





▲ Top 3 Bikini Short class (16 to 20 years) with Natalia Kapustova (Slovakia; silver), Aneta Ticha (Slovakia; gold) and Sonja Olilla (Finland; bronze).



Aneta Ticha (Slovakia), Bikini Short class world champion (16 to 20 years).

TALL CLASS (+166 cm; 16-20 years)

Gold: Aneta Ticha (Slovakia)
Silver: Natalia Kapustova (Slovakia)
Bronze: Sonja Olilla (Finland)



Roberta Nastase (Romania), Bikini Short class world champion (21 to 23 years).

SHORT CLASS (-160 cm; 21-23 years)

Gold: Roberta Nastase (Romania)
Silver: Adela Uhrova (Czech Rep.)
Bronze: Elvira Goriakina (FBBR)



▲ Top 3 Bikini Short class (21 to 23 years), with Adela Uhrova (Czech Rep.; silver), Roberta Nastase (Romania; gold) and Elvira Goriakina (FBBR; bronze).



▲ Top 3 Bikini Middle class (21 to 23 years), with Olena Boiko (Ukraine; silver), Joanna Tanska (Poland; gold) and Viktoriia Vlasova (FBBR; bronze).



Joanna Tanska (Poland), Bikini Middle class world champion (21 to 23 years).

MIDDLE CLASS (-166 cm; 21-23 years)

Gold: Joanna Tanska (Poland)
Silver: Olena Boiko (Ukraine)
Bronze: Viktoriia Vlasova (FBBR)



Pernilla Bockerman (Finland), Bikini Tall class world champion (21-23 years).

TALL CLASS (+166 cm; 21-23 years)

Gold: Pernilla Bockerman (Finland)
Silver: Ronja Mannerheim (Finland)
Bronze: Daniella Bratchenko (Ukraine)



▲ Top 3 Bikini Tall class (21-23 years), with Ronja Mannerheim (Finland; silver), Pernilla Bockerman (Finland; gold), Daniella Bratchenko (Ukraine; bronze).

OVERALL BIKINI: Joanna Tanska (Poland)



▲ A very close overall final, where Joana Tanska took the victory by 2 points ahead of Pernilla Bockerman (Finland) and 4 points over Maria Nedelcu (Romania).

WELLNESS

Due to the increase in the number of athletes, the dispute for the Wellness title was divided into 3 classes this year. 2020 champion Mia Miklis could only reach the silver medal this time, whereas her compatriot Anamarija Medak took gold for Croatia. Nonetheless, neither Medak nor Natalia Poprocka could rival North Macedonia's rising star Meri Akievska.

▲ **Top 3 Wellness (16 to 20 years),** with Mara Zidareescu (Romania; silver), Natalia Poprocka (Slovakia; gold) and Tunde Vegh (Hungary; bronze).

OPEN (16-20 years)

Gold: Natalia Poprocka (Slovakia)
Silver: Mara Zidareescu (Romania)
Bronze: Tunde Vegh (Hungary)

◀ **Top 3 Wellness Short class (21 to 23 years),** with Sofia Fagerstrom (Finland; silver), Meri Akievska (North Macedonia; gold) and Natalia Grzyb (Poland; bronze).

Natalia Poprocka (Slovakia), Wellness world champion (16 to 20 years).

◀ **Meri Akievska (North Macedonia),** Wellness Short class world champion (21 to 23 years).

SHORT CLASS (21-23 years)

Gold: Meri Akievska (North Macedonia)
Silver: Sofia Fagerstrom (Finland)
Bronze: Natalia Grzyb (Poland)

Anamarija Medak (Croatia), Wellness Tall class world champion (21 to 23 years).

◀ **Top 3 Wellness Tall class (21 to 23 years),** with Mia Miklis (Croatia; silver), Anamarija Medak (Croatia; gold) and Adrianna Szymanowska (Poland; bronze).



OVERALL WELLNESS: Meri Akievska (North Macedonia)

Despite being the shortest champion, Meri Akievska won the overall title with a perfect score from the judges (5 points), making history for North Macedonia, at 22.

TALL CLASS (21-23 years)

Gold: Anamarija Medak (Croatia)
Silver: Mia Miklis (Croatia)
Bronze: Adrianna Szymanowska (Poland)



◀ **Top 3**
Bodyfitness
(16 to 20
years), with
Julia Nyqvist
(Sweden;
silver), Claudia
Paivanurmi
(Finland; gold)
and Cemre
Cayir (Turkey;
bronze).

BODYFITNESS

A greater number of athletes as compared to the previous edition led to dividing the Open class into 2 subcategories by age, where German favourite, Alina Wilhelm (23 years), prevailed.

Bodyfitness
Top 3 (21 to
23 years),
with Gabriela
Hejna (Czech
Rep.; silver),
Alina Wilhelm
(Germany; gold)
and Anastasia
Vlasova (FBBR;
bronze).▶

OPEN (16-20 years)

Gold: Claudia Paivanurmi (Finland)
Silver: Julia Nyqvist (Sweden)
Bronze: Cemre Cayir (Turkey)

OPEN (21-23 years)

Gold: Alina Wilhelm (Germany)
Silver: Gabriela Hejna (Czech Rep.)
Bronze: Anastasia Vlasova (FBBR)

OVERALL BODYFITNESS:

**Alina Wilhelm
(Germany)**

The already veteran athlete Alina Wilhelm was evidently superior, imposing her experience and taking the overall title in her farewell as a Junior athlete. Now, she's ready to succeed among the great international specialists.



Alina Wilhelm
(Germany),
Bodyfitness
world
champion
(21 to 23
years).▶

◀ Claudia
Paivanurmi
(Finland),
Bodyfitness
world
champion
(16 to 20
years).

FITNESS

The artistic class grew enough to dispute 2 subcategories by age, where Yulia Komenotus from Poland revalidated her title achieved in 2020. The very young Paulina Melusova (16 years), a new talent from the Slovak School, won the under 20 years class.

As for acrobatic fitness, Slovakia imposed the domain of Tatina Ondruskova and Nelli Novodomskaya, although the muscular quality of Natalia Toropova (Russia) was impossible to overcome in the overall competition.

◀ **Top 3**
Artistic fitness
Junior (16 to
20 years),
with Karin
Suchomelova
(Slovakia;
silver), Paulina
Melusova
(Slovakia;
gold) and Anna
Bagautdinova
(Estonia;
bronze).

▶ **Artistic fitness Junior Top 3 (21 to 23 years)**, with Nikoleta Hricova (Czech Rep.; silver), Yuliia Komenotus (Poland; gold) and Merily Palmissaar (Estonia; bronze).

ARTISTIC (21-23 years)

Gold: Yuliia Komenotus (Poland)
Silver: Nikoleta Hricova (Czech Rep.)
Bronze: Merily Palmissaar (Estonia)

OVERALL ARTISTIC FITNESS:

**Yuliia Komenotus
(Poland)**

With an excellent career at 22, Yuliia Komenotus from Poland revalidated her overall title in the artistic class, not without difficulty, though. She gave up in the choreography round by 1 point, but imposed her higher muscular quality on Paulina Melusova, winning by a total of 13 to 17 points.



Yuliia
Komenotus
(Poland),
revalidated
her gold
in Artistic
fitness Junior
(21 to 23
years).▶

ARTISTIC (16-20 years)

Gold: Paulina Melusova (Slovakia)
Silver: Karin Suchomelova (Slovakia)
Bronze: Anna Bagautdinova (Estonia)

◀ Paulina
Melusova
(Slovakia),
gold in
Artistic
fitness Junior
(16 to 20
years).



▲ Acrobatic fitness Short class Top 3 (16 to 20 years), with Eszter Balogh (Hungary; silver), Tatiana Ondruskova (Slovakia; gold) and Szofia Bogdan (Hungary; bronze).

ACROBATIC SHORT CLASS (-163 cm & 16-20 years)

Gold: Tatiana Ondruskova (Slovakia)
Silver: Eszter Balogh (Hungary)
Bronze: Szofia Bogdan (Hungary)



Tatiana Ondruskova (Slovakia) revalidated her gold medal from 2020. ▶

Acrobatic fitness Tall class Top 3 (16 to 20 years), with Lucia Mikusova (Slovakia; silver), Nelli Novodomska (Slovakia; gold) and Daniela Civanova (Slovakia; bronze). ▶

ACROBATIC TALL CLASS (+163 cm & 16-20 years)

Gold: Nelli Novodomska (Slovakia)
Silver: Lucia Mikusova (Slovakia)
Bronze: Daniela Civanova (Slovakia)



▶ Nelli Novodomska (Slovakia), took a new gold in Acrobatic fitness at 17.



▲ Natalia Toropova (FBBR) made gold in Acrobatic fitness, 21-23 years.

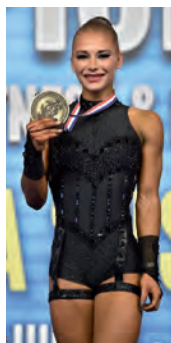


ACROBATIC (21-23 years)

Gold: Natalia Toropova (FBBR)
Silver: Eva Garcia (Spain)
Bronze: Jasmin Mantila (Finland)

▲ Acrobatic fitness Top 3 (21 to 23 years), with Eva Garcia (Spain; silver), Natalia Toropova (FBBR; gold) and Jasmin Mantila (Finland; bronze).

OVERALL ACROBATIC FITNESS: Nataliia Toropova (FBBR)



At 22, the athlete of the Russian Federation Nataliia Toropova achieved the overall title of the acrobatic class, also supported by her greater muscular quality. She prevailed by a majority vote, recovering the distance lost in the choreography ahead of Ondruskova (Slovakia).



Dmitrii Iankin (FBBR) Men's Fitness world champion. ▶

MEN'S FITNESS (Open)

Gold: Dmitrii Iankin (FBBR)
Silver: Batuhan Yaran (Turkey)
Bronze: Derin Uygur (Turkey)

Top 3 Men's Fitness, with Batuhan Yaran (Turkey; silver), Dmitrii Iankin (FBBR; gold) and Derin Uygur (Turkey; bronze). ▶



BEST TEAM AWARD: Slovakia

Slovakia was unrivalled in the team competition, returning with a full squad of athletes. Their 2020 6th place became a gold medal, ahead of Turkey, which is one of the countries that invests a lot of resources and time in its young athletes, and Finland, which continues to climb.

| Country | Points | Place |
|----------|--------|-------|
| Slovakia | 115 | 1 |
| Turkey | 108 | 2 |
| Finland | 102 | 3 |
| FBBR | 102 | 4 |
| Ukraine | 86 | 5 |
| Romania | 78 | 6 |

2021 IFBB MASTER WORLD CHAMPIONSHIPS

VETERAN ATHLETES PROVIDE HIGH-LEVEL COMPETITION IN SANTA SUSANNA

“Nicola Barlotta (Italy), new Master Bodybuilding World Champion.”

“Peter Tatarka (Slovakia) returns with a bang to Classic Physique.”

“Mariia Burlaka (Bikini), Yevheniia Prutskova (Bodyfitness) and Nataliia Prokhorova (Women’s Physique) take the overall titles for Ukraine.”

“Alexandru Arbulescu and Albert Mufturel win the Classic Bodybuilding titles for Romania.”

The World Capital of Fitness repeated as the venue for the Master Bodybuilding and Fitness World Championships. It was a unified event in which many athletes were also able to compete for the overall title. Some of last year’s protagonists, such as Nicola Barlotta (Bodybuilding), Mariia Burlaka (Bikini) and Nataliia Prokhorova (Women’s Physique) proved that 365 days later they were in even better shape. Age is nothing but a number in Fitness and Bodybuilding, and once again we understand its importance as a strategy to slow down the aging process.



◀ **Mariia Burlaka (Ukraine)** repeated the title as overall Bikini champion. The 36-year-old and 155 cm high athlete was unbeatable to her rivals. In the image, with the director of the IFBB Medical Services, Dr. Alfonso Morán, and the director of the Judges Committee, Mr. Pawel Filleborn.



COMPLETE PHOTO GALLERY



Albert Mufturel (Romania) achieved the overall title of Classic Bodybuilding. At 41, 178 cm and 83 kilos, he offered the most complete physique. In the picture, accompanied by President Santonja and the Secretary General of the Asian Federation (AFBF), Mr. Sanjai More.

Olga Klimova (FBBR) was the overall champion of Wellness at 40. In the image, together with President Santonja and the mayor of Santa Susanna, Mr. Joan Campolier.



▲ Peter Tatarka recovered the title he achieved in 2019 in Classic Physique. In the image, together with President Santonja and the sports councillor of the Santa Susanna City Council, Silvia Vives.



▲ At 46, Nicola Barlotta (Italy) won the overall title of Bodybuilding. With just 75 kilos of muscle, he showed that the most important thing is quality. In the image, with IFBB official Mr. José María García and the president of the Japanese Federation, Mr. Tatsuya Fujiwara.



▲ Yevheniia Prutskova (Ukraine) won the overall Bodyfitness title, at the age of 41, on her return to competition. In the image, together with the director of the Anti-Doping Committee, Prof. Mauricio de Arruda, and the director of the Judges Committee, Mr. Pawel Filleborn.



Christian Heimerdinger (Germany; 176 cm) was the overall champion of Men's Physique, at 41. In the image, together with IFBB Vice President for Africa, Dr. Adel Fahim El Sayed.



▲ Another Romanian athlete, Alexandru Arbulescu, won the overall title of Classic Bodybuilding in the Games class (185 cm and 87 kilos).

BODYBUILDING

The competition was exciting in many of the 12 classes full of excellent athletes. These athletes have been hardened in a thousand battles; still, they continued to face each other without restraints, while at the same time showing each other love and respect for being rivals for decades. The main showdown was between two 2020 champions who reissued their gold medal and disputed the overall title: Nicola Barlotta and Marcel Manea. In the end, the Italian won with a 4-point advantage over the Romanian athlete.

40-44 years MIDDLEWEIGHT (-80 kilos)

Gold: Khalid Alfalasi (UAE)
Silver: Valter Da Silva (Brazil)
Bronze: Naoyuki Kato (Japan)



Khalid Alfalasi (UAE)

40-44 years SEMI- HEAVYWEIGHT (-90 kilos)

Gold: Marcel Manea (Romania)
Silver: Frantisek Feja (Slovakia)
Bronze: Albert Mufturel (Romania)



Marcel Manea (Romania)

40-44 years HEAVYWEIGHT (+90 kilos)

Gold: Tomasz Kornalewski (Poland)
Silver: Carlos Pereda (Spain)
Bronze: Haytham Elousia (Egypt)



Tomasz Kornalewski (Poland)

45-49 years LIGHTWEIGHT (-70 kilos)

Gold: Emil Giurgiu (Romania)
Silver: Nasser Suwaid Khamis (UAE)
Bronze: Ahmed Hussain Alblooshi (UAE)



Emil Giurgiu (Romania)

45-49 years MIDDLEWEIGHT (-80 kilos)

Gold: Nicola Barlotta (Italy)
Silver: Jan Fotmeijer (Sweden)
Bronze: Khaled Ahmed (Libya)



Nicola Barlotta (Italy)

45-49 years SEMI- HEAVYWEIGHT (-90 kilos)

Gold: Hassan Itouni (Morocco)
Silver: Krzysztof Skryplonek (Poland)
Bronze: Zbynek Ceradsky (Czech Rep.)



Hassan Itouni (Morocco)

45-49 years HEAVYWEIGHT (+90 kilos)

Gold: Sergej Moser (Germany)
Silver: Libor Vobornik (Czech Rep.)
Bronze: Arne Lundell (Sweden)



Sergej Moser (Germany)

50-54 years MIDDLEWEIGHT (-80 kilos)

Gold: Itsuhiko Matsumoto (Japan)
Silver: Laurent Gonzales (France)
Bronze: Bogdan Nowakowski (Poland)



Itsuhiko Matsumoto (Japan)



Laurent Bernardini (France)



Ionut Caracuda (Romania)



Tasos Kologkionis (Greece)



Nick Swann (UK)

50-54 years HEAVYWEIGHT (+80 kilos)

Gold: Laurent Bernardini (France)
Silver: Sebastian Szmyt (Poland)
Bronze: Carlos Cabello (Spain)

55-59 years WELTERWEIGHT (-75 kilos)

Gold: Ionut Caracuda (Romania)
Silver: Andrey Yaschenko (Ukraine)
Bronze: Emil Kopsik (Slovakia)

55-59 years SUPER WELTERWEIGHT (+75 kilos)

Gold: Tasos Kologkionis (Greece)
Silver: Stefan Hammerschmidt (Germany)
Bronze: Mohamed Gad (Egypt)

+60 years (Open)

Gold: Nick Swann (UK)
Silver: Eric Gerst (France)
Bronze: Rafael Vera (Spain)

OVERALL BODYBUILDING MASTER:

**Nicola Barlotta
(Italy)**

Nicola Barlotta was proclaimed Master Bodybuilding World Champion. Weighing more than in 2020, the fabulous Italian athlete hasn't stopped accumulating titles since he returned to the amateur divisions.



CLASSIC PHYSIQUE

The 2019 champion, Peter Tatarka, regained the gold medal and the title, after achieving the silver medal in 2020. Along with him, another runner-up, Zbynek Ceradsky, also achieved gold in his class. With one more class in this edition, Jerzy Pisuksi completed this trio of fantastic 2021 champions.

OVERALL CLASSIC PHYSIQUE MASTER:

**Peter Tatarka
(Slovakia)**



The complete Peter Tatarka (Slovakia) was proclaimed Classic Physique Master World Champion, with a perfect score from the judges.

40-44 years (Open)

Gold: Peter Tatarka (Slovakia)
Silver: Andrey Shmidt (FBBR)
Bronze: Boris Palovic (IFBB Flag)

Peter Tatarka (Slovakia)

45-49 years (Open)

Gold: Zbynek Ceradsky (Czech Rep.)
Silver: Peter Kokoska (Slovakia)
Bronze: Ahmed Elsayed (Egypt)

Zbynek Ceradsky (Czech Rep.)

+45 years (Open)

Gold: Jerzy Pisuksi (Poland)
Silver: Itsuhiko Matsumoto (Japan)
Bronze: Bogdan Nowakowski (Poland)

Jerzy Pisuksi (Poland)



CLASSIC BODYBUILDING

With two more classes than in 2020, Romania dominated the medal table taking the overall Games and Open titles, thanks to the quality of athletes such as Alexandru Arbulescu and Albert Mufturel who did not give their rivals any option.

GAMES CLASSIC 40-44 years (Open)

Gold: Alexandru Arbulescu (Romania)
Silver: Boris Palovic (IFBB Flag)
Bronze: Michele Massaro (Italy)

GAMES CLASSIC +45 years (Open)

Gold: Aleksandar Lekic (Serbia)
Silver: Aapo Kilpelainen (Finland)
Bronze: Emil Kopsik (Slovakia)

CLASSIC 40-44 years (Open)

Gold: Albert Mufturel (Romania)
Silver: Andrey Shmidt (FBBR)
Bronze: Farley Leao (Brazil)

CLASSIC 45-49 years (Open)

Gold: Ihar Sidarchuk (Ireland)
Silver: Axel Rodhe (Germany)
Bronze: Francisco Gómez (Spain)



Alexandru Arbulescu (Romania)



Antonio Primiceri (Italy)



Albert Mufturel (Romania)



Ihar Sidarchuk (Ireland)

OVERALL GAMES CLASSIC BODYBUILDING: Alexandru Arbulescu (Romania)



Thanks to his greater muscular quality, Alexandru Arbulescu (Romania) won the overall title by unanimous decision of the judges (5 points).

CLASSIC +50 years (Open)

Gold: Mikolaj Kowalik (Poland)
Silver: Goran Ilic (Serbia)
Bronze: Aristidis Nikolopoulos (South Africa)

Mikolaj Kowalik (Poland)



OVERALL CLASSIC BODYBUILDING: Albert Mufturel (Romania)



The aesthetic Albert Mufturel (Romania) took the overall title, also by unanimous decision of the judges (5 points).



Christian Heimerdinger (Germany)



Yoshitake Tamura (Japan)



Antonio Damiano (Italy)

MEN'S PHYSIQUE

There was an important renewal to this discipline. As in 2020, all the medallists presented youthful and toned physiques, with the right size and healthy appearance. Japan came close to taking the title with the formidable 49-year-old Yoshitake Tamura losing by 1 point to 40-year-old Heimerdinger (Germany).

40-44 years (Open)

Gold: Christian Heimerdinger (Germany)
Silver: Mickael Pretot (France)
Bronze: Eze Bright (Belgium)

45-49 years (Open)

Gold: Yoshitake Tamura (Japan)
Silver: Jean Philippe Cesari (France)
Bronze: Adrian Jaremczak (Poland)

+50 years (Open)

Gold: Antonio Damiano (Italy)
Silver: Yener Meral (Turkey)
Bronze: Nikolaos Likos (Greece)

OVERALL MASTER MEN'S PHYSIQUE: Christian Heimerdinger (Germany)



Taking advantage of his youth, Christian Heimerdinger from Germany beat the Japanese Tamura by just 1 point and won the overall title of Men's Physique.



Natalia Prokhorova (Ukraine)

+35 years (Open)

Gold: Natalia Prokhorova (Ukraine)
Silver: Natalia Bystrova (FBBR)
Bronze: Mijana Pavkovic (Croatia)

WOMEN'S PHYSIQUE

At 50, Natalia Prokhorova continues to achieve the best results of her career. In 2020 she surprised everyone by appearing lighter than in previous events and took the title; in 2021 she appeared even more improved and with enough quality to defeat her great rival, the Russian Natalia Bystrova, 53 years old. Both athletes, who beat 24 other contenders, are a monument to the idea of weight training as anti-aging therapy.

BODYFITNESS

Once again, athletes from Eastern European countries dominated the competition, with the exception of Sweden's Kathleen Franke who took gold in her class. Ukraine, who won the title in 2020 with Alina Yaman, revalidated it in 2021 with the return of Yevheniia Prutskova.

35-39 years (Open)

Gold: Tatiana Mandolina (FBBR)
Silver: Yulia Gordeeva (FBBR)
Bronze: Junita Ciunyte (Lithuania)

40-44 years (Open)

Gold: Yevheniia Prutskova (Ukraine)
Silver: Svitlana Hordienko (Ukraine)
Bronze: Anastasiya Voskresenska (Ukraine)

+45 years (Open)

Gold: Kathleen Franke (Sweden)
Silver: Nataliya Filippova (FBBR)
Bronze: Olga Kramarenko (FBBR)

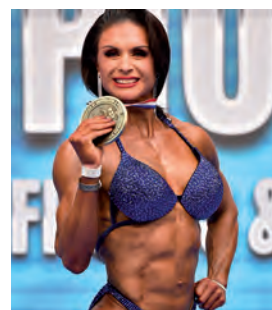
Tatiana Mandolina (FBBR)

Yevheniia Prutskova (Ukraine)

Kathleen Franke (Sweden)



OVERALL MASTER BODYFITNESS: Yevheniia Prutskova (Ukraine)



The opinion of a single judge determined that the overall title should go to Yevheniia Prutskova (Ukraine) in her successful return to competition. At 41 years, in top form, she surpassed the aesthetic Tatiana Mandolina, who has been one of the most successful athletes during the last two seasons.



Mariia Burlaka (Ukraine)

Iuliia Smirnova (FBBR)

35-39 years SHORT CLASS (- 164 cm)

Gold: Mariia Burlaka (Ukraine)
Silver: Olga Eliseeva (FBBR)
Bronze: Valeriia Malai (FBBR)



Olga Pyatetskaya (FBBR)

35-39 years TALL CLASS (+ 164 cm)

Gold: Iuliia Smirnova (FBBR)
Silver: Yuri Yasui (Japan)
Bronze: Kadri Tammoja (Estonia)



Anna Prokhorova (FBBR)

40-44 years (Open)

Gold: Olga Pyatetskaya (FBBR)
Silver: Iuliia Koshkina (FBBR)
Bronze: Olesia Kravchenko (FBBR)



+45 years (Open)

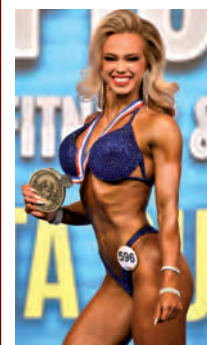
Gold: Anna Prokhorova (FBBR)
Silver: Elena Litoshenko (FBBR)
Bronze: Marjorie Picard (France)



BIKINI FITNESS

There was a very high level in all classes, yet we must highlight the participation of 32 athletes in the category of 40 to 44 years, won by Olga Pyatetskaya, who was close to the overall title as well. She fell short of the great favourite, Mariia Burlaka (Ukraine), who revalidated her 2020 title and proved unattainable. At 36 years, she continues to succeed as an overall athlete dominating the Master division. In addition, there was a top form comeback, that of Anna Prokhorova, who, at 50, achieved another gold medal in the +45 years class.

OVERALL MASTER BIKINI: Mariia Burlaka (Ukraine)



Mariia Burlaka (Ukraine) repeated as Bikini Master World Champion, with a 2-point advantage over Olga Pyatetskaya.

WELLNESS

The FBBR team was the winner, with a total of 4 medals, including 2 golds. At 40, Olga Klimova overcame her age disadvantage against her compatriot Ekaterina Komarova and took the overall title.



Ekaterina Komarova (FBBR)



Olga Klimova (FBBR)

35-39 years (Open)

Gold: Ekaterina Komarova (FBBR)
Silver: Tetiana Moskalenko (Ukraine)
Bronze: Francieli M. Caldeira (Brazil)



+40 years (Open)

Gold: Olga Klimova (FBBR)
Silver: Olga Fedorova (FBBR)
Bronze: Tatiana Eremina (FBBR)



BEST TEAM AWARD: FBBR

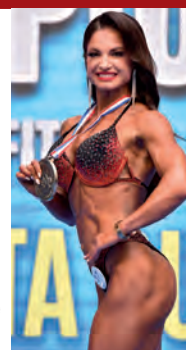
| Place | Country | Points |
|-----------------|---------|--------|
| 1 st | FBBR | 162 |
| 2 nd | Poland | 137 |
| 3 rd | Romania | 106 |
| 4 th | France | 98 |
| 5 th | Ukraine | 93 |
| 6 th | Sweden | 91 |

Again, the Master competition unified their scores between the male and female teams, providing a list of 44 countries that managed to place athletes in the finals.

The FBBR team was the winner, due to its dominance in divisions such as Bodyfitness and Bikini, and its regularity in the rest. They prevailed ahead of Poland and Romania, which consolidated their great federative work. The 2020 champions Ukraine (women) and Spain (men) fell to 5th and 10th position, respectively.

OVERALL MASTER WELLNESS: Olga Klimova (FBBR)

Olga Klimova (FBBR) was the Wellness Master World Champion, with a perfect score from the judges.





Athletes from Europe, Asia and Africa shone at the 2021 World Championships. ▼

2021 IFBB WORLD FIT MODEL CHAMPIONSHIPS



"Anastassiya Chshekotilova (Kazakhstan), new overall World Champion."

"Kristina Mickiene (Lithuania) impresses showing her evolution as Master (+35 years) and Short class champion."

"South Africa showcases the high quality of its female athletes, ranking 2nd by teams behind Russia."

RESULTS (TOP 3)

SHORT CLASS (-160 CM)

Gold: Kristina Mickiene (Lithuania)
Silver: Ksenia Gundjajeva (Estonia)
Bronze: Patrycja Jasinska (Poland)

SHORT-MIDDLE CLASS (-164 CM)

Gold: Tetina Velshyna (Ukraine)
Silver: Jekaterina Malnacha (Latvia)
Bronze: Jenna Brust (South Africa)

MIDDLE CLASS (-168 CM)

Gold: Victoria Petrovich (Belarus)
Silver: Johanna Nikkanen (Finland)
Bronze: Kylie S. Daly (South Africa)

TALL CLASS (-172 CM)

Gold: Paige R. Pestana (South Africa)
Silver: Elizaveta Cherepova (Russia)
Bronze: Svetlana Sharova (Russia)

SUPER TALL CLASS (+172 CM)

Gold: Anastassiya Chshekotilova (Kazakhstan)
Silver: Kateryna Myroniuk (Ukraine)
Bronze: Ekaterina Bravve (Russia)

MASTER FIT MODEL (+35 YEARS)

Gold: Kristina Mickiene (Lithuania)
Silver: Johanna Nikkanen (Finland)
Bronze: Ekaterina Drugova (Russia)

OVERALL CHAMPION

Anastassiya Chshekotilova (Kazakhstan)

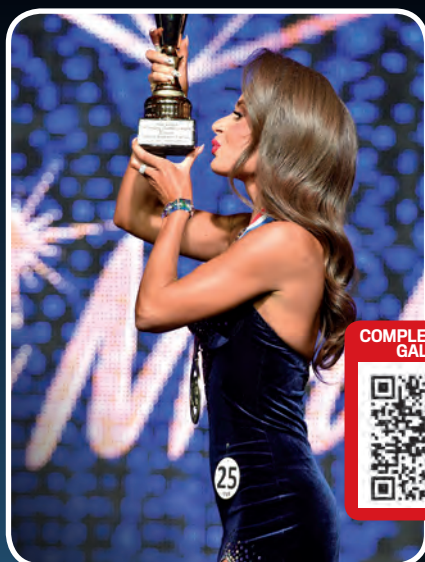
BEST TEAM AWARD

| | |
|----------------|---------------|
| 1 RUSSIA | 6 LATVIA |
| 2 SOUTH AFRICA | 7 UKRAINE |
| 3 LITHUANIA | 8 FINLAND |
| 4 ESTONIA | 9 POLAND |
| 5 BELARUS | 10 KAZAKHSTAN |

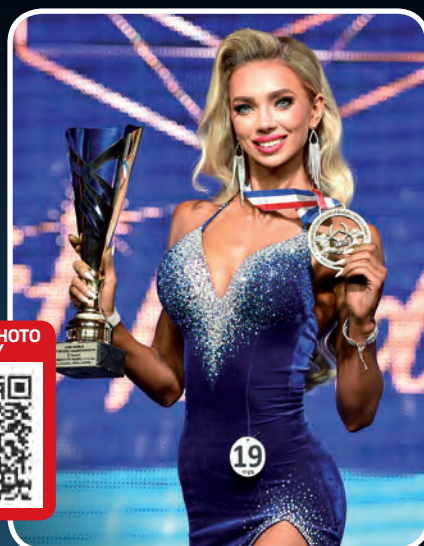


ORGANIZED by the Latvian Federation of Bodybuilding & Fitness, the beautiful capital Riga hosted the 5th edition of these championships on October 30 and 31. Athletes from South Africa, Estonia, Russia, Ukraine, Poland, Kazakhstan, Lithuania, Belarus, Finland and Latvia participated in the event.

The competition hosted this female discipline, featuring 5 height categories and a Master class for athletes over 35 years. Additionally, there was a Open men's competition. The event was broadcast on national television and on the Internet, with two main protagonists: the Kazakh Anastassiya Chshekotilova who took the overall title, and the Lithuanian Kristina Mickiene who, after coming in 5th in 2020, won the gold medals in Master (+35 years) and short class (-160 cm).



▲ Kristina Mickiene (Lithuania), achieved the title in the Master class, reserved for athletes over 35 years of age.



▲ Anastassiya Chshekotilova (Kazakhstan) is the overall world champion. The federation chaired by Mr. Alexander Kaliucka achieved a new international title.

COMPLETE PHOTO GALLERY



75th WORLD BODYBUILDING & FITNESS CHAMPIONSHIPS, SANTA SUSANNA 2021



THE IFBB LEADS THE RECOVERY OF INTERNATIONAL SPORTS NORMALITY, WITH THE PARTICIPATION OF 102 COUNTRIES



“Iran regains the title of World Team Champions.”

“Kikwan Seol (South Korea) is the star of the championships with 4 gold medals, 1 silver and the 2 overall Classic Bodybuilding titles.”

“Vladimir Holota (Slovakia) achieves the overall title of Bodybuilding.”

“Yurii Zymohliad (Ukraine) makes history achieving gold in Classic Physique for the third year in a row.”



▲ As in 2020, the Mayor of Santa Susanna, Mr. Joan Campolier, and President Santonja worked in coordination to promote the celebration of the most important Bodybuilding and Fitness competition in a safe environment and accessible to all countries. The 75th Anniversary of the IFBB World Championships was a complete success, with the participation of more than 1,800 athletes, judges and officials.

▲ Accompanied by the President of the Russian Federation, Alexander Vizhnevskiy, and IFBB Vice President for Asia, H. E. Sheikh Abdullah bin Hamad Al Sharqi, President Santonja holds the most valued trophy in Bodybuilding today, which ended up in the hands of the Slovak Vladimir Holota.

President Santonja and Vice President for Central America, Ing. Eduardo Abdalah, together with the overall champion of Classic Bodybuilding, Kikwan Seol (South Korea). The fabulous Korean athlete surpassed the title achieved in Fujairah 2019 in the Short class. ▶



COMPLETE PHOTO GALLERY



OPEN HERE



▲ Wheelchair Bodybuilding competition continues to grow at the World Championships. Frenchman Julien Camdessous achieved his second consecutive title.



▲ Serhiy Royko (Ukraine) achieved the overall title of Men's Physique. In the picture, with President Santonja and His Excellency Sheikh Abdullah bin Hamad Al Sharqi.

Vladimir Holota (Slovakia) went down in history as the 75th IFBB Bodybuilding World Champion. At 31 years, he has all the conditions to be a star this decade. ▶



One is the year 2020 in which only a few sports, including Bodybuilding, were able to celebrate their most important international competitions. In 2021, the world has finally begun to recover economically and socially, and the IFBB has reached its 75th anniversary with a sensational World Championship. Athletes and officials from 102 countries participated in the event, with a very high sporting level and some classes exceeding 30 participants of the highest level.

The key to success, once again, was the coordinated work between the IFBB and Santa Susanna, promoted by President Santonja and IFBB patron Mayor Joan Campolier. They knew how to create the material conditions to make a security bubble out of the city, supervised by the Medical Commission, which allowed the athletes to give their best. The positive experience could mean that the IFBB World Championships could be held in the same location from now on, establishing the spectacle for the audience and making travel planning easier for the national federations.



▶ The most important title of the IFBB ended up in the hands of Vladimir Holota. The Slovakian athlete was honoured by President Santonja and IFBB Executive Officer José Ramos.



▲ William Yuri Rodríguez won the Games Classic Bodybuilding Tall class. President Santonja presented him with the medal, in recognition of his career as an exemplary athlete with several medals in Olympic events held in Central America and the Caribbean. Rodríguez is a sports icon in El Salvador.

An excited Farshad Valipour (Iran) celebrates his outright triumph in Classic Physique, accompanied by President Santonja and IFBB Executive Officer Pawel Filleborn. ▶



BODYBUILDING

Abdalmalek Abubrig (Libya) became the first winner of the Beginners class in an IFBB World Championship.

BEGINNERS (Open)

Gold: Abdalmalek Abubrig (Libya)
Silver: Przemysław Haberek (Poland)
Bronze: Adam Neziru (Nigeria)
4th: Sergey Drozdov (FBBR)

WHEELCHAIR (Open)

Gold: Julien Camdesssoucens (France)
Silver: George Moise (Romania)
Bronze: Andrei Cimpan (Romania)
4th: Omer Cecen (Turkey)

BANTAMWEIGHT (-65 kilos)

Gold: Wangbung Cho (South Korea)
Silver: Mohsen Hadinegad (Iran)
Bronze: Kyeongmo Park (South Korea)
4th: Agmad Mahdi Majid (Saudi Arabia)
5th: Ashraf Ali (Libya)
6th: Mohsin Ali (Pakistan)

LIGHTWEIGHT (-70 kilos)

Gold: Shinjae Lee (South Korea)
Silver: Anthony Orozco (Costa Rica)
Bronze: Zanoluyo Vanda (South Africa)
4th: Habib Farhadi (Iran)
5th: Jan Pitr (Czech Rep.)
6th: Pablo Cruz (Ecuador)

With imposing muscular quality, Wangbung Cho (South Korea) was the Bantamweight Champion at 50 years of age.

Shinjae Lee (South Korea) was proclaimed World Lightweight Champion, 32 years old.



WELTERWEIGHT (-75 kilos)

Gold: Farshad Ganji (Iran)
Silver: Nicola Barlotta (Italy)
Bronze: Kyoungyun Nam (South Korea)
4th: Tomasz Sadkowski (Poland)
5th: Nikolai Solontsev (FBBR)
6th: Majid Al Subhi (Oman)

Farshad Ganji (Iran),
 World Welterweight
 Champion, 31 years old.

MIDDLE-LIGHTWEIGHT (-80 kilos)

Gold: Aziz Moarefi (Iran)
Silver: Kushtrim Bajraktaraj (Kosovo)
Bronze: Almas M. Ali H. Albaloooshi (UAE)
4th: Mustapha Rafiki (Morocco)
5th: Yuri Zhurbenko (Ukraine)
6th: Muhammet Kurutas (Turkey)

Aziz Moarefi (Iran; 37
 years) World champion
 of Middle-lightweight
 bodybuilding.



Mohammadebrahim Arzeshmand
 (Iran, 35 years old) was proclaimed
 World Middleweight Champion.

Mehdi Arzeshmand (Iran; 37 years old)
 achieved the title of World Champion of Super
 Middleweight, by only 2 points of advantage.



MIDDLEWEIGHT (-85 kilos)

Gold: Mohammadebrahim
 Arzeshmand (Iran)
Silver: Mazin Al Rahbi (Oman)
Bronze: Abdullah Rustom (UAE)
4th: Dmytro Marchenko (Ukraine)
5th: Vytautas Zyle (Lithuania)
6th: Tomasz Marzec (Poland)

SUPER-MIDDLEWEIGHT (-90 kilos)

Gold: Mehdi Arzeshmand (Iran)
Silver: Mykhailo Pavliuk (Ukraine)
Bronze: Peter Tatarka (Slovakia)
4th: Omar Elmiloudi (Libya)
5th: Yusif Nurullayev (Azerbaijan)
6th: Toni Shivachev (Bulgaria)





LIGHT HEAVYWEIGHT (-95 kilos)

Gold: Vladislav Dubinin (FBBR)
Silver: Justas Poliakus (Lithuania)
Bronze: Majid Jamehbozorg (Iran)
4th: Carlos Pereda (Spain)
5th: Vadym Vasylevskyi (Ukraine)
6th: Haytham Elousia (Egypt)

◀ Vladislav Dubinin (Russian Federation), achieved the gold medal in Light Heavyweight, 36 years old.

Vladimir Holota (Slovakia) was proclaimed World Heavyweight Champion with a perfect score of 5 points. ▶

HEAVYWEIGHT (-100 kilos)

Gold: Vladimir Holota (Slovakia)
Silver: Mikhail Dyadyuk (FBBR)
Bronze: Fuad Gulu-Zada (Azerbaijan)
4th: Laurent Bernardini (France)
5th: Moosa Alblooshi (UAE)
6th: Mojtaba Arzeshmand (Iran)



OVERALL CHAMPION: Vladimir Holota (Slovakia)



◀ In a competition dominated by Asians athletes, the overall title went to a small European country, but with a very powerful federation. The sensational Vladimir Holota won the most desired title for Slovakia, thanks to his balanced physique of almost 100 kilos. Holota, 31, was the only unanimous winner in his class, together with Korean Sinhaee Lee. In the overall, he was close to repeating the feat, only threatened by the Iranian Farshad Ganji.

OVERALL (TOP 3):

1. Vladimir Holota (6 points)
2. Farshad Ganji (10 points)
3. Mohammadebrahim Arzeshmand (13 points)



Mohamed Ibrahim (38 years old) fulfilled the expectations of the Egyptian team and was proclaimed World Super Heavyweight Champion, with his fabulous physique of 109 kilos. ▶

SUPER HEAVYWEIGHT (+100 kilos)

Gold: Mohamed Ibrahim (Egypt)
Silver: Tomasz Kornalewski (Poland)
Bronze: Jefferson Junqueira (Brazil)
4th: Kirill Nazarenko (FBBR)
5th: Sergej Moser (Germany)
6th: Michal Mokos (Slovakia)





GAMES CLASSIC BODYBUILDING

With double height class, almost 40 athletes disputed the title in the Olympic division, in which the Korean Kikwan Seol and the Salvadoran Yuri Rodríguez were the undisputed leaders. Both athletes have achieved many medals in their history. They won in their respective classes and offered a sensational duel for the Overall, finally resolved in favour of the Korean by unanimous decision (5 to 10 points). This catapulted him as the star of the 2021 World Cup.

OVERALL CHAMPION: Kikwan Seol (South Korea)



▲ Kikwan Seol (South Korea) won the Overall Games Classic Bodybuilding unanimously (5 points). Like his rival, Yuri Rodríguez, Seol is 38 years old.

Kikwan Seol (South Korea) celebrates his second gold medal as he is proclaimed Games World Champion in the Short class.

SHORT CLASS (-175 cm)

Gold: Kikwan Seol (South Korea)
Silver: Jonathan E. Martínez (Guatemala)
Bronze: Ahmadreza Abdollahi (Iran)
4th: Michele Massaro (Italy)
5th: Aleksandar Cvetkovic (Serbia)
6th: Mohammad Mohammadi (Iran)

TALL CLASS (+175 cm)

Gold: William Yuri Rodríguez (El Salvador)
Silver: Martin Sagan (Slovakia)
Bronze: Bogdan Vaipan (Romania)
4th: Jevé Ojala (Finland)
5th: Jinwook Hwang (South Korea)
6th: Ivan Banjanac (Serbia)



◀ Yuri Rodríguez (El Salvador), Games World Champion in the Tall class, 38 years old.



◀ Kikwan Seol (South Korea) recovers the gold medal achieved in 2019 as World Champion in the Short class.

SHORT CLASS (-168 cm)

Gold: Kikwan Seol (South Korea)
Silver: Mohammad Mohammadi (Iran)
Bronze: Ahmadreza Abdollahi (Iran)
4th: Miroslav Skadra (Slovakia)
5th: Ashraf Ali (Libya)
6th: Jose Maria Arge (Spain)

CLASSIC BODYBUILDING

The titles were dominated by the Iranian and Korean athletes, who were absent in 2020. Many new faces, with Ukraine once again achieving gold, despite the fact that Yuriy Gayduk only reached 5th place in the Tall class. The great revelation was the Turkish Karem Sadedilci who, together with the Spanish Gabriel Manole, obtained gold medals. In the overall competition, favourite Kikwan Seol gave no options, obtaining the title with 3 points of advantage (10 to 13 points) on Sadedilci, thanks to his fantastic and proportionate physique.





MIDDLE-SHORT CLASS (-171 cm)

Gold: Stanislav Vizenher (Ukraine)
Silver: Mohammad Yousefi (Iran)
Bronze: Chankyung Koh (South Korea)
4th: Michele Massaro (Italy)
5th: Artem Andreev (FBBR)
6th: Cosmin Iancu (FBBR)



MIDDLE CLASS (-175 cm)

Gold: Behzad Aghbolash (Iran)
Silver: Farley Leao (Brazil)
Bronze: Jehyung Ryu (South Korea)
4th: Jonathan E. Martinez (Guatemala)
5th: Iván Delgado (Spain)
6th: Fabrizio De Silvestro (Italy)

Stanislav Vizenher (Ukraine) celebrates the gold after beating Iranian Mohammad Yousefi in the 2nd round.



▲ Karem Sadedilci (Turkey), Classic Bodybuilding World Champion in Tall class at 24.

TALL CLASS (-180 cm)

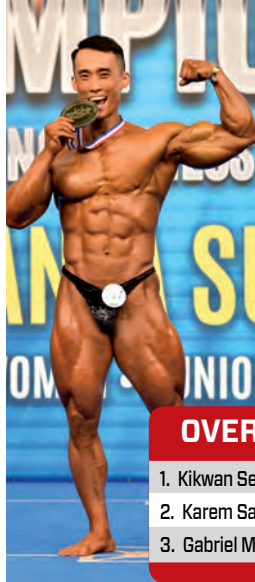
Gold: Karem Sadedilci (Turkey)
Silver: Vahid Vahdat (Iran)
Bronze: Dmytro Simak (Ukraine)
4th: Soobin Park (South Korea)
5th: Yuriy Gayduk (Ukraine)
6th: Aleksei Mukhin (FBBR)

SUPER TALL CLASS (+180 cm)

Gold: Gabriel Manole (Spain)
Silver: Volodymyr Andreishyn (Ukraine)
Bronze: Martin Sagan (Slovakia)
4th: Khalifah Alhmoudi (UAE)
5th: Mohammad Darabi (Iran)
6th: Dmitrii Nikiforov (FBBR)

Gabriel Manole (Spain), Classic Bodybuilding World Champion in the Super tall class, at 32.





OVERALL CHAMPION: Kikwan Seol (South Korea)

◀ Kikwan Seol (South Korea) was the overall champion of Classic Bodybuilding, by majority decision of the judges (10 points).

OVERALL (TOP 3):

1. Kikwan Seol (10 points)
2. Karem Sadedilci (13 points)
3. Gabriel Manole (15 points)

CLASSIC PHYSIQUE

In the fourth edition of the division, with 5 complete categories in place, Iran proved to be a stronghold, with Farshad Valipour defeating the Ukrainian stars. The symmetrical athlete, 96 kilos to 183 cm, relegated 2020 champion Stanislav Tarasov to silver. In the super final, he also defeated Yurii Zymohliad who was defending his overall title. Alongside Valipour, the other great leader was 44-year-old Slovak veteran Peter Tatarka who jumped from bronze in 2020 to gold in 2021, as well as second overall.

Ali Askari (Iran), Classic Physique (-168 cm) World Champion at 28 years of age. ▶



SHORT CLASS (-168 cm)

Gold: Ali Askari (Iran)
Silver: Kikwan Seol (South Korea)
Bronze: Kyengmo Park (South Korea)
4th: J. Daniel Patzan (Guatemala)
5th: Anthony Orozco (Costa Rica)
6th: Shinjae Lee (South Korea)



◀ Ghasem Abbaspour (Iran), Classic Physique (-171 cm) World Champion at 38.

MIDDLE-SHORT CLASS (-171 cm)

Gold: Ghasem Abbaspour (Iran)
Silver: Artem Andreev (FBBR)
Bronze: Rami Akil (Syria)
4th: Rei Gomihara (Japan)
5th: Chankyung Koh (South Korea)
6th: Oleksandr Sirenko (Ukraine)

MIDDLE CLASS (-175 cm)

Gold: Yurii Zymohliad (Ukraine)
Silver: Andrei Kliui (FBBR)
Bronze: Navid Samaee (Iran)
4th: Jehyung Ryu (South Korea)
5th: Oleksii Pavlov (Ukraine)
6th: Ugur Yilmaz (Turkey)





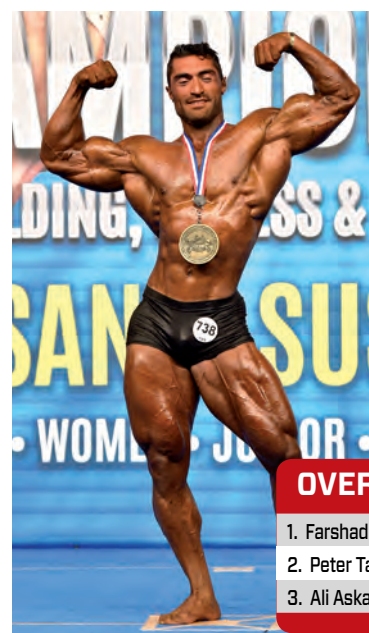
▲ **Peter Tatarka (Slovakia)**, Classic Physique (-180 cm) World Champion at 44.



TALL CLASS (-180 cm)

Gold: Peter Tatarka (Slovakia)
Silver: Sajad Chegeni (Iran)
Bronze: Tomislav Strmecki (Croatia)
4th: Ilya Eyger (FBBR)
5th: Evgenii Tsisar (FBBR)
6th: Granit Kuleta (Kosovo)

Farshad Valipour (Iran), Classic Physique (+180 cm) World Champion at 34. ▼



OVERALL CHAMPION: Farshad Valipour (Iran)

◀ In a close contest with Peter Tatarka, Iranian Farshad Valipour achieved the title of Overall World Champion of Classic Physique.

OVERALL (TOP 3):

1. Farshad Valipour (9 points)
2. Peter Tatarka (11 points)
3. Ali Askari (17 points)

SUPER TALL CLASS (+180 cm):

Gold: Farshad Valipour (Iran)
Silver: Stanislav Tarasov (Ukraine)
Bronze: Rustam Ocherkhadzhev (FBBR)
4th: Mario Bosnjak (Croatia)
5th: José Vargas (Costa Rica)
6th: David Villacis (Ecuador)



MEN'S PHYSIQUE

With 2 classes more than in 2020, Europe continued to dominate, although athletes from the Persian Gulf made their mark with the titles of Farid Alimardany and Sina Vajari for Iran, and Abdulla Albalooshi for UAE. Ukraine maintained its leadership with 4 medals, two of them gold, in addition to the overall title achieved by Serhiy Royko.

BEGINNERS (Open)

Gold: Imad Al Balushi (Oman)
Silver: Andrea Stellari (Italy)
Bronze: Simao Ribeiro (IFBB Flag)
4th: Konstantinos Michailidis (Greece)
5th: Nicolo Constanzo (Italy)
6th: Rui Faustino (IFBB Flag)

Imad Al Balushi (Oman) became the first Beginners champion in an IFBB World Championship. ▶





SHORT CLASS (-170 cm)

Gold: Sherko Eliassi (Finland)
Silver: Shantia Lakpour (Iran)
Bronze: Sebastian Jansson (Sweden)
4th: Vitalii Salata (Ukraine)
5th: Asaad Al Mabsali (Oman)
6th: Yoshitake Tamura (Japan)

◀ Sherko Eliassi (Finland) made a successful return to competition at the age of 32, achieving the title of World Champion in Short class.



MIDDLE-SHORT CLASS (-173 cm)

Gold: Ben Bitama (Luxembourg)
Silver: Vladimir Koltsov (FBBR)
Bronze: Isaac Ebagnilin (Sweden)
4th: Shuaib Abdulia M. Alrabaa (UAE)
5th: Imad Al Balushi (Oman)
6th: Ebrahim Omid (Iran)

Ben Bitama (Luxembourg, 35 years old) was one of the revelations when he was proclaimed the World Champion in Middle-Short class.



◀ Farid Alimardany (Iran; 31 years old) was the World Champion in Middle class, by majority decision.

Serhiy Royko (Ukraine, 33 years old), was one of the most complete champions and comfortably led the Middle-Tall class.

MIDDLE CLASS (-176 cm)

Gold: Farid Alimardany (Iran)
Silver: Diego Rodriguez (Mexico)
Bronze: Sari Gharib (Syria)
4th: Yahya Al-Kiyumi (Oman)
5th: Evgenii Golosubov (FBBR)
6th: Valerii Kuzmenko (FBBR)

MIDDLE-TALL CLASS (-179 cm)

Gold: Serhiy Royko (Ukraine)
Silver: Mohsen Azizi (Iran)
Bronze: Ali Gurbanli (Azerbaijan)
4th: Antonio Moreno (Spain)
5th: Yordan Dimitrov (Bulgaria)
6th: Christian Heimerdinger (Germany)





Sina Vajari (Iran; 23 years old) was the youngest World Champion, achieving gold in the Men's Physique Tall class.



SUPER TALL CLASS (+182 cm)

Gold: Oleksandr Muntian (Ukraine)
Silver: Iurii Vasenev (FBBR)
Bronze: Shayan Parvaz (Iran)
4th: Al Muhannad Al Mawali (Oman)
5th: Yevgeniy Nikitenko (Ukraine)
6th: Fahri Gyunesh (Turkey)

TALL CLASS (-182 cm)

Gold: Sina Vajari (Iran)
Silver: Oleg Danysh (Ukraine)
Bronze: Hachime Bakary (France)
4th: Dejan Voloder (Serbia)
5th: Vitalii Yusko (Ukraine)
6th: Maksym Tarariev (Ukraine)



◀ Oleksandr Muntian (Ukraine, 28 years old) was proclaimed Men's Physique World Champion in the Super Tall class.

Abdullah Albalooshi (UAE; 31 years old), Muscular Men's Physique World Champion.

MUSCULAR MEN'S PHYSIQUE (Open)

Gold: Abdulla Albalooshi (UAE)
Silver: Rasin Hasanov (Azerbaijan)
Bronze: Dmitro Kliuchnyk (Ukraine)
4th: Dmitri Petrov (FBBR)
5th: Alexander Guryev (FBBR)
6th: Tezer Kilic (Turkey)



OVERALL CHAMPION: SERHIY ROYKO (Ukraine)

The duel between Iranians and Ukrainians continued in the winners' duel, with victory for the Eastern Europeans. Serhiy Royko won by majority decision, with his compatriot Oleksandr Muntian following close behind, both in front of Farid Alimardany and Sina Vajari.



OVERALL (TOP 3):

1. Serhiy Royko (10 points)
2. Oleksandr Muntian (14 points)
3. Farid Alimardany (15 points)

▲ Serhiy Royko celebrates the overall title along with undefeated Men's Physique Professional World Champion and official of the Federation of Ukraine, Dmytro Horobets.

BEST TEAM AWARD: IRAN

A total of 50 countries managed to put athletes in the finals and score in a team competition where Iran left no doubts about its superiority. Iran thereby recovers a title it had been achieving since Marrakech 2013, relieved only by Ukraine in 2020.

Ukraine, supported by its Classic and Men's Physique athletes, fell to second position, thereby confirming its leadership among European countries. Behind them, the federations of Russia and Slovakia reached the Top 6, accompanied by South Korea and the United Arab Emirates, who continue to take advantage of the pull of their runner-up achieved in Fujairah 2019.



RESULTS (TOP 10):

1. Iran (245 points)
2. Ukraine (170 points)
3. FBBR (136 points)
4. South Korea (134 points)
5. Slovakia (84 points)
6. UAE (64 points)
7. Spain (52 points)
8. Azerbaijan (49 points)
9. Oman (47 points)
10. Turkey (45 points)

◀ Ukraine was the 2020 champion and reached the second position of the medal table this year, thanks to its Men's Physique athletes. In the picture, President Igor Deliev celebrates the medals, along with part of the national team.

2021 IFBB WORLD FITNESS CHAMPIONSHIPS

EASTERN EUROPE TEAMS, CONFIRM THEIR LEADERSHIP IN ALL THE DISCIPLINES

“Kateryna Stoianova (Ukraine) returns better than ever and becomes the overall champion of Bikini.”

“Yuliia Shykula (Ukraine) and Tatiana Mandolina (FBBR) head-to-head in one of the most exciting finals in the history of Bodyfitness.”

“Lara Santini (Croatia) achieves her third consecutive gold in Wellness, but falls in the Overall to the imposing Mari Akievska (North Macedonia).”

“Nataliia Prokhorova and Natalia Bystrova star in another duel to remember in Women's Physique.”

“Fedir Khashalov (Ukraine) makes history beating favourite Michal Barbier.”

“Kristina Juricova (Slovakia) gets ahead of Fitness divas Tatiana Ondruskova and Natalia Toropova.”

Women's disciplines and Fitness had a decisive role in the 75th IFBB World Championships held in Santa Susanna, from November 3 to 8. The championship became historic due to their record participation, which was as was expected for the “Fitness Capital of the World”. Judges and fans alike were challenged to not lose detail of the impressive growth of the different male, female and mixed pairs divisions, endorsed by the spectacular quality of the athletes.



Accompanied by President Santonja and Mr. Pawel Filleborn, Rebecka Eklund achieved the World Artistic Fitness title for Sweden.





▲ Yuliia Shykula (Ukraine), Overall Bodyfitness World Champion, accompanied by Mrs. Nieves Santonja and the president of the South American Confederation (CSFF), Lic. Juan Paredes.



◀ Nataliia Prokhorova together with President Santonja while listening to the Ukrainian anthem, played in her honour after winning the overall title of Women's Physique.



◀ Dressed in the costume of her choreography, Kristina Jurikova celebrates the overall title of Acrobatic Fitness, accompanied by President Santonja and Lic. Juan Paredes.



◀ Kateryna Stoianova was the Overall Bikini World Champion. Her spectacular return allowed Ukraine to keep the most mediatic women's title.



Meri Akievska made history for North Macedonia, winning the overall Wellness title. In the picture, with the president of the national federation, Mr. Boban Djorovsky. ▶



COMPLETE PHOTO GALLERY



OPEN HERE



ARTISTIC SHORT CLASS (-163 cm)

Gold: Yuliia Komenotrus (Poland)
Silver: Paulina Melusova (Slovakia)
Bronze: Oleksandra Vakarova (Ukraine)
4th: Arina Ioffe (FBBR)
5th: Eszter Molnar (Hungary)
6th: Lenka Cervena (Czech Rep.)



Rebecka Eklund (Sweden; 27 years) gold medal in Artistic Fitness Tall class.



The young Slovak fitness star Tatiana Ondruskova (18 years), achieved the gold medal in the Short class (-163 cm).

FITNESS

Generation Z, or athletes born this century, took the centre of the stage in all 4 female and the one male disciplines, although some Millennials like Rebecka Eklund (25 years) and veterans like Fedir Khashalov (39 years) finished at the top of the podium, showing that performance and quality in this sport do not depend on age, but on effort.

In the Acrobatic discipline, Nataliia Toropova (22 years) and Tatiana Ondruskova (18 years), exchanged their positions of 2020, showing that they are two of the best current athletes. Kristina Juricova (21 years) won the overall title and Nelli Novodomnska (17 years) could not reach a medal, but dazzled in her athletic routine.



Yuliia Komenotrus (Poland; 22 years) gold medal in Artistic Fitness Short class.

ARTISTIC TALL CLASS (+163 cm)

Gold: Rebecka Eklund (Sweden)
Silver: Karin Suchomelova (Slovakia)
Bronze: Nicol Celerikova (Slovakia)
4th: Kateryna Spievakova (Ukraine)
5th: Anna Motoshina (FBBR)
6th: Paulina Zamora (El Salvador)



OVERALL CHAMPION (ARTISTIC):

Rebecka Eklund (Sweden)



IFBB regulations decided the first overall tie in an overall: Yuliia Komenotrus unanimously performed the best routine, but Rebecka Eklund also unanimously had the best physique. The victory, therefore, was for the Swede for her better physique, a product of her greater muscular maturity, at 27 years of age.

OVERALL (TOP 2):

1 Rebecka Eklund (15 points)
 2 Yuliia Komenotrus (15 points)



ACROBATIC SHORT CLASS (-163 cm)

Gold: Tatiana Ondruskova (Slovakia)
Silver: Nataliia Toropova (FBBR)
Bronze: Anna Dudushkina (FBBR)
4th: Eszter Balogh (Hungary)
5th: Janica Aherikko (Finland)
6th: Svitlana Hordienko (Ukraine)





◀ Kristina Jurikova (Slovakia) regained the title of Fitness World Champion in Tall class achieved in 2019.



ACROBATIC TALL CLASS (+163 cm)

Gold: Kristina Jurikova (Slovakia)
Silver: Ana Marija Zujovic (Serbia)
Bronze: Lucia Mikusova (Slovakia)
4th: Daria Panasenkov (FBBR)
5th: Nelli Novodomska (Slovakia)
6th: Daniela Civanova (Slovakia)



OVERALL CHAMPION (ACROBATIC): Kristina Jurikova (Slovakia)

◀ Slovakia enjoyed the battle between its two fantastic and very young athletes, still in Junior age. The fight was resolved in favour of Kristina Jurikova, for her better physique. Ondruskova imposed her athletic ability, executing one of the best Fitness routines in history.



OVERALL (TOP 2):

1 Kristina Jurikova (14 points)
 2 Tatiana Ondruskova (16 points)

MEN'S FITNESS: Fedir Khashalov (Ukraine)



◀ Fedir Khashalov (Ukraine) Men's Fitness World Champion.

▲ The 2020 European Champion, Fedir Khashalov (39 years), achieved the title he deserved for his indisputable quality, after being bronze in 2019 and 2020. His title, for the first time ahead of his fierce competitor from both previous editions, Michal Barbier (15 years younger), shows that it is never too late to achieve the best result.

BODYFITNESS

Same names, but different positions as compared to 2020: Yuliia Shykula, gold in 2019 and absent in 2020, was the big star, achieving the overall title for Ukraine and taking over from Alina Yaman as the great diva of the discipline.

Along with Shykula, the Russian Tatiana Mandolina repeated the gold medals of 2019 and 2020 but fell again in her fight for the overall, to which she seems destined. The two athletes are in top shape at 35, and could meet again in the coming seasons.

SHORT CLASS (-158 cm)

Gold: Anna Egorkina (FBBR)
Silver: Anastasia Vlasova (FBBR)
Bronze: Yulia Gordeeva (FBBR)
4th: Ghizlane El Mejboud (France)
5th: Jenni Maenpaa (Finland)
6th: Karina Shcherbak (FBBR)

Anna Egorkina (FBBR) Short class (-158 cm) gold medal. ▶



MEN'S FITNESS

Gold: Fedir Khashalov (Ukraine)
Silver: Michal Barbier (Slovakia)
Bronze: Dmitrii Iankin (FBBR)
4th: Evgeniy Shobik (FBBR)
5th: Amir Gholamzadegan (Iran)
6th: Sakir Yalin (Turkey)





Tatiana Mandolina (FBBR), three times Middle-short class (-163 cm) World Champion. ▶

MIDDLE-SHORT CLASS (-163 cm)

Gold: Tatiana Mandolina (FBBR)
Silver: Anna Dudushkina (FBBR)
Bronze: Alina Wilhelm (Germany)
4th: Raisat Medzhidova (FBBR)
5th: Ekaterina Borodina (FBBR)
6th: Jenny Karjalainen (Finland)



MIDDLE CLASS (-168 cm)

Gold: Iuliia Kazakovtseva (FBBR)
Silver: Evgeniia Bakareva (FBBR)
Bronze: Gabriela Hejna (Czech Rep.)
4th: Rejoice Godwin (Spain)
5th: Joanna Ucinska (Poland)
6th: Nina Zavadskaia (FBBR)



◀ Iuliia Kazakovtseva (FBBR) Middle class (-168 cm) World Champion.



OVERALL BODYFITNESS: Yuliia Shykula (Ukraine)

◀ Again, Tatiana Mandolina narrowly missed the overall title (11 to 12 points) and was again defeated by a Ukrainian athlete. Yuliia Shykula, runner-up in 2019, replaced Alina Yaman, the 2020 champion, and became the new queen of Bodyfitness, at least until November 2022.



OVERALL (TOP 3):

- 1 Yuliia Shykula (11 points)
- 2 Tatiana Mandolina (12 points)
- 3 Iuliia Vazakovtseva (12 points)



TALL CLASS (+168 cm)

Gold: Yuliia Shykula (Ukraine)
Silver: Anna Firsova (FBBR)
Bronze: Yevheniia Prutskova (Ukraine)
4th: Olga Glushakova (Kazakhstan)
5th: Yureica Duarte (Venezuela)
6th: Dusica Dokic (Serbia)



Yuliia Shykula (Ukraine) regained the Tall class World Champion crown from 2019. ▶



BEGINNERS (Open)

Gold: Elena Sokolova (FBBR)
Silver: Yana Petrova (IFBB Flag)
Bronze: Klaudia Stankiewicz (Poland)
4th: Amina Baratova (Kazakhstan)
5th: Julia Rahm (Germany)
6th: Niina Laamanen (Finland)

Elena Sokolova
 (FBBR) Beginners
 (Bikini) World
 Champion. ▶



BIKINI FITNESS

The queen discipline was a duel between Russian and Ukrainian athletes, interrupted only by a formidable Febe Alonzo, who snuck in and won the first ever Bikini gold for Mexico in a World Championship. With new talents such as the Russian Olga Khasanova (26 years) or Anastasiia Ashaeva (26 years), and already established athletes such as Mariia Burlaka (36 years) and Kateryna Stoianova (31 years), who were at the forefront of the overall competition, it turned out to be an exciting competition.



▶ Mariia
 Burlaka
 (Ukraine)
 repeated
 as Bikini
 World
 Champion
 -158 cm.

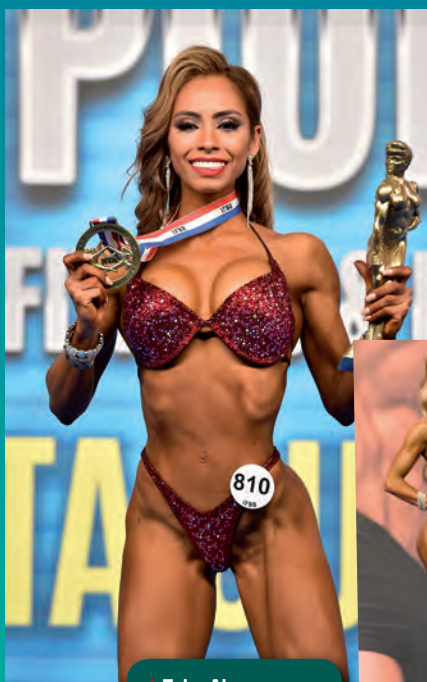


SHORT CLASS I (-158 cm)

Gold: Mariia Burlaka (Ukraine)
Silver: Anastasiia Zolotaia (FBBR)
Bronze: Tatiana Kononova (FBBR)
4th: Amelie Trisson (France)
5th: Roberta Nastase (Romania)
6th: Beata Granakova (Slovakia)



Anastasiia
 Ashaeva
 (FBBR) was
 proclaimed
 Bikini World
 Champion
 -160 cm. ▶



▶ Febe Alonzo
 (Mexico) Bikini -162
 cm World Champion.



SHORT CLASS II (-160 cm)

Gold: Anastasiia Ashaeva (FBBR)
Silver: Sandra Coskun (Germany)
Bronze: Liudmila Barkhudinova (FBBR)
4th: Maria Sava (Romania)
5th: Brigitta Germán (Ireland)
6th: Sarah Neuheisel (Germany)

SHORT CLASS III (-162 cm)

Gold: Febe Alonzo (Mexico)
Silver: Ksenia Bruk (FBBR)
Bronze: Ivanna Kadyrova (Ukraine)
4th: Olena Boiko (Ukraine)
5th: Evelin Szalai (Hungary)
6th: Olga Eliseeva (FBBR)



MIDDLE-SHORT CLASS (-164 cm)

Gold: Iuliia Shestakova (FBBR)
Silver: Yuliia Somova (FBBR)
Bronze: Jessica Rodriguez (Spain)
4th: Venla Viero (Finland)
5th: Ella Mard (Finland)
6th: Oleksandra Sumaneieva (Ukraine)



◀ Kateryna Stoianova (Ukraine) jumped from bronze in 2019 to gold in Middle class in 2021.



Iuliia Shestakova (FBBR) Bikini -164 cm World Champion. ▶

MIDDLE CLASS (-166 cm)

Gold: Kateryna Stoianova (Ukraine)
Silver: Joanna Tanska (Poland)
Bronze: Violeta Palamarchuk (Ukraine)
4th: Sofia Kriuchkova (FBBR)
5th: Marina Gromchakova (FBBR)
6th: Taru Partanen (Finland)



Tatiana Laer (FBBR) was proclaimed Bikini World Champion -169 cm. ▶

MIDDLE-TALL CLASS (-169 cm)

Gold: Tatiana Laer (FBBR)
Silver: Viktoriia Lysenko (Ukraine)
Bronze: Alina Isaeva (FBBR)
4th: Rosa Palopera (Finland)
5th: Olga Pyatetskaya (FBBR)
6th: Tatiana Semenilkina (FBBR)



TALL CLASS (-172 cm)

Gold: Olga Khasanova (FBBR)
Silver: Pernilla Bockerman (Finland)
Bronze: Olena Halich (Ukraine)
4th: Anhelina Sohokon (Ukraine)
5th: Natalia Machowicz (Poland)
6th: Linnea Bystrom (Sweden)

◀ Olga Khasanova (FBBR) Bikini -172 cm World Champion.





Mariia Makarova (FBBR) Bikini +172 cm
World Champion. ▶

SUPER TALL CLASS (+172 cm)

Gold: Mariia Makarova (FBBR)
Silver: Svitlana Novytska (Ukraine)
Bronze: Neda Silkinyte (Lithuania)
4th: Dovile Paulaviciute (Lithuania)
5th: Daniella Bratchenko (Ukraine)
6th: Sonja Olilla (Finland)



OVERALL BIKINI: Kateryna Stoianova (Ukraine)

◀ Fitness always offers a second chance, and Kateryna Stoianova can attest to that. At 31 years, she was always an outstanding and fit athlete, capable of reaching bronze in 2019. This year, more improved than ever, she won gold in her -166 cm discipline and the overall title, with a 4-point advantage (7 to 11 points) over the spectacular Olga Khasanova (26 years, 171 cm).

OVERALL (TOP 3):

- 1 Kateryna Stoianova (7 points)
- 2 Olga Khasanova (11 points)
- 3 Mariia Burlaka (13 points)

FIT PAIRS

Held as an exhibition discipline in 2020, the first edition of Fit Pairs was a success. 19 couples made up of athletes from Men's Physique and Bikini participated in this new division.

Ukraine dominated with solvency, placing their 3 couples in the final and 2 of them on the podium, with Oleksandra Sumaieva and Serhyi Royko leading the discipline and achieving the first gold medal in history, with a 3-point advantage (10 to 13 points) over their compatriots Viktoriia Lysenko and Oleksandr Muntian, who were silver medalists.

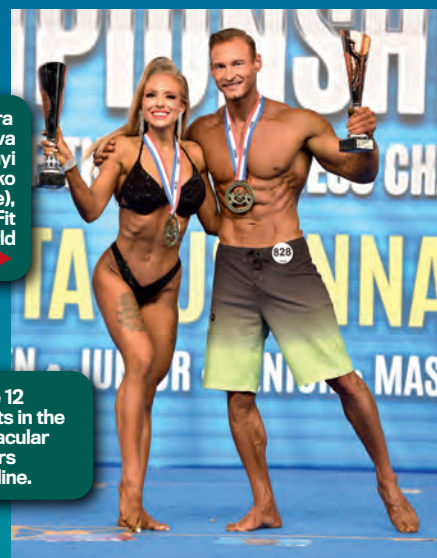
FIT PAIRS

Gold: Oleksandra Sumaieva & Serhyi Royko (Ukraine)
Silver: Viktoriia Lysenko & Oleksandr Muntian (Ukraine)
Bronze: Lisa Frojd & Sebastian Jansson (Sweden)
4th: Tetiana Zakharova & Ruslan Podopryhora (Ukraine)
5th: Joanna Tanska & Sandro Solowiej (Poland)
6th: Tatiana Semenilkina & Alexander Guryev (FBBR)



Oleksandra Sumaieva and Serhyi Royko (Ukraine), first Fit Pairs world champions. ▶

◀ The 12 finalists in the spectacular Fit Pairs discipline.



WELLNESS

The 5th edition of this discipline returned to the 4 classes of 2019, and showed that Lara Santini (Croatia) is the most complete athlete of the last 3 years. At 24, she achieved her third consecutive gold, equalling Dagmara Dominiczak's record. Nonetheless, she missed the overall title, which went to an amazing Meri Akievska who has made Fitness history for North Macedonia.

SHORT CLASS (-158 cm)

Gold: Arina Mikhailova (FBBR)
Silver: Ekaterina Komarova (FBBR)
Bronze: Lovisa Stenman (Sweden)
4th: Tetiana Moskalenko (Ukraine)
5th: Sena Coban (Finland)
6th: Irina Kolesnikova (FBBR)

Arina Mikhailova (FBBR) Wellness Short class (-158 cm) World Champion. ▶





▲ Meri Akievsha (North Macedonia) Wellness Middle-short class (~163 cm) World Champion.



Anamarija Medak (Croatia) Wellness Middle-tall class (~168 cm) World Champion.

MIDDLE-TALL CLASS (-168 cm)

- Gold:** Anamarija Medak (Croatia)
Silver: Snezhana Garshina (FBBR)
Bronze: Caroline Dambo (Sweden)
4th: Micaela Di Genaro (Italy)
5th: Angelika Prejna (UK)
6th: Sirke Virkkunen (Finland)



MIDDLE-SHORT CLASS (-163 cm)

- Gold:** Meri Akievsha (North Macedonia)
Silver: Elena Sandaevskaia (FBBR)
Bronze: Olga Klimova (FBBR)
4th: Tahimi Cedeno-Daudinot (Norway)
5th: Irina Krasnikova (FBBR)
6th: Sofia Fagerstrom (Finland)



TALL CLASS (+168 cm)

- Gold:** Lara Santini (Croatia)
Silver: Tatiana Eremina (FBBR)
Bronze: Olga Fedorova (FBBR)
4th: Adrianna Szymanowska (Poland)
5th: Mia Miklis (Croatia)
6th: Sabina Nihatullaieva (Ukraine)



▲ Lara Santini (Croatia) conquered her third world title in the Tall class of Wellness.



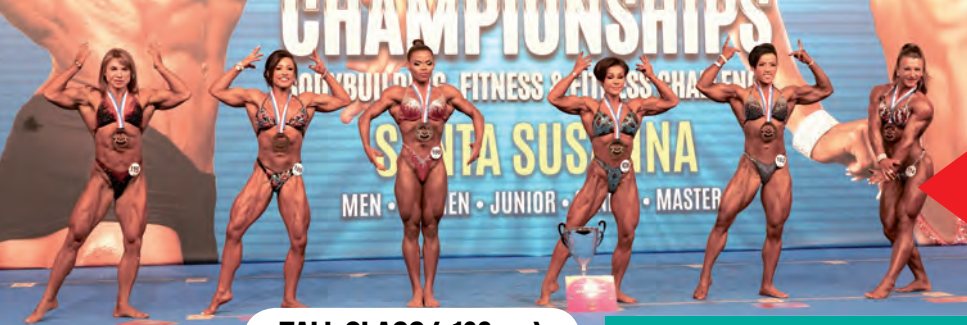
OVERALL WELLNESS: Meri Akievska (North Macedonia)

◀ In her third consecutive overall final, Lara Santini (24 years) was surprised by the emergence of Meri Akievska (22 years) who surpassed her by 2 points (10 to 12 points) in a very tight final where the positions were decided by minimal differences.



OVERALL (TOP 3):

- 1 Meri Akievska (10 points)
- 2 Lara Santini (12 points)
- 3 Arina Mikhailova (13 points)



TALL CLASS (+163 cm)

Gold: Natalia Prokhorova (Ukraine)
Silver: Tatiana Parfenova (FBBR)
Bronze: Ekaterina Petrova (FBBR)
4th: Uta Kohler-Spitzbart (Germany)
5th: Julia Danielewska-Cugier (Poland)
6th: Josefine Galiemouts (Sweden)

WOMEN'S PHYSIQUE

A new chapter in the national duel between the Ukrainian and Russian specialists: Once again, the protagonists were Natalia Prokhorova and Natalia Bystrova. With both athletes now in their 50s, their quality remains unquestionable and they still clearly outperform younger athletes.

SHORT CLASS (-163 cm)

Gold: Natalia Bystrova (FBBR)
Silver: Aline Beck (Liechtenstein)
Bronze: Wei-Peng Chen (Chinese Taipei)
4th: Peggy Borocco (France)
5th: Andrijana Dabic (Austria)
6th: Elena Lazareva (FBBR)

Natalia Bystrova (FBBR)
 Women's Physique (-163 cm)
 World Champion. ▶



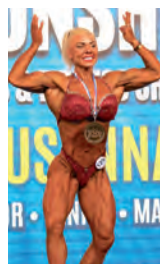
▲ Natalia Prokhorova (Ukraine), in the best shape of her career, repeated her title as Women's Physique World Champion (+163 cm).

OVERALL WOMEN'S PHYSIQUE: Natalia Prokhorova (Ukraine)

◀ At 50, Natalia Prokhorova achieved her greatest success last year and, far from relaxing, she has continued to improve. In another of the several frontal battles fought against the very complete Natalia Bystrova, the opinion of 1 judge (7 to 8 points) decided that the Ukrainian athlete surpassed the Russian. Thus, Prokhorova managed to keep her title as overall champion, thanks to the balance between her muscularity and definition.

OVERALL (TOP 2):

- 1 Natalia Prokhorova (7 points)
- 2 Natalia Bystrova (8 points)



MIXED PAIRS BODYBUILDING

Once again, 11 couples contested one of the most prestigious titles of the IFBB World Cup. Leading an excellent level, Natalia Bystrova and Usein Salimov took the gold, thanks to their better level in the mandatory poses. They did so with 15 points, the same as Yuliia Shykula and Vadym Vasylevskyi, who beat them in the free routine; nonetheless, this proved insufficient to win the title.

MIXED PAIRS BODYBUILDING

Gold: Natalia Bystrova & Usein Salimov (FBBR)
Silver: Yuliia Shykula & Vadym Vasylevskyi (Ukraine)
Bronze: Yulita Ciunyte & Andrius Talacka (Lithuania)
4th: Andrijana Dabic & Nebojsa Gojkovic (Austria)
5th: Iuliana Giurgiu & Toma Dorel (Romania)
6th: Lucie Jakesova & Zbynek Ceradsky (Czech Rep.)



The awards ceremony in the impressive Mixed Pairs Bodybuilding discipline, with the 12 finalists.

Natalia Bystrova & Usein Salimov (FBBR), World Champions of Mixed Pairs Bodybuilding. ▶



BEST TEAM AWARD: FBBR

Ukraine - winner in 2018 and 2020 - scored almost in every category but couldn't avoid giving up the title to the powerful team of athletes who competed under IFBB Flag. Behind these two giants, Slovakia confirmed its

dominance of the Fitness discipline and its regularity in the Bikini disciplines ahead of Finland, which remains at the top of the international elite, surpassing Sweden, Poland and the Czech Republic.

RESULTS (TOP 6):

- 1 FBBR (242 points)
- 2 Ucraina (145 points)
- 3 Eslovaquia (82 points)
- 4 Finlandia (75 points)
- 5 Suecia (70 points)
- 6 Polonia (65 points)

WORLD CHILDREN FITNESS CHAMPIONSHIPS

CACAK, SERBIA



SERBIA has traditionally been the venue for the European or World Children Fitness Championships for many years. It was no different also this year. The World Children Fitness Championships held here on the 27th-28th May 2022. This championship has been a huge success and is only a confirmation of the fact that supporting children and young people in our sport is very important.

This year, for the first time, the children fitness challenge categories opened here were also of great interest, and this concept is

thus another project that IFBB is supporting and will support in the future.

An incredible 190 athletes of seven nationalities competing in 14 age categories attended this year World Children Fitness Championships. Thanks to the number of participants, this is a clear record for the last 10 years. More than 90 athletes also registered in the Fitness challenge categories. Unfortunately, this competition ended prematurely due to bad weather. Even so, 43 athletes managed to pass the competition,

have a fun and enjoy together with their coaches, parents and all other supporters the sunny morning.

However, the pilot category, which was interesting for all participants, was the Team category, where four teams presented their breath-taking routines and literally lifted the audience from their chairs.

Medallists in the evaluation of national teams were and great success celebrated Hungary (1st place), Slovakia (2nd place) and Turkey (3rd place).

The winners of each category were:



Fitness Boys Up To 7 Years:

Gold: Zoran Kiric (Serbia)
Silver: Kerem Kuleci (Turkey)
Bronze: Erim Chavushoglu (IFBB Flag)

Fitness Boys 8-9 Years:

Gold: Mihai Onofrei (Romania)
Silver: Mustafa Cinar (Turkey)
Bronze: David Matlak (Slovakia)

Fitness Boys 10-11 Years:

Gold: David Bolvari-Takacs (Hungary)
Silver: Tuncay Serifoglu (Turkey)
Bronze: Umut Tosca (Turkey)

Fitness Boys 12-13 Years:

Gold: Filip Bodjan (Slovakia)
Silver: Gabor Lukacs (Hungary)
Bronze: Martin Koleda (Slovakia)

Fitness Boys 14-15 Years:

Gold: Ondrej Floch (Slovakia)
Silver: Botond Gyuris (Hungary)
Bronze: Yusuf Yildirim (Turkey)

Fitness Girls Up To 7 Years:

Gold: Izabela Zawada (Poland)
Silver: Ema Poljackekova (Slovakia)
Bronze: Iskra Savic (Serbia)

Fitness Girls 8 Years:

Gold: Nathasa Pop (Romania)
Silver: Esin Celasun (Turkey)
Bronze: Melek Karabulut (Turkey)

Fitness Girls 9 Years:

Gold: Zea Somodi-Fulop (Hungary)
Silver: Armin Tugberk (IFBB Flag)
Bronze: Kamila Pustelnik (Poland)



Fitness Girls 10 Years:

Gold: Hanna Szabo (Hungary)
Silver: Zsófia Bali (Hungary)
Bronze: Eliska Revayova (Slovakia)

Fitness Girls 11 Years:

Gold: Abigel Took (Hungary)
Silver: Dominika Koreckova (Slovakia)
Bronze: Villo Gal-Olasz (Hungary)

Fitness Girls 12 Years:

Gold: Alexandra Kanova (Slovakia)
Silver: Elisa Forroova (Slovakia)
Bronze: Flora Tar (Hungary)

Fitness Girls 13 Years:

Gold: Karina Baranyay (Hungary)
Silver: Lili Maroti (Hungary)
Bronze: Melinda Gaspar (Hungary)

Fitness Girls 14 Years:

Gold: Patricia Toth (Hungary)
Silver: Adel Furjes (Hungary)
Bronze: Nikolett Kiss (Hungary)

Fitness Girls 15 Years:

Gold: Fruzsina Lengyel (Hungary)
Silver: Kitti Lukacs (Hungary)
Bronze: Jovana Jovicic (Serbia)

Fitness Teams:

Gold: Marcipan Team (Hungary)
Silver: Le Cirque (Hungary)
Bronze: Nev Fitness (IFBB Flag)

National Teams Championship:

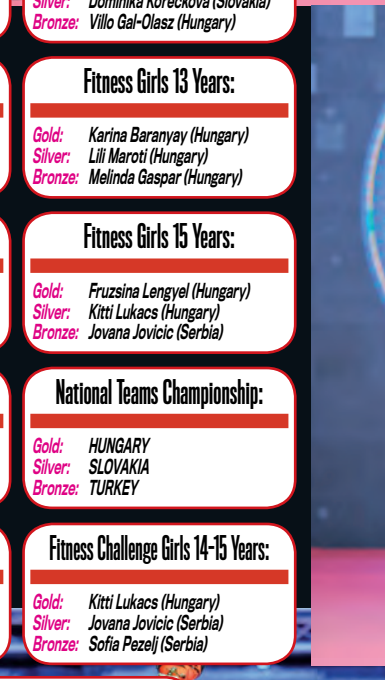
Gold: HUNGARY
Silver: SLOVAKIA
Bronze: TURKEY

Fitness Challenge Boys 11-15 Years:

Gold: Ege Sapmaz (IFBB Flag)
Silver: Botond Gyuris (Hungary)
Bronze: Felix Babicu (Romania)

Fitness Challenge Girls 14-15 Years:

Gold: Kitti Lukacs (Hungary)
Silver: Jovana Jovicic (Serbia)
Bronze: Sofia Pezelj (Serbia)



Fitness Challenge Mini Girls & Boys 6-10 Years:

Gold: Mihai Onofrei (Romania)
Silver: Julianna Vamos (Hungary)
Bronze: Hanna Szabo (Hungary)

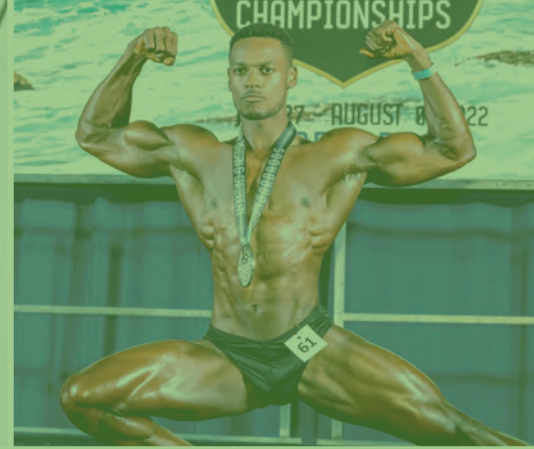


VIDEO



COMPLETE PHOTO GALLERY







47th edition of the South American Bodybuilding and Fitness Championship



▲ CSFF General Assembly 2022.



▲ Delivery of recognition to Doctor Rafael Santonja.



▲ Delivery of recognition to Professor Diana Monteiro for her distinguished service in the IFBB.



▲ Delivery of the IFBB gold medal to Mr. Marcelo Paredes for his important work for the IFBB.



THE 47TH EDITION

of the South American Bodybuilding and Fitness Championship was held in the city of Sao Paulo, the most populous city and metropolis on the Western Hemisphere.

The Brazilian Confederation of Bodybuilding and Fitness and its president, Professor Diana Monteiro, worked for a year so that the nearly 600 attendees, including amateur athletes, professionals, judges and delegates, would have an excellent experience during their stay.

We have the long-awaited and enriching presence of our President, Doctor Rafael Santonja, who accompanied us during the course for judges and the general assembly of the CSFF. Together, we celebrated the recent participation of our sport in the 2022 XII South American Games held in Asunción, emphasizing the importance that the IFBB is present in almost all games of the Olympic circuit in the world.

The more than 400 amateur athletes participated in an event that lasted for 3 exciting days, in which 30 Elite Pro Cards were awarded. Many of the new professional athletes participated in the Show organized for them at the end of the event, where \$20,000 dollars were distributed in awards.

We thank all the companies that made this event possible and we invite you to the 48th edition of the championship, to be held in Venezuela.



▲ Junior Bodybuilding Award #103 York Anthony Cueva from Ecuador - Champion.



▲ Junior Men's Physique Award #105 Tomas Amaya from Argentina - Champion.



Junior Bikini Award #108 Ruth Melina Marecos from Paraguay - Champion.



▲ Master Bodybuilding Award 40-44 years #87 Roberto Rattia Venezuela - Champion.



▲ Bikini Master Award 30-34 years #188 Flavia Carneiro Brazil - Champion.



Bikini Master Award +34 years #94 Samara Sezana Brazil - Champion.



▲ Men's Physique Master Award +40 years #110 Carlos Eduardo Dias Brazil - Champion.



▲ Master Bodybuilding Award 45-49 years #125 Luis Alejandro Velasquez Ecuador - Champion.



▲ Master Bodybuilding Award 50-54 years #132 Bruno Ramon Benitez Paraguay - Champion.

Senior Bodybuilding Award 65 kg #198 Jorge Javier Gonzalez Argentina - Champion. ▶



Master Bodybuilding Award +60 years #134 Carlos Antonio Diaz Argentina - Champion.



Overall Master Bodybuilding Champion #132 Bruno Ramon Benitez - Paraguay.

Overall Champion Bikini Master #118 Flavia Carneiro - Brazil.



Senior Bodybuilding Award 70 kg #201 Pablo Ramiro Cruz Ecuador - Champion.



Senior Men's Physique Award up to 167 cms #205 Jose Alberto Arreaga Ecuador - Champion.

Senior Bodybuilding Award 75 kg #140 Stalin Patricio Rodriguez Ecuador - Champion.



Senior Men's Physique Award up to 170 cms #211 Rony Eduardo Chango Ecuador - Champion.



▲ Senior Bodybuilding Award 85 kg #168 Claudio Elicer Hernandez Ecuador - Champion.



▲ Senior Bodybuilding Award 90 kg #193 Santiago Luis Petis Argentina - Champion



▲ Fit Model Award #150 Rafaela Maritza Cornejo Ecuador, Champion.

Men's Physique Senior Award +179 cm #279 Jahn Maya Chile - Champion.



Men's Physique Award 176 cms #163 Pablo Andres Jarrin Ecuador - Champion.



Senior Bikini Award 162 cms #220 Flavia Carneiro Mendes Brazil - Champion.

Senior Bikini Award +169 cm #255 Rafaela Cornejo Ecuador - Champion.

Senior Bodybuilding Award +100 kg #234 Odilon Batista Brazil, Champion.



Overall Champion Men's Physique #261 Josue Luis de Jesus Carcelen Ecuador.



Overall Bikini Champion # 220 Flavia Carneiro Mendes Brazil.

Fit pairs award # 224 Hailen Longa and Rivas Villarroel Venezuela - Champions.



Bodybuilding pairs Champions # 227 Sebastian Aldabale and Elisa Nuñez Uruguay - Champions.



Overall champions Bikini, Men's Physique and Bodybuilding.

Overall Bodybuilding Champion #215 Jorge Matute Riofrio Ecuador.





Wellness Senior Award +168 cm #394 Gabriela Ramirez Paraguay - Champion.

Wellness Master Award +40 years #330 Juliana Roberta c. Da Silva Brazil - Champion.

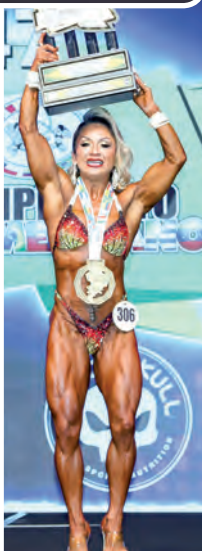


Overall Senior Bodyfitness Champion #336 Nelida Aroca Argentina.



Bodyfitness Master Award +55 years #325 Alejandra Palomeque Argentina - Champion

Overall Champion Bodyfitness Master #306 Nelida Aroca Argentina.



Senior Bodyfitness Award 163 cm #336 Nelida Roca Argentina - Champion.

Overall Wellness Master Champion #314 Francieli Meloto Brazil.

Overall Champion Classic Physique Senior #386 Raphael Soares Brazil.



Wellness Senior Overall Champion #349 Damaris Solorzano - Ecuador



Overall Champions Wellness Senior, Classic Physique Senior and Bodyfitness Senior.

Team Award. And the Champion is: Brazil.



Judges, delegates and officials at the 47th South American Championship.

Delivery of the South American Championship for the year 2023, to be held in Caracas Venezuela, between Diana Monteiro President of Brazil, Adolfo Martinez President of Venezuela, and the President of the South American Confederation Juan Paredes.





2022 | IFBB FITNESS CHALLENGE ASIAN CHAMPIONSHIPS (Kish, Iran):

THE WORLD RECORDS ARE STARTING TO COME DOWN

“Omid Mohammad Jani takes the main title with 294 valid reps in the 6 events.”

“Omid Kalji is the great contender with 2 medals and several records.”

The Iranian Federation, chaired by Dr. Abdolmahdi Nasirzadeh, hosted the first edition of the Asian Fitness Challenge Championships, as part of the Asian Cup of Bodybuilding & Fitness held on the island of Kish, from March 9 to 12. Local athletes had the opportunity to confirm the excellent level shown at the

Fitness Sport Games and at the World Championships that were held in 2021 in Santa Susanna (Spain).

With the good work done by Dr. Sadegh Hashemi (the official responsible for this division in Iran), the championships were a very positive test for athletes and organizers, ahead of the next Fitness Challenge World Championships to be held in Iran in December.

The competition was held outdoors and displayed a very high level. Many of the marks achieved in Santa Susanna were surpassed, showing the evolution in this discipline ahead of a new continental appointment: the IFBB European Championships, where the old continent athletes will be able to test their level against that of the Persian team, in the first week of May.

MEN'S INDIVIDUAL:

GOLD LEVEL:

| ATHLETE | Pull Up | Jump Box | Dips | Walk. L. | Sit Up | Devil Pr. | TOTAL | |
|--------------------|---------|----------|------|----------|--------|-----------|-------|---------------------|
| Omid Mohammad Jani | 35 | 61 | 62 | 57 | 59 | 20 | 294 | GOLD MEDAL |
| Kambiz Osati | 27 | 53 | 65 | 56 | 56 | 26 | 283 | SILVER MEDAL |
| Omid Kalji | 36 | 45 | 67 | 62 | 48 | 22 | 280 | BRONZE MEDAL |

SILVER LEVEL:

| ATHLETE | Pull Up | J. Squat | Dips | Lounges. | Sit Up | Snatch | TOTAL | |
|----------------|---------|----------|------|----------|--------|--------|-------|---------------------|
| Omid Kalji | 53 | 60 | 107 | 63 | 69 | 58 | 410 | GOLD MEDAL |
| Mahmood Zahira | 48 | 72 | 84 | 70 | 58 | 73 | 405 | SILVER MEDAL |
| Kambiz Osati | 45 | 60 | 77 | 65 | 77 | 68 | 392 | BRONZE MEDAL |

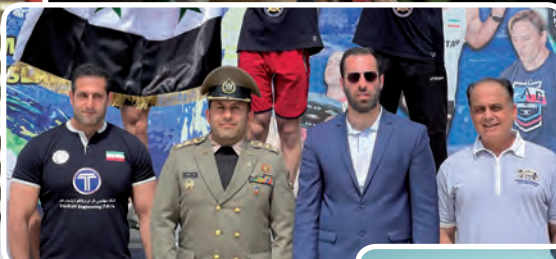


◀ The competition by pairs was spectacular, with a record of 77 lounges in 120 seconds.

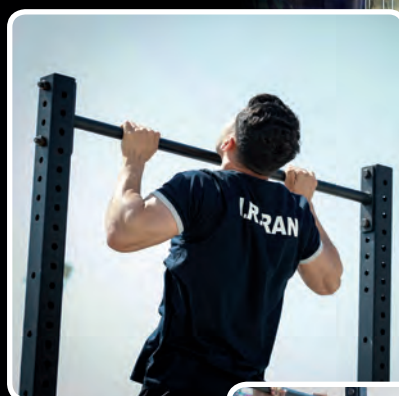


President Santonja congratulates the champions by pairs of the Gold Modality, where Milad Soltani and Hamid Heydari prevailed.

Disputed in open air, the 1st Asian Fitness Challenge Championships were a complete success. ▶



◀ With significant support from sports authorities and the government, the Iranian Federation is already preparing to host the II IFBB World Championships in December.



▶ The competition by pairs brought together 11 aspiring couples, divided into Gold and Silver categories.



▶▶ The Pull up test was once again one of the toughest for the athletes. The best mark was the 36 reps performed by Omid Kalji.



▶ Without a doubt, the Devil Press test is the hardest, as the athletes reach maximum fatigue. The best performance was by Mohamad Nabi and K. Amiri Marmari, with 33 valid reps.

◀ Equality in the Dips test, where the best mark was also for Omid Kalji.

MEN'S PAIRS:

GOLD LEVEL:

| ATHLETE | Pull Up | Jump Box | Dips | Walk. L. | Sit Up | Devil Pr. | TOTAL | |
|-------------------------|---------|----------|------|----------|--------|-----------|-------|---------------------|
| M. Soltani / H. Heydari | 60 | 75 | 130 | 77 | 80 | 31 | 453 | GOLD MEDAL |
| K. Osati / M. Zoughi | 62 | 68 | 123 | 64 | 105 | 26 | 448 | SILVER MEDAL |
| M. Nabi / K. Amiri. M. | 69 | 68 | 118 | 75 | 84 | 33 | 447 | BRONZE MEDAL |

SILVER LEVEL:

| ATHLETE | Pull Up | J. Squat | Dips | Lounges. | Sit Up | Snatch | TOTAL | |
|--------------------------|---------|----------|------|----------|--------|--------|-------|---------------------|
| M. Soltani / A. Aghai | 99 | 92 | 140 | 86 | 105 | 79 | 601 | GOLD MEDAL |
| H. Heydari / O. Mohammad | 93 | 93 | 135 | 87 | 111 | 70 | 589 | SILVER MEDAL |
| A. Hamdan / M. Zahira | 89 | 98 | 160 | 84 | 84 | 73 | 588 | BRONZE MEDAL |



CENTRAL AMERICAN CHAMPIONSHIPS (HONDURAS)

THE 2022 IX CENTRAL AMERICAN MEN'S AND WOMEN'S BODYBUILDING AND FITNESS CHAMPIONSHIP IN TEGUCIGALPA



THE OFFICIAL IFBB events of the Central America region with the endorsement of the Central American Confederation of Bodybuilding and Fitness CCAFF have begun.

This past May 14, the "IX Central American Men and Women's Bodybuilding and Fitness Championship, Tegucigalpa" was held, after 2 years of not holding events due to the Covid-19 pandemic, with Honduras' capital city of Tegucigalpa hosting the event.

The President of the National Federation of Bodybuilding and Fitness of Honduras (FENAFH), Lic. Francis Lara, stressed that sport in the region continues to grow and a reflection of this is the constant work of athletes, coaches and federations. Proof of this was the quality

and presentation of new and experienced athletes in the IX CA Championship.

The delegations of the different countries attended with their presidents; from El Salvador Lic. Fabrizio Hernández, from Costa Rica Lic. Edgar Sánchez, from Nicaragua Eng. Eduardo Abdalah and from Honduras Lic. Francis Lara Smart.

Honduras took the 1st Place as Central American Champion, El Salvador came in second and third went to Costa Rica. This was the first time that Honduras has obtained this important title.

The event had the support of the Honduran Olympic Committee (COH) and the Autonomous Sports Confederation of Honduras, in addition to the Sponsors and Team of the CCAFF and FENAFH.

"Our message as a federation is to thank the great IFBB family and the CCAFF for giving us the confidence as a country to hold this event; to the athletes from the entire region, especially from Honduras, for representing their country in style and fulfilling the goal, and to each collaborator, official sports institution, judge, official and volunteer who make each presentation a unique event. Thank you." (Lic. Lara).

Several of the athletes are already classified for the next Central American Games, the most important event in the region, to be held in October this year in Guatemala. Very soon Central America will be participating in this important Olympic event.



EUROPEAN BODYBUILDING, FITNESS & FITNESS CHALLENGE



Santa Susanna again hosted the event of the year: EBFF EUROPEAN BODYBUILDING & FITNESS CHAMPIONSHIPS 2022

“What a fantastic and excellent organised European Championships 2022, one of the major annual IFBB events back stronger than ever.”

ONE MORE year we were witness of best European athletes who showed highest level of preparation in all modalities. “Symmetry, harmony, muscularity”.

Fitness industry taking huge popularity in the world and in IFBB.

Numbers of participants is growing every year as everyone comes to fight for overall champion title, which after many of them turn professional and start career in IFBB Elite Pro league.

The IFBB World Championships return to Santa Susanna.

IFBB World Men's Bodybuilding & Men's Fitness championship & IFBB World Women's Cup to be held together with the annual Congress of the International Federation, Santa Susana will host, between November 2 and 7.

COMPLETE PHOTO
GALLERY



OVERALL WINNERS

| | |
|--|--------------------------------|
| Men's Bodybuilding: | Eddi Canchica (Spain) |
| Classic Bodybuilding: | Cosmin Iancu (Romania) |
| Men's Physique: | Isaac Ebagnilin (Sweden) |
| Men's Classic Bodybuilding: | Gabriel Manole (Spain) |
| Men's Classic Physique: | Joseph Peter (Belgium) |
| Master Men's Games Classic Bodybuilding: | Radovan Bezo (Czech Republic) |
| Master Men's Bodybuilding: | Tomasz Kornalewski (Poland) |
| Master Men's Physique: | Bright Eze (Belgium) |
| Junior Men's Physique 16-23 years: | Isaac Ebagnilin (Sweden) |
| Master Men's Classic Physique: | Boris Palovic (Czech Republic) |

MEN'S BODYBUILDING



Men's
Bodybuilding
up to 75 kg:

Gold:

Faik Guler
(Turkey)

Silver:

Seymur Sadigov
(Azerbaijan)

Bronze:

Peter Socha
(Slovakia)



Men's Bodybuilding up to 80 kg:

Gold: Dusan Belic (Serbia)

Silver: Alberto Alonso (Spain)

Bronze: Abbe Benaouda (Sweden)



Men's Bodybuilding up to 85 kg:

Gold: Eddi Canchica (Spain)

Silver: Pablo Vanzolini (Spain)

Bronze: Nizami Misirov (Azerbaijan)



Men's Bodybuilding up to 90 kg:

Gold: Marcel Manea (Romania)

Silver: Gabriel Manole (Spain)

Bronze: Artur Labarre (Spain)



Men's Bodybuilding up to 95 kg:

Gold: Petter Vindenes (Norway)

Silver: Giulio Albi (Italy)

Bronze: Vuk Rankovic (Serbia)



Men's Bodybuilding up to 100 kg:

Gold: Dimitri Pavlovich Makarov (Spain)
Silver: Jonathan Rouch (France)
Bronze: Andrius Talacka (Lithuania)



Men's Bodybuilding over 100 kg

Gold: Tomasz Kornalewski (Poland)
Silver: Kamil Bankas (Poland)
Bronze: Sasa Lampas (Serbia)



**MEN'S
BODYBUILDING
OVERALL:
Eddi Canchica
(Spain)**



MEN'S GAMES CLASSIC BODYBUILDING



Men's Games Classic Bodybuilding up to 175 cm:

Gold: Cosmin Iancu (Romania)
Silver: Aleksandar Cvetkovic (Serbia)
Bronze: Tuukka Heikkinen (Finland)



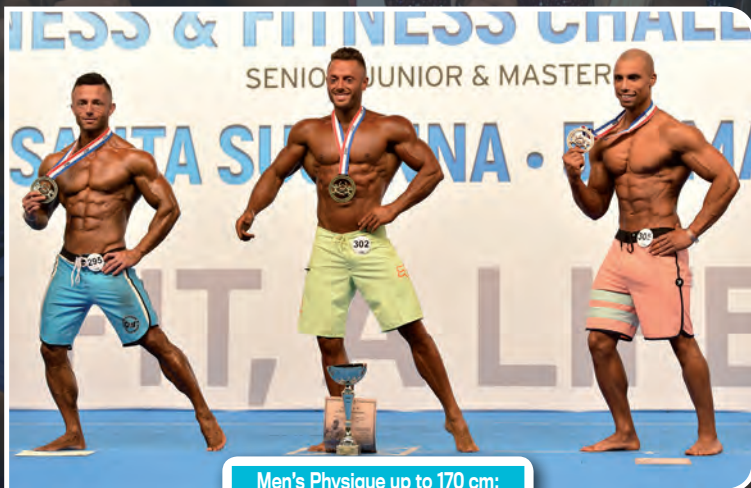
Men's Games Classic Bodybuilding over 175 cm:

Gold: Bogdan Vaipan (Romania)
Silver: Martin Sagan (Slovakia)
Bronze: Siim Savisaar (Estonia)



**MEN'S GAMES
 CLASSIC
 BODYBUILDING
 OVERALL:
 Cosmin Iancu
 (Romania)**

MEN'S PHYSIQUE



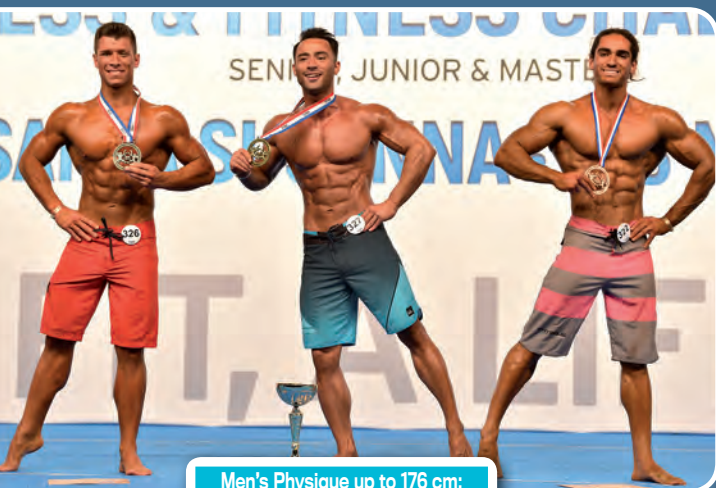
Men's Physique up to 170 cm:

Gold: Sebastian Jansson (Sweden)
Silver: Daniel Perez (Spain)
Bronze: Roy D'Oliveira (Belgium)



Men's Physique up to 173 cm:

Gold: Isaac Ebagninlin (Sweden)
Silver: Nasradin Zakaria (Norway)
Bronze: Cosmin Antonescu (Romania)



Men's Physique up to 176 cm:

Gold: Muhammet Battal (Turkey)
Silver: Petr Zucek (Czech Republic)
Bronze: Chani Hamasdi (Sweden)



Men's Physique up to 179 cm:

Gold: Darius Kirvela (Lithuania)
Silver: Ahmed Alan (Turkey)
Bronze: Cemil Yildirim (Turkey)



Men's Physique up to 182 cm:

Gold: Ali Gurbanli (Azerbaijan)
Silver: Dejan Voloder (Serbia)
Bronze: Carlos Hernandez (Spain)



Men's Physique over 182 cm:

Gold: Chris Harnell (Sweden)
Silver: George Soare (Romanian)
Bronze: Marcel Gallucci (Germany)



**MEN'S
 PHYSIQUE
 OVERALL:
 Isaac
 Ebagnilin
 (Sweden)**



MUSCULAR MEN'S PHYSIQUE



Muscular Men's Physique Open:

Gold: Zaur Hafizov (Azerbaijan)
Silver: Samet Sen (Turkey)
Bronze: Tomas Petrenas (Lithuania)

MEN'S WHEELCHAIR BODYBUILDING

Men's Wheelchair Bodybuilding Open:

Gold: Andrei Cimpan (Romania)
Silver: Almedin Bahovic (Montenegro)
Bronze: Artturi Verho (Finland)



MEN'S CLASSIC BODYBUILDING



Men's Classic Bodybuilding up to 171 cm:

Gold: Georgios Natsios (Greece)
Silver: Cosmin Iancu (Romania)
Bronze: Francisco Moyano (Spain)

Men's Classic Bodybuilding up to 175 cm:

Gold: Ivan Delgado (Spain)
Silver: Aleksandar Cvetkovic (Serbia)
Bronze: Rodolph Barret (France)



Men's Classic Bodybuilding up to 180 cm:

Gold: Ruben Delgado (Spain)
Silver: Alex Contarini (Spain)
Bronze: Loan Lino (Belgium)



Men's Classic Bodybuilding over 180 cm:

Gold: Gabriel Manole (Spain)
Silver: Volodymyr Andreishyn (Ukraine)
Bronze: Francisco Gomez (Spain)



MEN'S CLASSIC BODYBUILDING OVERALL:
Gabriel Manole (Spain)

MENS CLASSIC PHYSIQUE



Men's Classic Physique up to 175 cm

Gold: Oumar Sylla (Belgium)
Silver: Pawel Maslaniec (Ireland)
Bronze: Cosmin Iancu (Romania)



Men's Classic Physique up to 180 cm:

Gold: Joseph Peter (Belgium)
Silver: Tomislav Strmeck (Croatia)
Bronze: Vilim Puclin (Croatia)



Men's Classic Physique over 180 cm:

Gold: Volodymyr Andreishyn (Ukraine)
Silver: Oleksandr Mincha (Ukraine)
Bronze: Victor Toledo (Spain)



**MEN'S CLASSIC
 PHYSIQUE
 OVERALL:
 Joseph Peter
 (Belgium)**



EUROPEAN FITNESS CHAMPIONSHIP 2022

Santa Susanna - The World Capital of Fitness

"Where you can find the highest level female fitness athletes. The answer is Santa Susanna. Every year the number and level of athletes are growing and we can enjoy best of the best."

WOMENS WELLNESS

OVERALL WINNERS

| | |
|------------------------------------|----------------------------------|
| Women's Wellness: | Mathilde Tardieu (France) |
| Women's Acrobatic Fitness: | Maikku Hiljanen (Finland) |
| Women's Artistic Fitness: | Eevi Seikkula also (Finland) |
| Beginner Women's Bikini: | Alice Klinkeova (Czech Republic) |
| Woman Bikini: | Maria Sava (Romania) |
| Junior Women's Wellness: | Jeanne Kassel (Germany) |
| Master Women's Wellness: | Tetiana Moskalenko (Ukraine) |
| Junior Women's Acrobatic Fitness: | Tatiana Ondruskova (Slovakia) |
| Junior Female Artistic Fitness: | Vanessa Belova (Latvia) |
| Master in Female Bodyfitness: | Riina Kivikoski (Finland) |
| Men's Classic Bodybuilding Master: | Boris Palovic (Czech Republic) |
| Women's Junior Bikini: | Viktorija Volodkovic (Lithuania) |
| Master Women's Bikini: | Oleksandra Patushenko (Ukraine) |



Women's Wellness up to 158 cm:

Gold: Tetiana Moskalenko (Ukraine)
Silver: Monika Kupis (Poland)
Bronze: Simona Leber (France)



Women's Wellness up to 163 cm:

Gold: Meri Akevaska (North Macedonia)
Silver: Dinaly Inacio (France)
Bronze: Jeanette Solli (Netherlands)



Women's Wellness up to 168 cm:

Gold: Sara Pascual (Spain)
Silver: Bettina Mottonen (Finland)
Bronze: Nina Glavina (Croatia)



Women's Wellness over 168 cm:

Gold: Mathilde Tardieu (France)
Silver: Jeanne Kassel (Germany)
Bronze: Paulina Zawlocka (Poland)



WOMEN'S WELLNESS
OVERALL:
Mathilde Tardieu (France)

WOMEN'S BODYFITNESS



Women's Bodyfitness up to 158 cm:

Gold: Stefana Sandu (Romania)
Silver: Mariia Maievska (Ukraine)
Bronze: Olga Novikova (Estonia)



Women's Bodyfitness up to 163 cm:

Gold: Katarzyna Klamon (Poland)
Silver: Juliana Maksiova (Slovakia)
Bronze: Malen Hejtmanek (Norway)



Women's Bodyfitness up to 168 cm:

Gold: Kateryna Ishchenko (Ukraine)
Silver: Jenny Kurth (Germany)
Bronze: Riina Kivikoski (Finland)



Women's Bodyfitness over 168 cm:

Gold: Yulia Shykula (Ukraine)
Silver: Dusica Dokic (Serbia)
Bronze: Yurena Navarro (Spain)

WOMEN'S FITNESS



WOMEN'S ACROBATIC FITNESS OVERALL:
Maikku Hiljanen (Finland)



WOMEN'S ARTISTIC FITNESS OVERALL:
Eevi Seikkula (Finland)

WOMEN'S BIKINI



Women's Bikini up to 158 cm:

Gold: Amelie Trisson (France)
Silver: Oleksandra Patushenko (Ukraine)
Bronze: Nadia Aung (Norway)



Women's Bikini up to 160 cm:

Gold: Maria Sava (Romania)
Silver: Viktorija Volodkovic (Lithuania)
Bronze: Daria Bratikova (Ukraine)



Women's Bikini up to 162 cm:

Gold: Yana Igorivna Pomozybida (Netherlands)
Silver: Marcelina Wozniak (Poland)
Bronze: Julia Dru (France)



Women's Bikini up to 164 cm:

Gold: Narcisa Martin (Romania)
Silver: Melinda Renman (Sweden)
Bronze: Kateryna Shuliak (Ukraine)



Women's Bikini up to 166 cm:

Gold: Violeta Palamarchuk (Ukraine)
Silver: Ewelina Weiss (Poland)
Bronze: Alice Klinkeova (Czech Republic)



Women's Bikini up to 169 cm:

Gold: Agne Kiviselg (Estonia)
Silver: Blanka Laskava (Slovakia)
Bronze: Mia Pellinen (Finland)



Women's Bikini over 172 cm:

Gold: Mascha Stutz (Germany)
Silver: Dovile Paulaviciute (Lithuania)
Bronze: Svitlana Novytska (Ukraine)



Women's Bikini up to 172 cm:

Gold: Jade Henot (France)
Silver: Anhelina Sohokon (Ukraine)
Bronze: Magdalena Stawisinski (Poland)

WOMEN'S BIKINI OVERALL:
Maria Sava (Romania)



EUROPEAN JUNIOR AND MASTERS CHAMPIONSHIP

JUNIOR MEN'S GAMES CLASSIC BODYBUILDING



Junior Men's Games Classic
Bodybuilding 16-23 Years, Open:

Gold: Jozsef Nyircsak (Hungary)
Silver: Pavel Dostal (Czech Republic)
Bronze: Andry Kore (Estonia)

MASTER MEN'S GAMES CLASSIC BODYBUILDING



Master Men's Games Classic
Bodybuilding 40-44 Years, Open:

Gold: Radovan Bezo (Slovakia)
Silver: Tuukka Heikkinen (Finland)
Bronze: Dorian Armas (Romania)

MASTER MEN'S GAMES CLASSIC BODYBUILDING OVERALL Radovan Bezo (Slovakia)



Master Men's Games Classic
Bodybuilding 45 Years & over, Open:

Gold: Bohumil Sevc (Czech Republic)
Silver: Robert Nitz (Finland)
Bronze: Dario Damjanic (Croatia)



Junior Women's Wellness 16-20 Years, Open:

Gold:
Natalia Kolenickova (Slovakia)
Silver:
Valentina Strugarevic (Serbia)
Bronze:
Laura Lazar (Hungary)

JUNIOR WOMEN'S WELLNESS



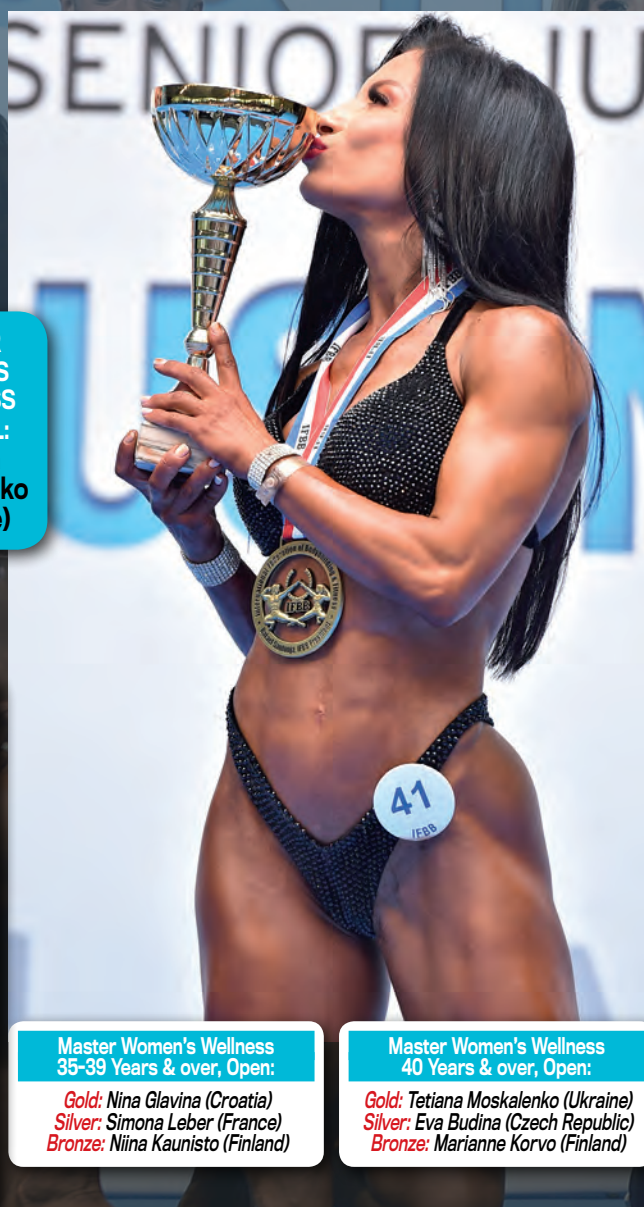
Junior Women's Wellness 21-23 Years, Open:

Gold: Jeanne Kassel (Germany)
Silver: Jeanette Solli (Netherlands)
Bronze: Mia Miklis (Croatia)



JUNIOR WOMEN'S WELLNESS OVERALL:
Jeanne Kassel (Germany)

MASTER WOMEN'S WELLNESS



MASTER WOMEN'S WELLNESS OVERALL:
Tetiana Moskalenko (Ukraine)



Master Women's Wellness 35-39 Years & over, Open:

Gold: Nina Glavina (Croatia)
Silver: Simona Leber (France)
Bronze: Niina Kaunisto (Finland)

Master Women's Wellness 40 Years & over, Open:

Gold: Tetiana Moskalenko (Ukraine)
Silver: Eva Budina (Czech Republic)
Bronze: Marianne Korvo (Finland)

MASTER MEN'S BODYBUILDING



Master Men's Bodybuilding 40-44 Years, up to 80 kg:

Gold: Alberto Alonso (Spain)
Silver: Radovan Bezo (Slovakia)
Bronze: Gaetano Caldarella (Italy)



Master Men's Bodybuilding 40-44 Years, up to 90 kg:

Gold: Marcel Manea (Romania)
Silver: Albert Mufturel (Romania)
Bronze: Boris Palovic (Czech Republic)



Master Men's Bodybuilding 40-44 Years, over 90 kg:

Gold: Tomasz Kornalewski (Poland)
Silver: Andrius Talacka (Lithuania)
Bronze: Yuliy Rusev (Bulgaria)



Master Men's Bodybuilding 50-54 Years, up to 80 kg:

Gold: Jorge Pardo Berruezo (Spain)
Silver: Juan Francisco Martin Munoz (Spain)
Bronze: Joseph Doutau (France)



Master Men's Bodybuilding 50-54 Years, over 80 kg:

Gold: Francisc Andrasoni (Romania)
Silver: Mariusz Balazinski (Poland)
Bronze: Jose-Luis Ortiz (Spain)



Master Men's Bodybuilding 45-49 Years, up to 80 kg:

Gold: Andrei Alexandrescu (Romania)
Silver: Emil Giurgiu (Romania)
Bronze: Francisco Almagro (Spain)



Master Men's Bodybuilding 45-49 Years, up to 90 kg:

Gold: Antonio Caballero (Spain)
Silver: Vugar Verdiyev (Azerbaijan)
Bronze: Francisco Gomez (Spain)



Master Men's Bodybuilding 45-49 Years, over 90 kg:

Gold: Johan Florus (Belgium)
Silver: Stanislav Slimak (Slovakia)
Bronze: Carsten Weber (Germany)



Master Men's Bodybuilding 60 Year & over, Open:

Gold: Rafa Vera (Spain)
Silver: Thomas Lauer (Germany)
Bronze: John Dunne (Ireland)



MASTER MEN'S
 BODYBUILDING
 OVERALL:
 Tomasz
 Kornalewski
 (Poland)

JUNIOR MEN'S PHYSIQUE



Junior Men's Physique 16-23 Years, up to 174 cm:

Gold: Isaac Ebagnilin (Sweden)
Silver: Andrei Durlea (Romania)
Bronze: Gergely Kardos (Hungary)



Junior Men's Physique 16-23 Years, over 174 cm:

Gold: Janne Romppanen (Finland)
Silver: Ali Kopuz (Turkey)
Bronze: Jan Vesely (Czech Republic)



JUNIOR MEN'S
 PHYSIQUE
 16-23 YEARS,
 OVERALL:
**Isaac
 Ebagnilin
 (Sweden)**

MASTER MEN'S
 PHYSIQUE
 OVERALL:
**Bright Eze
 (Belgium)**

MASTER MEN'S PHYSIQUE

Master Men's Physique 40-44 Years, Open:

Gold: Bright Eze (Belgium)
Silver: Daniel Perez (Spain)
Bronze: Cedric Prieur (France)

Master Men's Physique 45-49 Years, Open:

Gold: Chris Harnell (Sweden)
Silver: Igor Germanovich (Spain)
Bronze: Jesus Espigare (Spain)

Master Men's Physique 50 Years & over, Open:

Gold: Florentin Corbeanu (Romania)
Silver: Arnaud Salmon (France)
Bronze: Danielle Chellembun (France)





**JUNIOR WOMEN'S ARTISTIC
FITNESS 16-23 YEARS, OVER 163
CM WINNER AND OVERALL
Vanesa Belova (Latvia)**

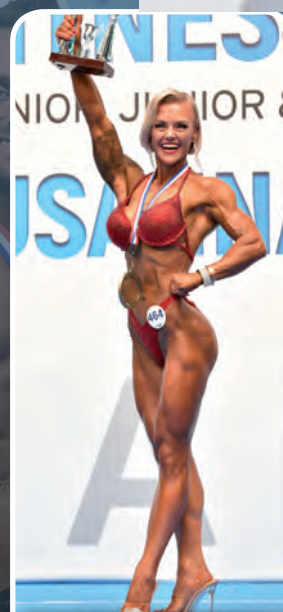


**JUNIOR WOMEN'S
ACROBATIC
FITNESS 16-23
YEARS, UP TO 163
CM WINNER AND
OVERALL
Tatiana
Ondruskova
(Slovakia)**

MASTER WOMEN'S BODYFITNESS



**Master Women's Bodyfitness
35-39 Years, Open:
Gold: Jenny Kurth (Germany)**

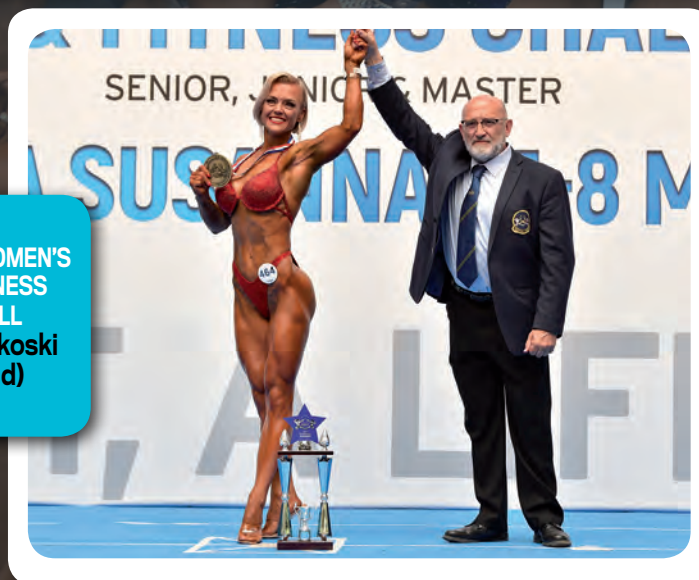


**Master Women's Bodyfitness
40-44 Years, Open:
Gold: Riina Kivikoski (Finland)**



**Master Women's Bodyfitness
45 Years & over, Open:
Gold: Sanna Niemi (Finland)**

**MASTER WOMEN'S
BODYFITNESS
OVERALL
Riina Kivikoski
(Finland)**



MASTER MEN'S CLASSIC BODYBUILDING



Master Men's Classic Bodybuilding 40-44 Years, Open:

Gold: Boris Palovic (Czech Republic)
Silver: Albert Mufturel (Romania)
Bronze: Radovan Bezo (Slovakia)



Master Men's Classic Bodybuilding 45-49 Years, Open:

Gold: Fredrik Strom (Sweden)
Silver: Francisco Gomez (Spain)
Bronze: Georgios Natsios (Greece)



Master Men's Classic Bodybuilding 50 Years & over, Open:

Gold: Doru Pescaru (Romania)
Silver: Bo Granat (Sweden)
Bronze: Zbynek Bulava (Czech Republic)



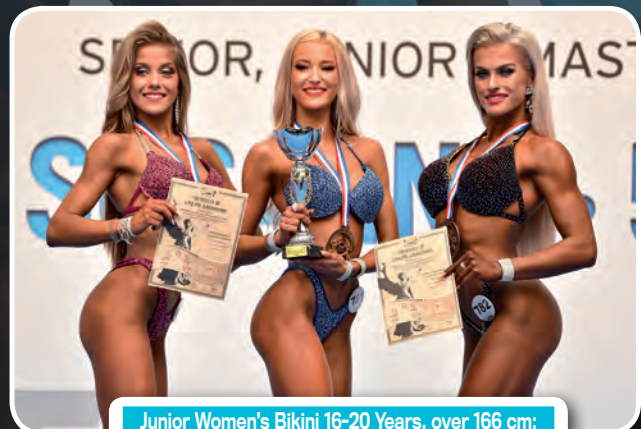
MASTER MEN'S
 CLASSIC
 BODYBUILDING
 OVERALL
Boris Palovic
 (Czech
 Republic)

JUNIOR WOMEN'S BIKINI



Junior Women's Bikini 16-20 Years, up to 166 cm:

Gold: Ewelina Weiss (Poland)
Silver: Milena Miletic (Serbia)
Bronze: Iida-Lotta Maki (Finland)



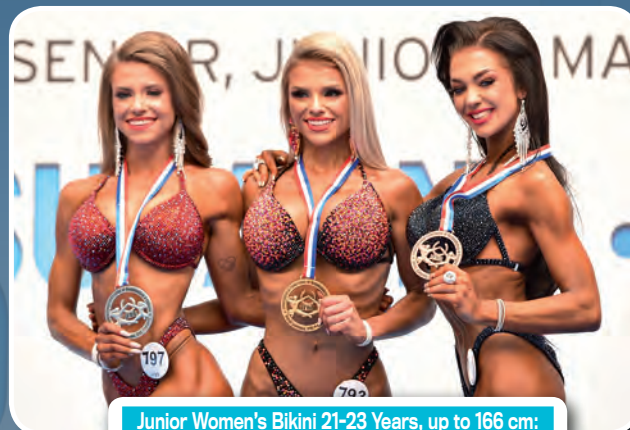
Junior Women's Bikini 16-20 Years, over 166 cm:

Gold: Karoliina Liitmaa (Estonia)
Silver: Adela Jancikova (Slovakia)
Bronze: Veronika Pekarova (Czech Republic)



Junior Women's Bikini 21-23 Years, up to 160 cm:

Gold: Viktorija Volodkovic (Lithuania)
Silver: Neli Stoyanova (Bulgaria)
Bronze: Barbora Janikova (Slovakia)



Junior Women's Bikini 21-23 Years, up to 166 cm:

Gold: Elisa Peeters (Belgium)
Silver: Marcelina Wozniak (Poland)
Bronze: Eevi Seikkula (Finland)



Junior Women's Bikini 21-23 Years, over 166 cm:

Gold: Darina Vlcakova (Slovakia)
Silver: Adriana Smiljanic (Croatia)
Bronze: Saga Granlund (Finland)



JUNIOR
WOMEN'S
BIKINI
OVERALL
Viktorija
Volodkovic
(Lithuania)





JUNIOR MEN'S CLASSIC PHYSIQUE 16-23 YEARS, OPEN
Oumar Sylla (Belgium)

MASTER MEN'S CLASSIC PHYSIQUE

Master Men's Classic Physique 40-44 Years, Open:

Gold: Boris Palovic (Czech Republic)
Silver: Albert Mufturel (Romania)
Bronze: Radovan Bezo (Slovakia)

Master Men's Classic Physique 45 Years & over Open:

Gold: Tomasz Danielak (Poland)
Silver: Fredrik Strom (Sweden)
Bronze: Francisco Almagro (Spain)



MASTER MEN'S CLASSIC PHYSIQUE OVERALL
Boris Palovic (Czech Republic)

MASTER WOMEN'S BIKINI



Master Women's Bikini 35-39 Years, up to 164 cm:

Gold: Oleksandra Patushenko (Ukraine)



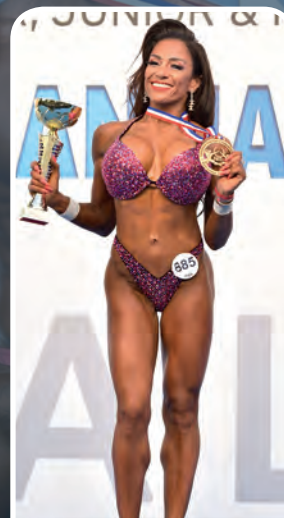
Master Women's Bikini 35-39 Years, over 164 cm:

Gold: Karianne Holene (Norway)



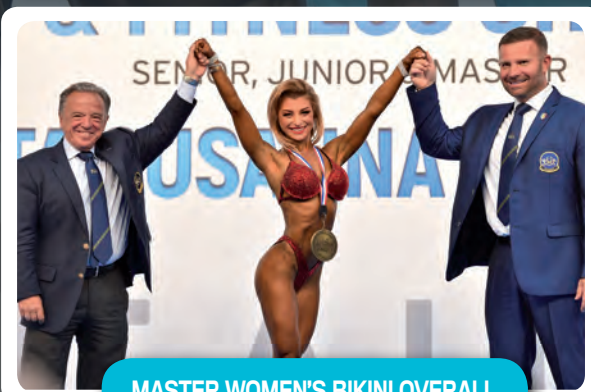
Master Women's Bikini 40-44 Years, Open:

Gold: Brigitta Veninger (Hungary)



Master Women's Bikini 45 Years & over, Open:

Gold: Kamila Pardamcova (Spain)



MASTER WOMEN'S BIKINI OVERALL
Oleksandra Patushenko (Ukraine)



IFBB ELITE PRO
CHAMPION
Rubiel
Mosquera
guest posing



2022 EUROPEAN FIT MODEL CHAMPIONSHIPS (TALLINN, ESTONIA)



▲ Mr. Ergo Metsla (EKFL President), Mr. Pawel Filleborn (IFBB Judges Committee Director), Karoliina Liitmaa (Overall Champion) and President Santonja, at the farewell banquet.

“Sensational organization of the Estonian Federation, who take the discipline of Fit Model to a new level.”

“Karoliina Liitmaa (Estonia) wins the overall title.”

“Lithuania, the next venue for the 2022 IFBB World Cup, reaches the team podium.”



▲ The 2022 European Championships, in which athletes from 10 countries took part, were attended by President Santonja, who visited Tallinn to meet with the country's Olympic authorities, accompanied by Mr. Ergo Metsla (president of the EKFL) and Mr. Ott Kiivikas, European Bodybuilding champion and sports reference in Estonia.



THE CAPITAL

of Estonia was once again the international venue for an IFBB event, hosting the European Fit Model Championships held from May 27 to 29 at the spectacular Tondiraba IceHall in Tallinn.

Presided over by Mr. Ergo Metsla, the

Estonian Federation (EKFL) did a sensational job, not only organizationally, but also as regards sports, winning the best team award and the overall trophy, won by the spectacular athlete Karoliina Liitmaa. Recognized by its

Olympic Committee, the EKFL continues to work actively in the promotion of Fitness and these championships have been a special motivation for its female athletes, who ended up achieving several medals.

These good results should be continued at

the 2022 IFBB World Championships to be held in Lithuania (October 1-2), which are already a sensational showcase for international athletes who want to stand out in the area of sports modelling.

The results were the following:

Karoliina Liitmaa (Estonia) was the overall champion of the 2022 European.



▲ The impressive final of Tall class (-172 cm), with the great protagonists of the 2022 European Championships: Ida Jokinen (Finland; 6th), Inés Cerezo (Spain; 4th), Samanta Sneliute (Lithuania; 2nd), Karoliina Liitmaa (Estonia; overall champion), Maryna Polapa (Ukraine; 3rd) and Izaskun Iriarte (Spain; 5th).

COMPLETE PHOTO GALLERY



VIDEO



RESULTS (TOP 3):

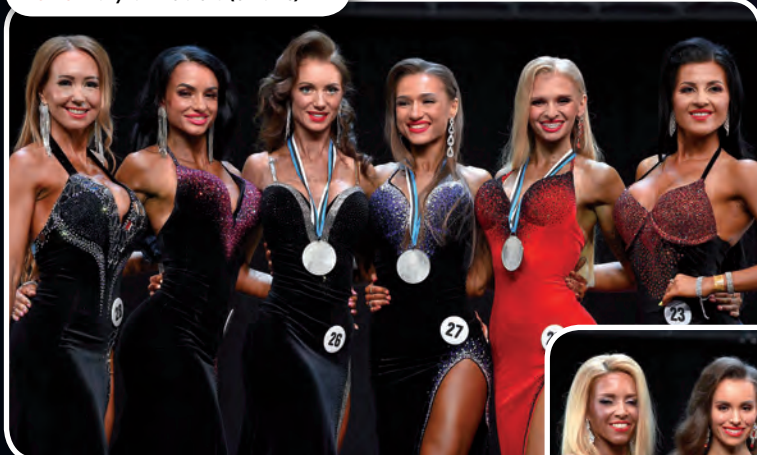
SHORT CLASS (-160 CM)

Gold: Natalii Cherevychna (Ukraine)
Silver: Ksenia Gundajeva (Estonia)
Bronze: Martyna Pietryszyn (Poland)

SHORT-MIDDLE CLASS (-164 CM)

Gold: Maryna Petruk (Ukraine)
Silver: Diana Skukauste (Lithuania)
Bronze: Karyna Nikolaieva (Ukraine)

Short class Final:
 Emily Green (Finland;
 6th), Sofia Berkinfand
 (Finland; 4th place),
 Ksenia Gundajeva
 (Estonia; 2nd), Natalii
 Cherevychna
 (Ukraine; champion),
 Martyna Pietryszyn
 (Poland; 3rd) and
 Patrycja Jasinska
 (Poland; 5th place). ▶



▲ Short-Middle class Final:
 Annika Elbre (Estonia; 6th),
 Nataliia Churylo (Ukraine;
 4th), Diana Skukauste
 (Lithuania; 2nd), Maryna
 Petruk (Ukraine; champion),
 Karyna Nikolaieva (Ukraine;
 3rd) and Laura Gervelyte
 (Lithuania; 5th place).

Middle class Final: Meritxell
 Llargues (Spain; 6th), Barbora
 Iabudova (IFBB Flag; 4th),
 Johanna Nikkanen (Finland;
 2nd), Julija Kogan (Estonia;
 champion), Anastasiia
 Terekhovska (Ukraine;
 3rd place) and Kristina
 Dranickaja (Lithuania; 5th
 place). ▶



MIDDLE CLASS (-168 CM)

Gold: Julija Kogan (Estonia)
Silver: Johanna Nikkanen (Finland)
Bronze: Anastasiia Terekhovska (Ukraine)



▲ Super Tall Size
 Final: Julija Zhezhele
 (Latvia; 6th), Ausrine
 Mocejuniene
 (Lithuania; 4th), Lucie
 Klvanova (Czech
 Rep.; 2nd), Kateryna
 Mironiuk (Ukraine;
 champion), Olga
 Sibanova (Estonia;
 3rd place) and Sara
 Hyytiainen (Finland;
 5th).

TALL CLASS (-172 CM)

Gold: Karoliina Liitmaa (Estonia)
Silver: Samanta Sneliute (Lithuania)
Bronze: Maryna Polapa (Ukraine)

SUPER TALL CLASS (+172 CM)

Gold: Kateryna Mironiuk (Ukraine)
Silver: Lucie Klvanova (Czech Rep.)
Bronze: Olga Sibanova (Estonia)

MASTER FIT MODEL (+35 YEARS)

Gold: Diana Skukauste (Lithuania)
Silver: Julija Kogan (Estonia)
Bronze: Izaskun Iriarte (Spain)

OVERALL CHAMPION

KAROLIINA LIITMAA (ESTONIA)

BEST TEAM AWARD

- 1 ESTONIA
- 2 UKRAINE
- 3 LITHUANIA
- 4 FINLAND
- 5 POLAND
- 6 SPAIN
- 7 CZECH REP.
- 8 LATVIA
- 9 IFBB FLAG
- 10 ROMANIA

▲ Master Open Final:
 Ausrine Mocejuniene
 (Lithuania; 6th),
 Johanna Nikkanen
 (Finland; 4th), Julija
 Kogan (Estonia; 2nd),
 Diana Skukauste
 (Lithuania;
 champion), Izaskun
 Iriarte (Spain; 3rd)
 and Olga Sibanova
 (Estonia; 5th).

49th edition of the IFBB Central American and Caribbean Championships



BRIDGETOWN, the capital of the island of Barbados, was the venue chosen to hold the 49th edition of the IFBB Central American and Caribbean Championships. Despite the serious communication problems that are still dragging on due to the pandemic, the participation of more than 130 amateur athletes together with almost 50 PRO athletes, resulted in three exciting days of competition in the wonderful setting chosen by the Federation of Barbados: the Lloyd Erskine Sandiford Center, which is also a multifunctional medical education centre. The presence of local authorities and the reception that the Prime Minister of Barbados offered to all the participants was the culmination of this competitive weekend.

On Friday afternoon the first divisions of this event met: in Games Classic Bodybuilding, Nicaraguan David Vallejos stood out, showing us that a physique of this discipline can have impressive legs without detracting from his torso and especially his arms. His is a balanced physique that we will surely see in more international events soon.

In the senior divisions of Bodybuilding we had the Salvadoran Jorge Hernández Vasquez as the winner with a super balanced physique where nothing stood out with a very complete development and an adequate definition. Weighing in at 70 kilos, one of the winners of the entire event, the also Salvadoran Edgar Pineda Matamoros, who came as one of the favourites, confirmed that he also continues to progress, as was expected. A physique with strong legs, a femoral that rivals heavyweights, a small and carved waist, good arms where striated triceps and shoulders stood out on par; perhaps his back is the chapter that has to continue improving. Edgar was also the winner of the short class of Classic Bodybuilding although he lost the Overall against the representative of Antigua & Barbuda, Dwayne George.

In the 80-kilo class, local athlete Ramon Broomes won against an impressive line of competitors. Ramon was the winner in a tough fight, but his physique stood out for its massiveness and for his condition, that highlighted his outstanding definition. His physique had no flaws at all, and his arms and legs were one step ahead of the others. Dwayne George from Antigua & Barbuda, in -90 kilos is a super athlete. In addition to being the winner of this class, he was the overall champion of Classic Bodybuilding. No doubt, we're face to face with a special athlete. His back, shoulders, chest and arms would embarrass anyone in his class anywhere in the world. His legs are not bad, but if they improve,



COMPLETE PHOTO GALLERY





we'll have someone who will be remembered for many years. Juli Sinclair from Guyana was the heavyweight champion: big and compensated, although he needs to improve his condition. He won in a hard fight against Nicaraguan Yuri Rodríguez, who did not show with the quality that characterizes him.

As regards Classic Physique up to 175 cm, we had the Guyanese representative Haakmat Randal as the winner thanks to his lines. He is probably the most pronounced X-shaped athlete of the entire weekend. His lats and shoulders stood out together with the pumping of his quadriceps, which gave him a superhero silhouette that many dream of. He was also the champion of Junior Bodybuilding and the overall champion of Classic Physique, beating the winner of tall class, Aldaine Taylor from Jamaica, who won thanks to good lines and a marked definition in his torso. Now, he only needs to develop more of his lower body to consolidate medals in future editions of the CAC.

Duncan Corbin from Antigua & Barbuda won Men's Physique up to 173 cm thanks to his shape and good overall definition. Ricky James from Jamaica was the winner of up to 179 cms and the Men's Physique Overall. Big and defined abs were at the centre of a physique that had lats, shoulders and pectorals giving James an excellent V shape. Jeveaghn Rosewell from Jamaica was the best over 179 cm, where beating fellow Jamaican Akeem Hinds proved far from easy.

In the women's divisions, Mexico, Guyana and Barbados were the countries that won the Overalls in the different disciplines. Bikini was won by the Mexican Febe Martínez Alonso Moreno thanks to her beautiful lines, muscular balance, an exemplary definition for Bikini, that made her win her class and the overall, and also be fifth in the PRO, to which was invited to compete. Another Mexican was the winner of the 160 cm, Dolores Ivette Martínez, with a first class muscle tone, silhouette and pose, with a body where nothing stood out and ideal proportions. Danielle Gill from Barbados was the champion in 169 cms, and was also unanimously chosen winner by all the judges due to her physique with international proportions, her good posing and her just definition for Bikini. Laura Morville from Saint Martin was the champion in the tall class. She stood out for her proportions, but also especially for her outstanding pose, despite not going 100%; it was still enough for her to be the champion of her class.

The Bodyfitness division was a face-to-face between tall class champion Dionne Thompson, with a more fluid silhouette but with a pleasant musculature, with room for a little more muscle, and short class Natasha Jones, with a more forceful physique but with the right definition and a firm and confident pose. Natasha was ultimately the overall champion.

Wellness had its own name and a new star: the representative of Guyana, Rosanna Fung, who won the Short class and the overall with a beautiful body, an ideal muscle tone and a development of legs / buttocks that made her creditor of the forms that truly represent this discipline, without neglecting the upper part at all. The champion of the tall class was the Jamaican Cherea Clarke, who showed a fantastic form with PRO lines. Perhaps her point of competition should have been more rushed to give more battle in the Overall.

The team award saw Barbados, Antigua and Barbuda and Mexico come in at 1, 2 and 3 position, respectively. Well see what happens at the next CAC Cup, which marks the 50th anniversary and will be held in Aruba, in September 2030.

The PRO event had a different name: the Roger Boyce Classic Elite PRO. It was its second edition and promises that the third, by 2023, will break records of participation due to the prize money and the expectations raised, which makes it worthy of being the reference test for the Caribbean and America.





In Women's Physique, the winner, Aruban competitor Sharleen Hengeveld, stood out. Her muscular balance and her good posing, in addition to her staging with adequate definition, made her the champion.

Bodyfitness raised the quality of the competition, thanks to the first three athletes. The third, Ramona Morgan from Barbados had a beautiful figure, smooth skin and excellent forms; the second, German Larissa Reineld, improved her last form with an outstanding definition, tall and with good structure; the champion, Yureica Navarro from Venezuela, has taken the step from the amateur ranks to being a PRO champion, but with the same weapons: a balanced body, lines that are very suitable for Bodyfitness, elegant posing and top-of-the-line fitness.

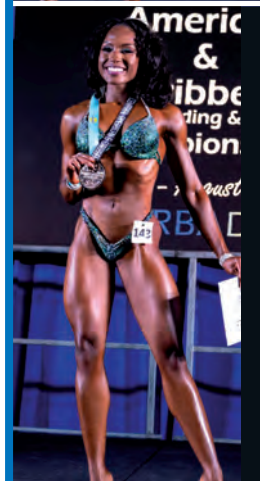
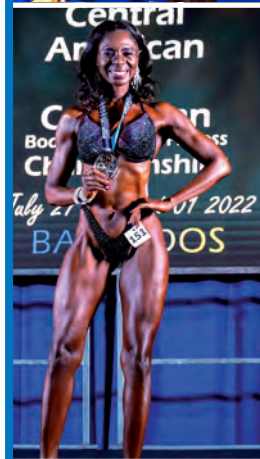
The Wellness champion Galimo Militia from Suriname presented good muscular quality, correct forms for Wellness and a definition that is within expectations.

As for Men's Physique, the participation of the Caribbean athlete from Antigua & Barbuda, Anthony Kempton, stood out, with good shape, excellent abs and outstanding size, as well as Kenroy Christian, who was taller and with a somewhat more evident V shape, good abs and energetic posing, only lacking a little more size. Despite these two great athletes, it was the Jamaican Daniel Houghton who took the victory, and he did so with excellent V shape, great muscular quality, excellent abdomen and a more confident and forceful posing.

In Classic Physique it was another representative from Antigua & Barbuda, Bernard Percival, who took the victory in a very difficult competition. Eight great athletes showed why competing in Classic Physique Professional is not easy for anyone. Any of the top 5 had medal options, and the judges had a hard time. Bernard Percival won due to his physique, which very appropriately is without a doubt Classic: rocky, aesthetic physique, excellent abdominals, grooved shoulders rarely seen, V-shape, classic poser at his time, adequate definition and excellent vacuum pose, he was also the best poser of all – and all of this not having the largest muscle mass. The second, Haakmat Randal from Guyana, came from the amateur competition as the overall winner and corresponded to the competitor cut led by Percival: good shape, great V-line, good poser, but still has to speed up his condition.

The Bikini competition was, without a doubt, the toughest and most difficult of all and perhaps the most difficult of all 2022 on the PRO Elite circuit so far. The 2021 PRO world champion from Antigua & Bermuda, Kimberly Percival, once again took gold. Tall, with long legs but with a suitable torso with development of Bikini lines, shoulder width, small waist, good legs and buttocks, although her personal hallmark is that balanced physical condition that makes her difficult to beat and posing that is admirable in every movement. The other two medallists, Leanna Carrington and Michelle Seaforth, were also from the islands of Antigua & Barbuda, as was the fourth, Leanna Carrington and Michelle Seaforth.

The two top medallists in Bodybuilding were also from one of the most successful countries in the area. They were both massive and had improved since the last time they came out to compete. Soepe Koesse, the PRO killer from Suriname, combines a huge muscle mass with great arms and back with a tiny waist, and when it is trimmed to the maximum, it can't lose. This is perhaps what separated him from victory, not getting to the limit in his condition. The champion, also from Suriname, was Eddy Wilson, not the pre-pandemic Eddy Wilson, but a super-improved version, in absolutely the best condition we can remember. Bigger, more massive, more ripped and with a muscular balance that makes him the next candidate for PRO WORLD Champion 2022 in Seville.





ARAB COUNTRIES CHAMPIONSHIP -ALEJANDRIA-



COMPLETE PHOTO
GALLERY



THE CITY of Alexandria hosted a new edition of the Arab Countries Championship at the end of July 2022. The Egyptian federation, chaired by Dr Abdel Fahim, also Vice-President of the IFBB, summoned the best athletes in the area in this historical worldwide city.

Athletes from Palestine, Saudi Arabia, Algeria, Sudan, Oman, among others were in the registry that was carried out in an orderly manner under the supervision of the IFBB Official Mr. Tarik Kalil, who under the direction of the Executive Director of the EBFF who, Don José Ramos, was also attending the event, were registered a total of 388 competitors.

The Championship received a special visit during the day on Friday. The Governor of Alexandria General Mohamed Taher Elsherief, presided over part of the competition alongside the IFBB directors.

In the sports part in the Classic Physique Category up to 175cm Elsayed Aiman from Egypt won the gold medal. He highlighted his staging and physical form of him. With a good set-up, he distanced himself from his opponents and after several comparisons, he achieved success.

Bahraini athlete Khalid Jassim Youff won gold in the Bodybuilding category up to 70 kg, ahead of all Egyptian athletes. It was one of

the surprises of the day, in a very even category, where the muscle definition and symmetry of the competitor from Bahrain, showed the merit of the prize won.

Another athlete, in this case from Algeria, gave the surprise in the Classic Physique category up to 171 Mohamed Seghir. In a category with 14 Egyptian athletes, he asserted the harmony of his physique that stood out during the final.

A top-level sporting event, led by the staff of the Egyptian Federation, which delighted the spectators. The treatment received by the organization was excellent and all the athletes gave their best to make everyone enjoy a magnificent competition.





MEN'S PHYSIQUE

Men's Physique up to 173 cm:
Adel Lefkir (Algeria)
Men's Physique up to 179 cm:
Mohamed Aymen Sayed (Egypt)
Men's Physique over 179 cm:
Abdelrhman Yasser Abdelghany (Egypt)



MEN'S CLASSIC PHYSIQUE

Men's Classic Physique up to 171 cm:
Mohamed Saghir (Algeria)
Men's Classic Physique up to 175 cm:
Elsayed Aymen (Egypt)
Men's Classic Physique over 175 cm:
Mohamed Magdy Elsayed Deghidy (Egypt)



BODYBUILDING

Master Men's Bodybuilding
40-50 yrs Open:
Mohamad Abdel Rehem (Egypt)
Master Men's Bodybuilding
50+ yrs Open:
Mohamed Aboualez (Egypt)
Junior Men's Bodybuilding up to 75 kg:
Alaa Abdelwhelike (Egypt)
Junior Men's Bodybuilding over 75 kg:
Eslam Saad Mostafa Ali (Egypt)
Men's Bodybuilding up to 70 kg:
Khalid Jassim Yousif (Bahrain)
Men's Bodybuilding up to 75 kg:
Abdalmid Shbbah mahmed (Egypt)
Men's Bodybuilding up to 80 kg:
Mahmoud Hassan Mahmoud El Baan (Egypt)
Men's Bodybuilding up to 85 kg:
Agmed Ali Ali Ahmed (Egypt)
Men's Bodybuilding up to 90 kg:
Saad Elsaied Mansour (Egypt)
Men's Bodybuilding up to 95 kg:
Sherif Abdel Baeth Mohamed (Egypt)
Men's Bodybuilding up to 100 kg:
Eslam Saad Mostafa Ali (Egypt)
Men's Bodybuilding over 100 kg:
Sohib Helmy Mohamed (Egypt)





ASIAN CHAMPIONSHIPS OF BODYBUILDING AND FITNESS KYRGYZSTAN 2022

THE GREAT CHALLENGE ON THE WAY TO THE GREATEST GOALS



THE CAPITAL

of Kyrgyzstan, Bishkek, became a welcoming host of this huge international event «2022 IFBB Asian Championships of Bodybuilding and Fitness», on September 3 and 4. The Nation teams from the 38 Asian countries were able to participate in this Championship. The first day of this great event began on Saturday at 10 a.m., with the first categories of

the Men's Bodybuilding program. It was an extreme challenge for judges and athletes alike throughout the two days of the competition, in search for the best physiques among the competing national teams of Iraq, Iran, Oman, Korea, Palestine, UAE, Kazakhstan, Bahrain, Pakistan, Jordan, Syria, Tajikistan, Kyrgyzstan, Belarus, Russian Federation, in view of the fact that it was a record number

of the participation athletes at the IFBB Asian Championships. The second day of the event was over at 11 p.m., finished by the Women's Bikini category on the stage. The participants were rewarded by the titles for the high sport quality and 20 Profession card were awarded. Also During the Asian Championship, for the first time in Kyrgyzstan, the IFBB FITNESS CHALLENGE was held. Athletes



▲ Aleksandr Martynkin achieved the overall Men's Bodybuilding at the Open Asian Championship under IFBB flag.



JUNIOR MEN'S PHYSIQUE 16-23 YEARS OPEN

Gold: Muntadher Ahmed (Iraq)
Silver: Hamidreza Marangimiyaneh (Iran)
Bronze: Imad Mohammed Ahmed (Iraq)

ASIA OPEN CHAMPIONSHIPS



COMPLETE PHOTO GALLERY



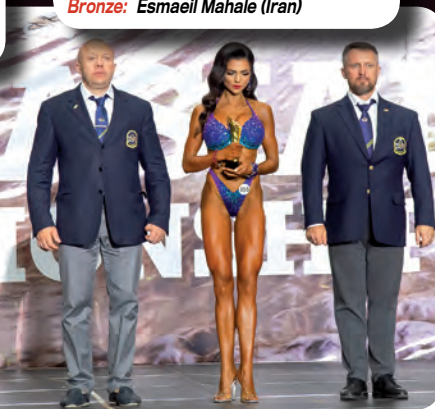
WOMEN'S FIT-MODEL UP TO 163 CM

Gold: Ekaterina Kuvina (IFBB Flag)
Silver: Marina Shuktomova (IFBB Flag)
Bronze: Ainur Mukhambetova (Kazakhstan)



MEN'S CLASSIC BODYBUILDING UP TO 171 CM

Gold: Chankyung Koh (Korea South)
Silver: Ali Haqi Ismail (Iraq)
Bronze: Esmail Mahale (Iran)



▲ Alina Isaeva achieved the overall Women's Bikini at the Open Asian Championship under IFBB flag.

WOMEN'S WELLNESS OPEN

Gold: Diana Vikhrova (IFBB Flag)
Silver: Polina Tiurina (IFBB Flag)
Bronze: Irina Krasnikova (IFBB Flag)

from the Asian national teams took part in it, showing high results of physical training, strength and endurance.

The excellent organizational work carried out by the national federation chaired by AFBF President Mr. Kozhukhov Vitalii and Mrs. Ludmila Elgina. Congratulation to the participants and the organization team that

made this event possible!

Moreover, the IFBB congress took place in Bishkek the day before the start of championship. A very important number of the Asian national federations represented, and they all unanimously supported the proposal to choose a new IFBB Asian President. Mr. Kozhukhov Vitalii was elected to this position by almost unanimous vote. The

President of the IFBB, Mr. Rafael Santonja was present during the whole championships and the Congress Assembly.

Congratulations and we are sure the new AFBF President would make a huge contribution to the development and promotion of bodybuilding and fitness in the Asian region but throughout the sports word!

WOMEN'S BIKINI OVER 172 CM

Gold: Xeniya Ivanova (Kazakhstan)
Silver: Anastassiya Zhdanovich (Kazakhstan)
Bronze: Ariunzaya Khandsuren (Mongolia)



IFBB ASIA CHAMPIONSHIPS

MEN'S FITNESS OPEN

Gold: Tikhon Galaktionov (Uzbekistan)
Silver: Vahid Hanifeloo (Iran)
Bronze: Semyon Arykin (Kazakhstan)
4th: Enkhbat Batmunkh (Mongolia)



BEGINNER MEN'S BODYBUILDING OPEN

Gold: Mazin Al Ubaidani (Oman)
Silver: Abdulla Alhammedi (UAE)
Bronze: R.A.P.D. Rajapaksha (Sri Lanka)
4th: Artem Andreev (Kyrgyzstan)
5th: Sergey Kupriyanov (Kazakhstan)



WOMEN'S PHYSIQUE OPEN

Gold: Marina Nasretidinova (Kazakhstan)
Silver: Oxana Sadovnik (Kazakhstan)
Bronze: Oxana Kaznacheyeva (Kazakhstan)



WOMEN'S FIT-MODEL OVER 163 CM

Gold: Alyona Chsheglova (Kazakhstan)
Silver: Elizaveta Koneva (Kyrgyzstan)
Bronze: Zarina Zhursunova (Kazakhstan)

MEN'S BODYBUILDING UP TO 65 KG

Gold: Rahman Lateef (Iraq)
Silver: Ahmed Ogail (Iraq)
Bronze: R.A.P.D. Rajapaksha (Sri Lanka)



MEN'S PHYSIQUE OVER 179 CM

Gold: Hamidreza Marangimiyaneh (Iran)
Silver: Ali Alnaqbi (UAE)
Bronze: Ebraheim Aldosar (UAE)



2022 IFBB BODYBUILDING & FITNESS ASIAN CUP

PERSIAN ATHLETES SHOW THEIR POTENTIAL IN KISH (IRAN)

"Iran demonstrates the sporting importance of Bodybuilding in their country, with an excellent event held in the tourist destination of Kish Island."

"Kazem K. Zolfaghari, a new Iranian sports star, wins the overall Bodybuilding title."



COMPLETE PHOTO GALLERY



▲ The podium of Bodybuilding Super Heavyweights (+100 Kg), with Kambiz Samadi (silver), Masood Ghadirian (gold) and Ali Asghar Kaboli (bronze).



THE IRANIAN

Bodybuilding Federation chaired by Dr. Abdolmahdi Nasirzadeh, recognized by the Iranian Olympic Committee, demonstrated its commitment to sports and a healthy lifestyle with the organization of the 1st Asian Cup, held on the island of Kish together with the 1st Asian Fitness Challenge Championships.

The Iranian authorities turned to a sensational competition that offered all the official IFBB men's disciplines and where the overall champions achieved the Elite Pro Card.

The competition, held from March 9 to 12, was attended by President Santonja, who later travelled to the capital Tehran to meet with the sports and Olympic authorities of Iran.

The Bodybuilding champions, all of them from Iran, were as follows:

BODYBUILDING CHAMPIONS

| | |
|------------------------------|-------------------------|
| JUNIOR: | Mohammad Javad Ebrahimi |
| MASTER (-80 KG): | Ahmad Davood Zadeh |
| MASTER (+80 KG): | Mohtasham Khozaymeh |
| FLYWEIGHT (-60 KG): | Ehsan Khajavi |
| BANTAMWEIGHT (-65 KG): | Ali Asghar Mohammadpour |
| LIGHTWEIGHT (-70 KG): | Sajjad Salemi |
| WELTER (-75 KG): | Mohammad Moftakhar |
| MIDDLE-LIGHTWEIGHT (-80 KG): | Shahriar Shool |
| MIDDLEWEIGHT (-85 KG): | Bizhan Shirzad |
| SUPER-MIDDLEWEIGHT (-90 KG): | Amirhoseyn Mohammadi |
| SEMI-HEAVYWEIGHT (-95 KG): | Majid Gharaghoozloo |
| HEAVYWEIGHT (-100 KG): | Kazem K. Zolfaghari |
| SUPER-HEAVYWEIGHT (+100 KG): | Masood Ghadirian |
| OVERALL WINNER: | Kazem K. Zolfaghari |

◀ The podium of Bodybuilding Heavyweights (~100 Kg), with Abolfazl Mashayekh (silver), Kazem K. Zolfaghari (gold) and Ahmed Roohparvar (bronze).

The podium of Bodybuilding Welterweights (-75 Kg), with Saeid Khasefi (silver), Mohammad Moftakhar (gold) and Erfan Sayyadi (bronze). ▼

The podium of Bodybuilding Flyweights (-60Kg), with Sajjad Heydari (silver), Ehsan Khajavi (gold) and Saeid Bizhani (bronze). ►



▲ The podium of Bodybuilding Light-Middleweights (-80 Kg), with Mohsen Nekoei (silver), Shahriar Shool (gold) and Mehrdad Atash Afraz (bronze).

▲ The Bodybuilding Light Heavyweight podium (-95 Kg), with Majid Parsamehr (silver), Majid Gharaghoozloo (gold) and Tofigh Shahkoomahli (bronze).

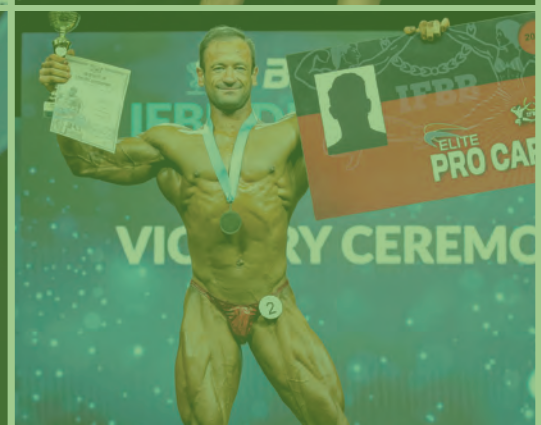
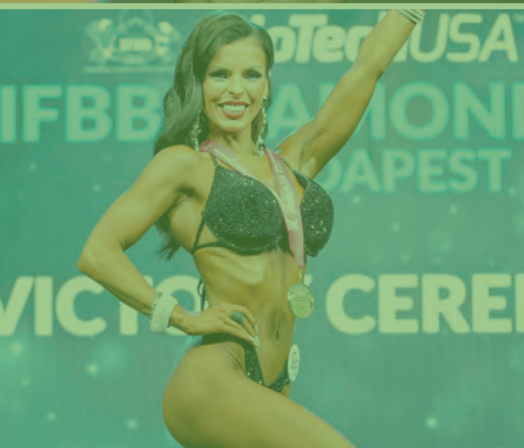
President Santonja travelled to Iran to meet with the country's sports and Olympic authorities in Tehran, after his presence in Kish to supervise the development of the I Asian Cup of Bodybuilding & Fitness. In the image, participating in one of the medal ceremonies. ►



OTHER CHAMPIONS:

| | |
|------------------------------|---------------------------|
| CLASSIC BODYBUILDING: | Mohammad Mohammadi (Iran) |
| JUNIOR CLASSIC BODYBUILDING: | Mohammad Anari (Iran) |
| JUNIOR CLASSIC PHYSIQUE: | Navid Dehgani (Iran) |
| MASTER CLASSIC PHYSIQUE: | Morteza Yomar (Iran) |
| MEN'S PHYSIQUE: | Ayoub Bassami (Iran) |
| JUNIOR MEN'S PHYSIQUE: | Alireza Ekbatani (Iran) |
| MUSCULAR MEN'S PHYSIQUE: | Ramtin Naderi (Iran) |

◀ Ayoub Bassami, overall Men's Physique champion.





III DIAMOND CUP SKOPJE 2021

ANOTHER HEAD-TO-HEAD BETWEEN ASIAN AND EUROPEAN ATHLETES IN NORTH MACEDONIA

"The national federation (BBFFM) chaired by Mr. Boban Djorovski and promoter Velislav Nimov consolidate North Macedonia in the IFBB Circuit."

"Boris Palovic (IFBB Flag) prevails in Master Bodybuilding and Master Classic Bodybuilding."



FOR THE THIRD YEAR IN A ROW,

the capital of North Macedonia hosted the IFBB Diamond Cup Skopje, held on 9-12 October. The event was organized by the national federation (BBFFM), chaired by Mr. Boban Djorovski, and promoter Velislav Nimov.

Athletes from Asia and Europe participated in the event, which was a

success. For the first time, the disciplines of Fit Pairs and Fit Model were present, consolidating the prestige of a competition that serves as a test prior to the IFBB World Championships.

The 2021 Diamond Cup Skopje distributed 7 Elite Pro cards and left us the following champions:



▲ Boris Palovic achieved gold medals in the Master (+40 years) Bodybuilding and Classic Bodybuilding disciplines.



▲ Granit Kuleta (Kosovo) achieved the overall victory in Bodybuilding.



▲ Tibor Helmecci (IFBB Flag) was the best athlete in Men's Physique. He achieved the Elite Pro card after winning the Tall class and the Overall.

COMPLETE PHOTO GALLERY



► The president of the BBFFM, Mr. Boban Djorovski, along with the finalists of Classic Physique, won by Mohamad Ali (Denmark).

BODYBUILDING

Master:

Boris Palovic (IFBB Flag)

Junior:

Nedim Ozdemir (Turkey)

Open:

Granit Kuleta (Kosovo)

CLASSIC BODYBUILDING

Master:

Boris Palovic (IFBB Flag)

Open:

Kenzie Durant (Belgium)

CLASSIC PHYSIQUE

Open:

Mohamad Ali (Denmark)

MEN'S PHYSIQUE

Middle class (+179 cm):

Yordan Dimitrov (Bulgaria)

Tall class (+179 cm):

Tibor Helmecci (IFBB Flag)

FIT PAIRS

Open:

Emilia Hristova & Yordan Dimitrov (Bulgaria)

FIT MODEL

Open:

Sharon Wacanno (Netherlands)

BIKINI FITNESS

Junior:

Anika Donner (Austria)

Master:

Emilia Hristova (Bulgaria)

Middle class (+166 cm):

Elizabet Mihailova (Bulgaria)

Tall class (+166 cm):

Emilia Hristova (Bulgaria)

OVERALL BIKINI FITNESS:

Emilia Hristova (Bulgaria)

OVERALL MEN'S PHYSIQUE:

Tibor Helmecci (IFBB Flag)

OVERALL BODYBUILDING:

Granit Kuleta (Kosovo)



I DIAMOND CUP BELGIUM 2021

THE BELGIAN STARS SHINE ON THE INTERNATIONAL CIRCUIT

"Alina Mashikhina and Bright Eze achieve overall titles for Belgium in Bikini and Men's Physique."

"Fit Pairs and Fit Model consolidate as increasingly important divisions."



THE 2021 Diamond Cup Belgium was held in Mons from October 22 to 23. The event was perfectly organized by the Federation of Belgium chaired by Mr. Andre Wouters, reaching a high number of participating athletes. The disciplines of Bikini and Men's Physique stood out. The event was an excellent opportunity

for the best national athletes to stand out two weeks ahead of the World Championships. The veteran Bright Eze stole the limelight at 42, achieving the gold medal in Men's Physique Middle class, in Master and in the overall competition.

Eze's titles were joined by Alina Mashikhina in Bikini, Bram Rotgger

in Men's Physique Tall class, Oumar Sylla in Junior Bodybuilding and Joseph Peter in Classic Physique. Along with Elisa Peeters' double silver medal in Bikini, they made a fantastic selection of champions for the Belgian federation.

The 2021 Diamond Cup Belgium distributed 12 Elite Pro cards and left us the following champions:



The new Fit Pairs discipline had an excellent debut in Belgium, summoning a good number of couples.

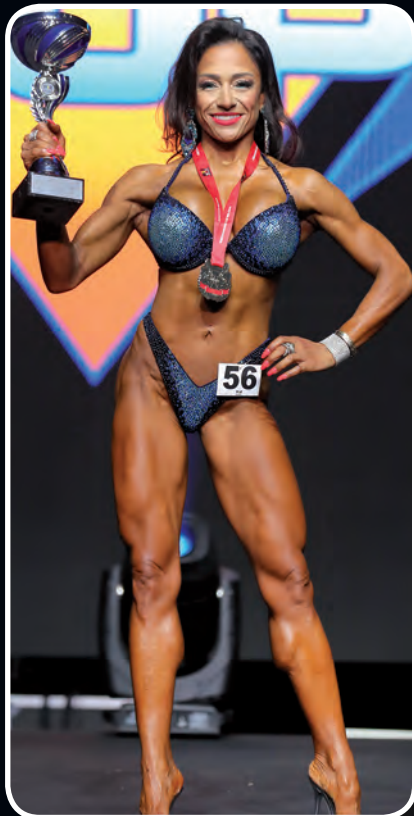
OPEN
HERE

COMPLETE PHOTO
GALLERY





▲ At 24, Joseph Peter (Belgium), won the Classic Physique title and points at becoming a new Elite Pro star, with his proportions and muscular structure.



▲ Kamila Pardamkova (Spain) achieved the gold medal in the Master Bikini class.

BODYBUILDING

Junior: Oumar Sylla (Belgium)
Open: Niro de la Rúa (Sweden)
Master: Ermilio Scoop (Netherlands)

CLASSIC BODYBUILDING

Open: Boris Palovic (IFBB Flag)
Games: Egert Olov (Estonia)

CLASSIC PHYSIQUE

Open: Joseph Peter (Belgium)

MEN'S PHYSIQUE

Junior: Tucker Sedmak (Norway)
Master: Bright Eze (Belgium)
Middle class (-179 cm): Bright Eze (Belgium)
Tall class (+179 cm): Bram Rottiger (Belgium)
Muscular: Tomas Petrenas (Lithuania)

BIKINI FITNESS

Junior: Sandra Coskun (Germany)
Master: Kamila Pardamkova (Spain)
Short class (-160 cm): Maria Sava (Romania)
Middle class (-166 cm): Alina Mashikhina (Belgium)
Tall class (-172 cm): Linnea Bystrom (Sweden)
Super Tall class (+172 cm): Dovile Paulaviciute (Lithuania)

WELLNESS

Open: Chayenne Sluyters (Netherlands)

BODYFITNESS

Master: Julita Ciunyte (Lithuania)
Open: Julita Ciunyte (Lithuania)

FIT MODEL

Open: Bianca de Wit (Netherlands)

FIT PAIRS

Open: Dovile Paulaviciute & Tomas Petrenas (Lithuania)

OVERALL BIKINI FITNESS: Alina Mashikhina (Belgium)
OVERALL MEN'S PHYSIQUE: Bright Eze (Belgium)



Bright Eze (Belgium) won 3 gold medals and the Elite Pro card in Men's Physique.



▲ Alina Mashikhina (Belgium) surprised all her rivals and achieved the overall title of Bikini.



Junior athletes also played a leading role in the Diamond Cup, led by Oumar Sylla (Belgium), who won gold in Junior Bodybuilding.

The Top 5 of Bodybuilding Heavyweights (+85 kilos), with Ali Karali (Turkey; 4th), Evgeniy Tsvetkov (Russia; silver), Pavel Foran (Czech Rep.; Winner), Vitaliy Kozhukhov (Kyrgyzstan; bronze) and Emilian Stirbu (Romania; 5th).



2021 4th DIAMOND CUP SERBIA

SERBIA AND CÂCÂK CONFIRM THEIR COMMITMENT TO THE IFBB AND THE BALKAN AREA ATHLETES



WITH 3 OTHER EDITIONS

in its history, the Serbian city of Cacak reaffirmed its commitment to the IFBB by organizing a new edition of its traditional Serbian Diamond Cup, which brought together athletes from 3 continents in search of the titles and Elite Pro cards offered from October 29 to 31.

The Serbian Federation (SSBBFBFA) and its president, Mr. Goran Ivanovic, have turned Cacak into a fixed venue for IFBB events, not only in regional events in the Balkan area, but also for global events such as the Children's Fitness World Championships or the Diamond Cup, which gathered athletes from Europe, Asia and Africa.

Always with the institutional support of Serbian sports authorities, the 2021 Diamond Cup left us the following champions:

Bikini Top 6 Tall class (+165 cm), with Marija Vukovic (Serbia; 6th), Buse Cakmanoglu (Turkey; 4th), Chirstina Popova-Shishova (Bulgaria; silver), Viktoriia Lysenko (Ukraine; winner), Sindi Ivanova (Bulgaria; bronze) and Sonja Ilic (Serbia; 5th).

"Athletes from Europe, Asia and Africa come together in Câcâk in another event perfectly organized by the SSBBFBFA."

"The Diamond Cup Serbia grows adding the disciplines of Classic Physique and Women's Physique to its 4th edition."

COMPLETE PHOTO GALLERY



The athletes of Men's Physique had to fight to the maximum for the medals. Also divided into 3 classes, the division registered athletes from Tunisia, Russia, Montenegro, Bulgaria, Germany, Turkey and others representing the IFBB. ▼



BODYBUILDING

Middleweight (-85 Kg): Dmytro Marchenko (Ukraine)
Heavyweight (+85 Kg): Pavel Forman (Czech Rep.)
Wheelchair: Marko Vickovic (Montenegro)
Master: Pavel Forman (Czech Rep.)

CLASSIC BODYBUILDING

Open: Aleksandar Lekic (Serbia)
Games: Aleksandar Lekic (Serbia)
Master: Zlatko Sekularac (Montenegro)

CLASSIC PHYSIQUE

Open: Igor Kutik (Czech Rep.)

MEN'S PHYSIQUE

Short class (-178 cm): Rustam Krymukov (Russia)
Tall class (+178 cm): Marko Vukotic (Montenegro)
Junior: Sameh Ben Salem (Tunisia)

The Serbian Bodybuilding & Fitness Federation (SSBBFA) has been promoting bodybuilding in the Balkan area for several years. Thanks to its president, Mr. Goran Ivanovic (right), Cacak has established itself as a meeting point for athletes and international personalities. In the image, with officer Nenad Vuckovic (left), presenting the IFBB Silver Medal to Mr. Aleksandar Djordjevic, President of the Belgrade Bodybuilding Association and CEO of the country's leading gym chain. ▼



Serbian official Ivan Strugarevic and IFBB officials Natalia Nazarenko and Victor Hernandez accompany the two best Bikini athletes, Teodora Pacic (Serbia) and Viktoriia Lysenko (Ukraine), winners of the Elite Pro card. ▼



WOMEN'S PHYSIQUE

Open: Andrijana Dabic (Austria)

BIKINI FITNESS

Master: Petya Kolarova (Bulgaria)
Short class (-165 cm): Teodora Pacic (Serbia)
Tall class (+165 cm): Viktoriia Lysenko (Ukraine)

BODYFITNESS

Master: Bojana Komarica (Serbia)
Open: Dusica Dokic (Serbia)

OVERALL BIKINI FITNESS: Viktoriia Lysenko (Ukraine)

OVERALL MEN'S PHYSIQUE: Marko Vukotic (Montenegro)

OVERALL BODYBUILDING: Dmytro Marchenko (Ukraine)

The Podium of Men's Physique Short class (-178 cm), with Alexander Khotyanovich (IFBB Flag; silver), Rustam Krymukov (Russia; winner) and Goran Zivkovic (Serbia; bronze). ▼



The Podium de Men's Physique Tall class (+178 cm), with Kerim Boyraz (Turkey; silver), Marko Vickovic (Montenegro; winner) and Joshua Malek (Germany; bronze). ▼



The Bikini discipline was one of the most contested. Divided into 3 classes, it featured athletes from Serbia, Bulgaria, Belarus, Austria, Ukraine, Turkey and Hungary. ▼

I DIAMOND CUP LUSOFONIA: PORTUGAL 2021



AHMED AL MASKARI (BODYBUILDING) AND JESSICA RODRÍGUEZ (BIKINI) TRIUMPHED AT THE GREAT VENUE OF PORTUGUESE FITNESS



▲ The overall Bodybuilding podium with Mikhaïl Dyadyuk (Russia; 2nd), Ahmed Al Maskari (Oman, winner) and Hilario Pinto (Angola; 3rd).



▲ Silvio Koorndijk (Romania), overall champion of Classic Physique.

▲ Jessica Rodríguez (Spain), overall champion of Bikini.

ORGANIZED

by IFBB official José Monteiro, with support from Portuguese institutions, the Diamond Cup Circuit returned to Portugal from November 19 to 21. The town of Povo de Lanhoso hosted an event in which 12 Elite Pro cards were distributed. A large number of African and Asian athletes participated alongside the European athletes, and achieved a significant number of medals.

"The hosts achieve 3 gold medals and dominate in Men's Physique."

"Angola, Mozambique, Cape Verde and Oman were on the medal table."

CHAMPIONS 2021 DIAMOND CUP LUSOFONIA:

MEN'S PHYSIQUE

Master:

Ismail Loay (Portugal)

Short class (-170 cm):

Simão Ribeiro (Portugal)

Middle class (-176 cm):

José M. Boaventura (Mozambique)

Tall class (+176 cm):

Bruno Ramos (Portugal)

Muscular:

Samuel N'zage (Angola)

BIKINI

Junior:

Sandra Coskun (Germany)

Master:

Milena Limonghi (Spain)

Short class (-160 cm):

Sandra Coskun (Germany)

Middle class (-166 cm):

Jessica Rodríguez (Spain)

Tall class (+166 cm):

Justina Kacinskas (Ireland)

CLASSIC BODYBUILDING

Open:

Thomas Demeijer (Belgium)

WELLNESS

Open:

Tatiana Eremina (Russia)

CLASSIC PHYSIQUE

Short class (-175 cm):

Silvio Koorndijk (Romania)

Tall class (+175 cm):

Thomas Demeijer (Belgium)

FIT MODEL

Open:

Emilia Hristova (Bulgaria)

FIT PAIRS

Open:

Brigitta German & Michal Mai Xuan (Ireland)

BODYBUILDING

Master:

Michal Mokos (Slovakia)

Middleweight (-80 kg):

Hilario Pinto (Angola)

Semi-heavyweight (-90 kg):

Ahmed Al Maskari (Oman)

Heavyweight (+90 Kg):

Mikhaïl Dyadyuk (Russia)

BODYFITNESS

Master:

Vanessa del Pino Sosa (Spain)

Open:

Vanessa del Pino Sosa (Spain)

OVERALL CHAMPIONS:

BODYBUILDING:

Ahmed Al Maskari (Oman)

MEN'S PHYSIQUE:

José M. Boaventura (Mozambique)

CLASSIC PHYSIQUE:

Silvio Koorndijk (Romania)

BIKINI:

Jessica Rodríguez (Spain)

IFBB official José Monteiro (centre) brought a new Diamond Cup event to Portugal. In the image, along with other personalities at the Bodybuilding Middleweight awards ceremony, where the Angolan Hilario Pinto prevailed.

COMPLETE PHOTO GALLERY



2021 I DIAMOND CUP TUNISIA

BODYBUILDING CONTINUES TO PROGRESS IN NORTH AFRICA



"Algeria takes all the overall titles and Abdelhakim Slatnia and Adel Lefkir retain the gold medals achieved at the 2019 Maghreb Championships."

"Adel Senani (Algeria), overall champion of Bodybuilding."



COMPLETE PHOTO GALLERY



▲ The president of the TFBB, Mr. Guedoura Mohamed Marouene, during the Classic Bodybuilding final (+172 cm), won by Mohamed Belbel (Algeria).



◀ The Top 5 of Bodybuilding (+80 kilos), where Adel Senani (Algeria) prevailed.



◀ Top 5 of Men's Physique (-179 cm), where Imad Ellozi (Morocco) prevailed.



◀ The Classic Physique division was one of the most disputed. The winner was Abdelhakim Slatnia (Algeria), Arab champion of the Maghreb in 2019.



▲ Adel Senani (Algeria), overall champion of Bodybuilding.

THE TUNISIAN Federation of Bodybuilding (TFBB) has consolidated an important sporting activity during the past decade, thanks to its president, Mr. Guedoura Mohamed Marouene. With the gradual overcoming of the Covid-19 pandemic, its activity has begun to recover. After organizing the Maghreb Arab Championships with great success in December 2019, the TFBB once again hosted an international competition, which was held in the country's capital on November 26 and 27, 2021.

The competition was very disputed, and had many similarities with the 2019 Maghreb championships. The two athletes Abdelhakim Slatnia and Adel Lefkir revalidated the gold medals achieved in Classic Physique and Men's Physique, respectively, for Algeria – and became overall winners this time.

The I Diamond Cup Tunisia marks another step forward in the relationship between Bodybuilding and the African Olympic Family. The IFBB is recognized by both the Association of National Olympic Committees of Africa (ANOCA) and by the Association of African Sports Confederations (UCCA).

CHAMPIONS 2021 IFBB DIAMOND CUP TUNISIA:

BODYBUILDING

Middleweight (-80 Kg):
Chakib Marrag (Tunisia)
Heavyweight (+80 Kg):
Adel Senani (Algeria)

CLASSIC PHYSIQUE

Open:
Abdelhakim Slatnia (Algeria)

CLASSIC BODYBUILDING

Short class (-172 cm):
Toufik Khouatra (Algeria)
Tall class (+172 cm):
Mohamed Belbel (Algeria)

MEN'S PHYSIQUE

Short class (-173 cm):
Adel Lefkir (Algeria)
Middle class (-176 cm):
Moussa Ahmed (Egypt)
Tall class (-179 cm):
Ellozi Imad (Morocco)
Super Tall class (+179 cm):
Youssef Amlou (Morocco)

OVERALL CLASSIC BODYBUILDING: Mohamed Belbel (Algeria)

OVERALL MEN'S PHYSIQUE:
Adel Lefkir (Algeria)
OVERALL BODYBUILDING:
Adel Senani (Algeria)



2021 IV DIAMOND CUP CANCUN

COMPLETE PHOTO GALLERY



THE MEXICAN CARIBBEAN SAID GOODBYE TO THE NORTH AMERICAN 2021 SEASON IN STYLE

➔ **THE MEXICAN** Federation (FMFF) chaired by Mr. Francisco Cabezas and the state federation of Quintana Roo joined forces, once again, to host a new edition of the Diamond Cup in beautiful Cancun. Athletes from all over America, and from various European countries, met in the North American area looking for the last Elite Pro cards of the season.

IFBB Vice Presidents Mr. Marco Cabezas and Ing. Eduardo Abdalah were present at the event that had the support of the Mexican Olympic Committee and the local authorities of Cancun, who are always open to consolidate the city as a top international tourist destination.

The champions of the 2021 Diamond Cup Cancun were the following:

BODYBUILDING

Middleweight (-80 kg): José Facundo (Mexico)
Heavyweight (+80 Kg): Emilio Alvarado (Mexico)

CLASSIC BODYBUILDING

Open: Edgard Gomes (Portugal)

CLASSIC PHYSIQUE

Open: José Facundo (Mexico)

MEN'S PHYSIQUE

Master: Josué González (Mexico)
Short class (-173 cm): Stiff Chaves (Costa Rica)
Tall class (+173 cm): Edson Bonilla (Nicaragua)

BIKINI FITNESS

Open: María Gallego (Mexico)
Master: Aminta López (El Salvador)

BODYFITNESS

Open: Irma Moncada (Nicaragua)
Master: Sonia Traperó (Spain)

WELLNESS

Short class (-156 cm): Vanesa Maza (Mexico)
Tall class (+156 cm): Emily Nava (Mexico)

WOMEN'S PHYSIQUE:

Open: Jessica Cervantes (Mexico)

▲ The President of the FMFF, Mr. Francisco Cabezas, and the IFBB Vice President for North America, Mr. Marco Cabezas, together with the overall Bodybuilding champion, Emilio Alvarado.



◀ A spectacular final image, with all the champions and the main personalities of the 2021 Diamond Cup Cancun.

IRMA MONCADA
(Nicaragua)
Overall champion of
Bodyfitness.

VANESA MAZA
(Mexico)
Overall champion of
Wellness.

STIFF CHAVES
(Costa Rica)
Overall champion of
Men's Physique.

JESSICA CERVANTES
(Mexico)
Overall champion of
Women's Physique.

EMILIO ALVARADO
(Mexico)
Overall champion of
Bodybuilding.

SONIA TRAPERO
(Spain)
Bodyfitness Master
champion.

JOSUÉ GONZÁLEZ
(Mexico)
Men's Physique
Master champion.

JOSÉ FACUNDO
(Mexico)
Overall champion of
Classic Physique.

EDGARD GOMES
(Portugal)
Overall champion of
Classic Bodybuilding.

MARÍA GALLEGO
(Mexico)
Overall champion
of Bikini.



DIAMOND CUP ROME

4TH AND 5TH DECEMBER 2021

FIT ITALY
SHOW PROMOTION

**ROME HOSTED A NEW EDITION OF ITS DIAMOND CUP
ON DECEMBER 4 AND 5, 2021**



ROBERTO CASEVECCHIA
Overall champion of
Master Bodybuilding



23 COUNTRIES

made up the cast of competitors who met in the halls of the Park Hotel Marriot. The Italian organizational team, led by its President, Mr. Benedetto Mondelo, received all the participants arriving to register on Saturday with open arms. As always, the Italian federation gave a commemorative t-shirt to all participants, to remind everyone that bodybuilding, fitness and healthy lifestyle is alive and well in Italy.

The event kicked off on Sunday morning, with all health measures established by the Italian Government in place. This had been closely overseen by the organization,

and was welcomed by athletes, judges and spectators.

Classic Bodybuilding master and senior classes were first out, with Ihar Sidarchuk and Fabrizio de Silvestro proclaimed winners. The latter won the overall title and with it, the precious Elite-Pro card, as well as a spectacular medal designed for the occasion.

In junior bodybuilding the winner was Salvatore Sambito, who later debuted in senior bodybuilding up to 90kg.

The Overall Master went to Roberto Casevecchia after a beautiful fight with his Italian compatriot Fulvio Comoli.

In women's bodyfitness division, Silvia Cecchinato took gold in the master and senior classes, as well as achieving



Ihar Sidarchuk
Champion of Classic
Bodybuilding Master



Salvatore Sambito
Champion of Bodybuilding
Junior

FABRIZIO DE SILVESTRO
Champion of Classic
Bodybuilding Senior and
Overall



OPEN
HERE

COMPLETE PHOTO
GALLERY



the Elite-Pro cards for both, being crowned queen of the division at the 2021 Diamond Cup Rome.

Senior bodybuilding up to 80kg again saw a duel between Nicola Barlota and Alex Zuccaro. After a frenetic fight between the two athletes, current world champion Nicola Barlota took the victory. His great shape and his winning attitude, combined with his flawless choreography, led him to also winning the Overall title.

5 athletes from Brazil, Poland, Italy and Bosnia competed for the Women's Physique title, giving a rhythmic touch to the female disciplines, with plastic

and elegant music and choreography.

The Master Bikini class for over 40 years featured 11 competitors. The Italian Alessandra Santoro won the gold, and later also the overall.

Falón Vargas, Alessandra Stantella, Lucille Salvan and Nadia Cainelli won their respective classes in the bikini fitness division. Falón Vargas took the crown of the bikini classes and obtained the elite-pro card.

A great event with a great audio-visual production, thanks to the Italian Federation and its staff, who have once again put Rome in the limelight of the world of fitness.

SILVIA CECCHINATO

Champion of Bodyfitness
Master, Senior and Overall



ALESSANDRA SANTORO

Champion of Master Women
Bikini +40 years
and Overall



▲ Women's Physique: Franca La Ganga, Julia Danielewska Cugier, Aline Silva de Souza, Paola Maresca, Nudzejma Huseinagic.

NICOLA BARLOTA

Champion of
Bodybuilding
senior +80kg
and Overall



BODYBUILDING

Alessandra Stantella

Champion of Bikini
up to 164 cm



Lucille Salvan

Champion of Bikini
up to 166 cm



Nadia Cainelli

Champion of Bikini
+166 cm



FALÓN VARGAS

Champion of
Bikini up to
160 cm and
Overall





IFBB DIAMOND CUP MALTA 2022



COMPLETE PHOTO
GALLERY



▲ Neli Stoyanova triumphs in Junior Bikini Open, Senior Bikini up to 160 and wins Overall Bikini title.

GIULIO ALBI
Overall
Bodybuilding
Winner



THE SIXTH edition of the Malta Diamond Cup took place in beautiful Corinthia Hotel at St. George's Bay, St. Julians. Organized by the Malta Bodybuilding and Fitness Federation and its president Ralph Decelis, in which participated athletes from 23 countries.

The winners in the amateur categories, among others, were: Giulio Albi, from Italy, in bodybuilding, Alessandra Ferrari, from Italy, in bodyfitness, and Neli Stoyanova, from Bulgaria, in bikini.

Every year Malta organise and celebrates a great international bodybuilding and fitness events. This autumn we are back there again. Malta International Grand Prix will take place on September 9-11th.

▲ Mathilde Tardieu from France with her phenomenal physique wins Wellness Open category.

▲ Matej Kristin wins Classic Bodybuilding and Classic Physique Open categories.



▲ Alessandra Ferrari Overall Bodyfitness Winner.



▲ Liliana Migliaccio wins Master Women's Bodyfitness over 40years and Overall title.



▲ Carlos Hernandez Overall Men's Physique Winner.





▲ Italian golden couple Nadia Cainelli and Francesco Fasciana wins Fit Pairs category.

▲ Johan Florus Overall Men's Master Bodybuilding Winner.

▲ Top 5 Women's Bikini up to 169cm and category leader champion from Italy Nadia Cainelli.



▲ Top 5 Women's Bodyfitness Open category and winner Vanesa Del Pino Sosa from Spain.

▲ Top 3 Men's Bodybuilding up to 85kg and category winner by unanimous decision of the judges Ali Mohamad.



▲ Top 6 Bikini up to 160cm category and leader of this category Neli Stoyanova from Bulgaria.



▲ Top 3 Women's Bikini over 169cm and category winner Fiona Van Hoor from Netherlands.



▲ Top 3 Women's Bikini up to 164cm and category winner Julia Dru from France.



▲ Top 3 Men's Bodybuilding up to 95kg and category leader by unanimous decision of the judges Giulio Albi from Italy.

Muscular Men's Physique Open category winner Alejandro Aroz from Spain. ▼

Lahcen Soufi Winner at Men's Physique up to 173cm. ▼



▲ Carlos Hernandez triumph at Men's Physique category 180cm and wins Overall title.



▲ Francesco Fasciana Winner at Men's Physique up to 180cm.

XV TIGER CLASSIC & IV DIAMOND CUP ROMANIA 2022



RENE BLAHOVSKY
(Czech Republic)
Overall Bodybuilding
Champion.



ROBERT FLOREA
(Romania)
Men's Physique
up to 179cm Champion.



DORINE DE SPIEGELEER
(Belgium)
Bikini Junior Champion.



GABRIEL MANOLE
(Spain)
Classic Bodybuilding
Champion.



WE ARE IN BUCHAREST for

another edition of the international Tiger Classic event, which is organized by Mihai Tagore with significant help from the officials of the Romanian federation, spearheaded by its president, Mr. Gabriel Toncean. The chosen location was a sports club with a multifunctional room as well as a swimming pool, tennis courts and other sports facilities, where we were welcomed by a climate heralding summer, with more than 30 degrees at noon. The championship was attended by one hundred athletes from fifteen countries.

The Junior disciplines opened the event. In Junior Men's Physique, the V-shape of the Romanian winner Danut Butilca stood out above the others on the podium, with runner-up Raul Sapataru in good shape and a third-placed Andrei Dimitru with good proportions but lacking mass, something, on the other hand, rather common for juniors. In Bikini, the top 3 was made up in third place by the Romanian Nicola Raluca, tall and with a good presence, the Romanian Anastassia Estroilescu who surprised with her good shape and the Belgian Dorine de Spiegeleer who made her international level clear from the first moment. The Junior Bodybuilding division also had a champion who stood out for his level, Czech Pavel Kutlak, who overwhelmed two Romanians who still need to gain muscle mass to be competitive, Vladut Nicolae Zapis, second, and especially the very tall Adrian Gaitan.

We must highlight the participation of Romanian wheelchair athlete Moise George Gabriel because his quality and muscular size shown make him worthy of being one of the best in Europe in his class.

In Master Bikini, 7 women gathered to give one of the most disputed classes. The Romanian athlete Eliza Oprea took the gold thanks to her lines and her carefully studied pose, followed closely by Virginia Laic and Andreea Savoia.

The Spanish Jesús Espigares, recent European champion in Master Men's Physique, won this time against the Romanian Laurentiu Barzila and the British Liam Gol. In Bodyfitness Masters, the champion came from Estonia, Karmen Kiier, presenting a fairly balanced physique that made her repeat her victory in BodyFitness against the Bulgarian Emilia Hristova and the Belgian Florence Gerard.

The last Master discipline, Bodybuilding, had the local competitor Leonida Radu Ticau as the clear winner. Ticau is tall and massive with a correct definition and a forceful physique not lacking in kilos or physical

JULIJA MACIJEVSKAJA
(Malta)
Fit Model
Champion.

condition. The Belgian Victor Nastase and the Italian Alfonso Licata accompanied him on the podium.

The Fit Model division has quite a few followers in these European regions, although the champion comes from Malta. Julija Macijevskaja prevailed over the Romanian Virginia Laic and the German Andreea Weisner thanks to her youth and her poses.

The Wellness discipline introduced us to an athlete with quite a future in this specialty, the Serbian Anja Mioc, who prevailed against two very good athletes: Therese Sundseth from Norway and the Czech Veronika Kosskova, all with a great structure for this division. In Classic Bodybuilding, World and European Champion from Spain, Gabriel Manole, clearly prevailed. In the Men's Physique classes, the champion of -173 cm stood out. Gabriel Biefnot, clearly prevailed over the Romanians Vay Alpar and Florim Ichin. The champion of the -179 cm class was the Romanian Robert Florea, beating the Spanish Jesús Espigares and the Romanian Ionut Braniste. The tallest of the Men's Physique +179 cms class was won by the Italian Francesco Fasciana, who was also the clear Overall winner. He was accompanied on the podium by Danut Butilca from Romania and Ryan Delia from Malta.

Bikini surprised for its good quality and the short class was won by the Junior champion, the Belgian Dorine de Spiegeleer who triumphed over the Romanians Alexandra Cadar and Mihaela Claudia Nicolescu. Tall size +166 cms was won by the Italian Nadia Cainelli, who prevailed as she also did in the Overall. The two Romanian representatives, Eliza Oprea and Virginia Laic, were the silver and bronze medallists in +166 cm. The Swedish Ibrahim Sifri made a presentation of Classic Physique where he showed a balanced physique. In Bodybuilding up to 80 kilos, Victor Nastase from Belgium won against the Italian Alfonso Licata and the Swedish Ibrahim Sifri. For the heaviest Bodybuilding class, + 80 kgs, it was the Czech Rene Blahovsky who took the gold medal by a narrow margin against the Spanish Gabriel Manole and the Cypriot Dimitry Paraskevov who did not make it easy for the Czech to win. Blahovsky also won the Bodybuilding Overall.

Last but not least, a curious circumstance occurred as the Overall Bikini Champion and the Overall Men's Physique Champion competed together in Fit Pairs and clearly achieved the victory against Emilia Hristova and Ionut Lucian Carovie, who were silver medallists, and the pair composed of Andreea Weisner and Ryan Delia, who took bronze.



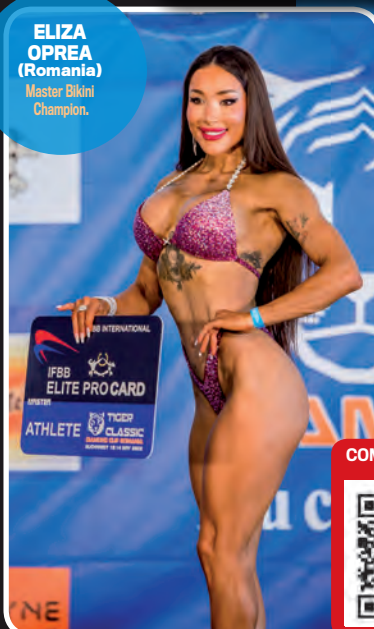
VICTOR NASTASE
(Belgium)
Bodybuilding
up to 80 kg
Champion.



ANJA MIOC
(Serbia)
Wellness
Champion.



ELIZA OPREA
(Romania)
Master Bikini
Champion.



NADIA CAINELLI
(Italy)
Bikini +168cm
Champion.



COMPLETE PHOTO
GALLERY



KARMEN KIIER
(Estonia)
Women's Bodyfitness
Champion.



GABRIEL BIEFNOT
(Belgium)
Men's Physique
up to 173 cm
Champion.





2022 DIAMOND CUP LYON



Mr. Mario Valero, President of the French Federation, poses with athletes Tommy Debiere (France) and Francesco Fasciana (Italy), who ranked first and second respectively in the Men's Physique discipline, earning the right to the Elite Pro card.

FROM MAY 27

to 28, the French Federation, led by its President Mr. Mario Valero, held a new edition of the Lyon Diamond Cup at the Espace Convergence facilities in Mions.

The winners were the following:

VIDEO



COMPLETE PHOTO GALLERY



▲ Kamila Pardamcova from Spain got a new pro card in the Master Women's Bikini discipline.



▲ Karmen Kiier (Estonia) with her pro card obtained thanks to her second place in the Master Women's Bodyfitness discipline.



▲ The winner of the Master Women's Bodyfitness discipline, the German Jenny Kurth, shows her pro card.



▲ Katarzyna Oleskiewicz-Szuba (Poland) and the current European champion in her discipline, the Estonian Agne Kiviselg, first and second classified respectively in the overall Women's Bikini discipline.



▲ The current European champion in the Women's Wellness discipline, the French Mathilde Tardieu, won the overall over the German Franziska Lohberger, in one of the most spectacular "duels" of the competition.



▲ Christina Popova-Shishova (Bulgaria) was proclaimed the winner in the increasingly popular Fit Model discipline.



◀ The French Simona Leber took the victory (and the pro card) in the Women's Wellness master discipline.



▲ Ghizlane El Mejboud, representing France, obtained her pro card by winning in the Women's Bodyfitness discipline.



▲ The Italian couple formed by the athletes Nadia Cainelli and Francesco Fasciana won the Fit Model discipline.



▲ Belgian athlete Joseph Peter poses with his pro card in the Classic Physique discipline.

BODYBUILDING

Master Men's Bodybuilding Open:
Pascal Garnier (France)

Men's Classic Bodybuilding Open:
Kulder Ibouasmane (France)

Men's Bodybuilding up to 90 kg:
Pascal Garnier (France)

Men's Bodybuilding over 90 kg:
Jonathan Rouch (France)

Men's Bodybuilding Overall and 2 Pro Cards:
Jonathan Rouch (France)
Pascal Garnier (France)

BIKINI

Master Women's Bikini Open and Pro Card:
Kamila Pardamcova (Spain)

Junior Women's Bikini 16-23 years, Open:
Alizee Juras (France)

Women's Bikini up to 160 cm:
Amelie Trisson (France)

Women's Bikini up to 164 cm:
Katarzyna Oleskiewicz-Szuba (Poland)

Women's Bikini up to 169 cm:
Agne Kiviselg (Estonia)

Women's Bikini over 169 cm:
Ira Moor (Germany)

Women's Bikini Overall and 2 Pro Cards:
Katarzyna Oleskiewicz-Szuba (Poland)
Agne Kiviselg (Estonia)

WELLNESS

Master Women's Wellness 35 years & over, Open and Pro Card:
Simona Leber (France)

Women's Wellness up to 165 cm:
Franziska Lohberger (Germany)

Women's Wellness over 165 cm:
Mathilde Tardieu (France)

Women's Wellness Overall and 2 Pro Cards:
Mathilde Tardieu (France)
Franziska Lohberger (Germany)

Jonathan Rouch (France) was proclaimed the overall winner in Bodybuilding, with fellow French athlete Pascal Garnier coming in second. ▶



BODYFITNESS

Master Women's Bodyfitness Open and 2 pro cards:
Jenny Kurth (Germany)
Karmen Klier (Estonia)

Women's Bodyfitness Open and Pro Card:
Ghizlane El Mejboud (France)

CLASSIC PHYSIQUE

Men's Classic Physique Open and Pro Card:
Joseph Peter (Belgium)

Master Men's Classic Physique 40 years & over:
Karim Kadri (France)

MEN'S PHYSIQUE

Master Men's Physique 40 years & over, Open:
Cedric Prieur (France)

Men's Physique up to 176 cm:
Tommy Debierre (France)

Men's Physique Over 176 cm:
Francesco Fasciana (Italy)

Men's Physique Overall and 2 Pro Cards:
Tommy Debierre (France)
Francesco Fasciana (Italy)

Muscular Men's Physique Open
Kennedy Maina (Switzerland)

FIT-PAIR

Fit-Pair Open:
Nadia Cainelli - Francesco Fasciana (Italy)

FIT-MODEL

Women's Fit-Model Open:
Christina Popova-Shishova (Bulgaria)

2022 II DIAMOND CUP HUNGARY (BUDAPEST)

THE RETURN OF A SENSATIONAL EVENT ON THE EUROPEAN CALENDAR!



"Hungary shows its dominance in Fit Model and Fitness with 3 imposing champions: Evelin Szalai, Brigitta Veninger and Szofia Bogdan."

"Damian Kosiec (Poland) repeats his title in Classic Bodybuilding 3 years later and also triumphs in Classic Physique."

Gergely Kardos (Hungary), the young dominator of Men's Physique."

Julita Ciunyte (Lithuania) leads on in Bodyfitness."

Jozef Gregus (Slovakia), prevails in Bodybuilding."

▲ The organizer, Mr. Csaba Bara, surrounded by athletes from the Hungarian federation (MTFSZ), receiving a tribute for his work organizing the event.

COMPLETE PHOTO GALLERY



➡ **ONLY** the global pandemic could stop the development of a fantastic event started back in 2019, which returned in full force on the same weekend that the attention was focused on the Arnold South Africa and the Rimini Steel Classic in Italy. Perfectly organized in all its details by the international promoter Mr. Csaba Bara, the event came within an Expo dedicated to Fitness that placed Budapest as a point of international attention, being a showcase for the more than 50 local athletes of the Hungarian Federation (MTFSZ), chaired by Mr. Istvan Huber, a valuable collaborator to the event.

A total of 14 countries -including Ukraine- participated in this edition that took place from June 3 to 5, in which 10 Elite Pro Cards were distributed, as well as points for the IFBB World Ranking.

Along with the stars of the competition (we must highlight Evelin Szalai -Fit Model and Bikini champion- and Brigitta Veninger -Artistic Fitness and Bikini Master champion-), the 2022 Diamond Cup Budapest left us the following champions:

Jozef Gregus (Slovakia) was the overall winner of Bodybuilding. ➡

The impressive Evelin Szalai (Hungary) took the overall titles of Bikini and Fit Model, demonstrating the potential of the Hungarian school of Fitness. ➡

BODYBUILDING

Semi Heavyweight (-90 Kg):
Ales Cabin (Slovenia)
Heavyweight (+90 Kg):
Jozef Gregus (Slovakia)

FITNESS

Artistic:
Brigitta Veninger (Hungary)
Acrobatic:
Szofia Bogdan (Hungary)

WELLNESS

Open:
Kristyna Fildrova (Czech rep.)

CLASSIC BODYBUILDING

Open:
Damian Kosiec (Poland)

BODYFITNESS

Short class (-163 cm):
Kyryaki Koszoru-Keszzi (Hungary)
Tall class (+163 cm):
Julita Ciunyte (Lithuania)
Master:
Julita Ciunyte (Lithuania)

MEN'S PHYSIQUE

Junior:
Gergely Kardos (Hungary)
Open:
Gergely Kardos (Hungary)

CLASSIC PHYSIQUE

Open:
Damian Kosiec (Poland)

BIKINI FITNESS

Junior:
Matea Kosinec (Croatia)
Short class (-160 cm):
Kamila Pardamkova (Spain)
Middle class (-164 cm):
Evelin Szalai (Hungary)
Tall class (-169 cm):
Ioana Barsan (Romania)
Super tall class (+169 cm):
Timea Nagy (Austria)
Master:
Brigitta Veninger (Hungary)

FIT MODEL

Short class (-163 cm):
Evelin Szalai (Hungary)
Tall class (+163 cm):
Anastasija Terekhovska (Ukraine)
Master:
Ivett Balaz (Slovakia)

OVERALL BIKINI FITNESS:

Evelin Szalai (Hungary)

OVERALL FIT MODEL:
Evelin Szalai (Hungary)

OVERALL BODYBUILDING:
Jozef Gregus (Slovakia)



▲ The Bikini Master medal ceremony with Zsuzanna Zambane-Horvath (Hungary; 6th), Ivette Balaz (Slovakia; 4th), Kamila Pardamkova (Spain; silver), Brigitta Veninger (Hungary; gold), Zuzana Satmaryova (Slovakia; bronze) and Eva Pap (Hungary; 5th).



▲ The Fit Model (+163 cm) medal ceremony with Eszter Dobozi (Hungary; 6th), Tunde Szolcsanszky (Hungary; 4th), Natalia Cherevychna (Ukraine; silver), Evelin Szalai (Hungary; gold), Karyna Nikolaieva (Hungary; bronze) and Ivette Balaz (Slovakia; 5th).



▲ Ales Cebin (Slovenia), Bodybuilding champion -90 Kilos.



▲ The presidents of the federations of Austria (Mr. Jorg Kapfer) and Hungary (Mr. Itsvan Huber), at the Junior Bikini medal ceremony, won by Matea Kosinec (Croatia).



▲ The Bodyfitness +163 cm podium, where Julita Ciunyte (Lithuania) won, ahead of Daiva Varneliene (Lithuania; silver) and Natalia Raychell (Poland; bronze).



▲ Damian Kosiec (Poland) repeated the Classic Bodybuilding title achieved in 2019 and, also winning the Classic Physique, won the Elite Pro card.

The Bodyfitness podium -163 cm, where Kyryaki Koszoru-Keszi (Hungary) won, ahead of Chari Guillén (Spain; silver) and Cassandra Serban-Popa (Hungary; bronze).



▲ The Bikini medal ceremony (-160 cm) with Krisztina Kiss (Hungary; 6th), Martina Frisch (Hungary; 4th), Ivette Balaz (Slovakia; silver), Kamila Pardamkova (Spain; gold), Tunde Szolcsanszky (Hungary; bronze) and Beata Horvath (Hungary; 5th).

2022 IV DIAMOND CUP CZECHIA (PRAGUE)



THE CZECH REP. CONSOLIDATES ITS SPORTING AND ORGANIZATIONAL POTENTIAL



"Karolina Judasova and Matej Vaigl (Czech Rep.) win the Bikini and Bodybuilding titles."

"Impressive Bodybuilding finalled by the Junior champion (Matej Vaigl) and the Master champion (Jozef Gregus)."

"Damian Kosiec (Poland) wins Classic Bodybuilding and Classic Physique, extending his winning streak since Budapest."

"Denisa Petras-Balova (Czech Rep.) takes 2 golds in Bodyfitness."

▲ **Matej Vaigl** -overall Bodybuilding champion-, Karolina Judasova -overall Bikini champion- and Jozef Gregus -Master Bodybuilding champion- showing off their Elite Pro cards alongside organizers Miroslav Tichy and Stanislav Pesat.

➔ **THREE WEEKS** after the sensational Mr. Universe Europe, which was led by the current president, Roman Hajabac, and held in Prague, the Federation of the Czech Republic (SKFCR) once again brought together a good number of international athletes in the country's capital for the fourth edition of the Diamond Cup. This time, the event was organized by

former president Stanislav Pesat and international official Miroslav Tichy.

With 12 Elite Pro cards at stake, the Top Hotel Prague hosted a competition in which local athletes stood out and, in particular, two very young promises: Karolina Judasova (24 years) and Matej Vaigl (23 years), who took the overall titles in Bikini and Bodybuilding, surpassing

athletes like Agne Kiviselg or Jozef Gregus, who are habitual favourites. However, Gregus did not disappoint, achieving gold in the Masters competition and in the Heavyweight (+100 kilos), although he had to give in to the imposing 21 years younger Vaigl.

Together with the two young champions, the 2022 Diamond Cup Czechia left us the following winners:



▲ **Matej Vaigl** (Czech Rep.) was the star of the event. He won the Junior division, the Bodybuilding Heavyweight and the Overall and, of course, the Elite Pro card, and all this at 23.

BODYBUILDING

Semi Heavyweight (-90 Kg):
Nermin Sulejmanovic (Bosnia & Herzegovina)

Heavyweight (-100 Kg):
Karolina Judasova (Czech rep.)

Super Heavyweight (+100 Kg):
Jozef Gregus (Slovakia)

Junior:
Matej Vaigl (Czech rep.)

Master:
Jozef Gregus (Slovakia)

CLASSIC PHYSIQUE

Open:
Damian Kosiec (Poland)

CLASSIC BODYBUILDING

Open:
Damian Kosiec (Poland)

MEN'S PHYSIQUE

Medium class (-176 cm):
Adam Wellart (Czech rep.)

Tall class (+176 cm):
Filip Krocek (Czech rep.)

Master:
Martin Mester (Czech rep.)

Muscular:
Adam Csik (Slovakia)

BODYFITNESS

Open:
Denisa Petras-Balova (Czech rep.)

Master:
Denisa Petras-Balova (Czech rep.)

WOMEN'S PHYSIQUE

Open:
Veronika Vojtiskova (Czech rep.)

WELLNESS

Open:
Marketa Hartl (Czech rep.)

BIKINI FITNESS

Short class (-162 cm):
Katarzyna Przepiora (Poland)

Tall class (+162 cm):
Karolina Judasova (Czech rep.)

Junior:
Nikola Kubisova (Czech rep.)

Master:
Adela Stonawska (Czech rep.)

OVERALL BIKINI FITNESS:
Karolina Judasova (Czech rep.)

OVERALL MEN'S PHYSIQUE:
Filip Krocek (Czech rep.)

OVERALL BODYBUILDING:
Matej Vaigl (Czech rep.)



▲ Light Heavyweight (-90 Kg) Bodybuilding Podium, with Josef Zajicek (silver; Czech Rep.), Nermin Sulejmanovic (gold; Bosnia & Herzegovina) and Roman Kotal (bronze; Czech Rep.).



▲ The fabulous Wellness division with Sabina Kaderkova (silver; Elite Pro Card), Marketa Hartl (gold; Elite Pro Card) and Pavlina Zaluzanska (bronze). All of them are athletes from the Czech Republic.



▲ Master Men's Physique Podium with Jesús Espigares (silver; Spain), Martin Mester (gold; Czech Rep.) and Tomas Krescenesits (bronze; Czech Rep.).



▲ Super Heavyweight (+100 Kg) Bodybuilding Podium, with Marco Detlef (silver; Germany), Jozef Gregus (gold; Slovakia) and Stanislav Slimak (bronze; Slovakia).



▲ Classic Physique Podium, with Gernot Kobermann (silver; Austria), Damian Kosiec (gold; Poland) and Marek Kusnirak (bronze; Czech Rep.).



▲ Damian Kosiec (Poland) won the Classic Bodybuilding and Classic Physique titles. In the image, together with the former presidents of the SKFCR, Ludmila Cizova and Stanislav Pesat.

COMPLETE PHOTO GALLERY



▲ Identical podium in Bodyfitness and Bodyfitness Master with Daiva Varneliene (silver; Lithuania), Denisa Petras-Balova (gold; Czech Rep.) and Julita Ciunyte (bronze; Lithuania).



▲ Filip Krocek (Czech Rep.) overall champion of Men's Physique.



2022 IV DIAMOND CUP LUXEMBOURG

ANOTHER CONSOLIDATED APPOINTMENT ON THE EUROPEAN CALENDAR

"Germany stands out with a sensational team led by Mascha Stutz (Bikini), Calvin Bundy (Men's Physique), Patrick Olsen (Classic Bodybuilding), Caroline Muller (Bodyfitness), Jeanne Kassel (Wellness) and Marco Detlef (Bodybuilding)."

"Sensational duel between Elisa Peeters, Mascha Stutz and Oleksandra Pastushenko for the overall Bikini crown."

"Oumar Sylla beats Joseph Peter as Belgian athletes battle to dominate Classic Physique."

"Marco Detlef takes revenge from the Diamond Cup Prague and wins Bodybuilding."



▲ The organizer, Mr. Guy Kridel, President of the Luxembourg Federation, and Mr. Andre Wouters, President of the Belgian Federation, at the final Bikini ceremony where Elisa Peeters, Mascha Stutz and Oleksandra Pastushenko stood out. All three won the Elite Pro card on account of their quality.



THANKS to its president, Mr. Guy Kridel, the Luxembourg federation (IFBBL) has become a safe destination on the IFBB calendar since 2017. Both the Diamond Cup and the Bellux Cup have become consolidated events for athletes from Germany, Switzerland, Belgium, Holland, France, Spain and Italy. Together, they compete with local athletes and performers from other European countries and

from Mexico, Qatar and the United Arab Emirates. None are surprised at the organizational quality of the event, which was held at the Mordof-les-Bains Casino, on the border with France and Germany again this year.

A total of 15 countries participated in this edition that took place from June 17 to 18. 12 Elite Pro and Elite Pro Master Cards were distributed at the event, as well as points for the IFBB World

Ranking. These lay the foundations for the next event that will take place in the same place on the occasion of the IFBB Bellux Cup, to be held from September 23 to 25.

As for sports, the highlight was the fight in Bikini, with a total of 6 classes, as well as in Bodybuilding, where the German giant Marco Detlef prevailed. The 2022 Diamond Cup Luxembourg left us the following champions:

COMPLETE PHOTO GALLERY



BODYBUILDING

| | |
|------------------------|--------------------------|
| Master: | Victor Nastase (Belgium) |
| Middleweight (-80 Kg): | Naser Rahimi (Germany) |
| Heavyweight (+80 Kg): | Marco Detlef (Germany) |

CLASSIC BODYBUILDING

| | |
|-------|-------------------------|
| Open: | Patrick Olsen (Germany) |
|-------|-------------------------|

CLASSIC PHYSIQUE

| | |
|-------|-----------------------|
| Open: | Oumar Sylla (Belgium) |
|-------|-----------------------|

MEN'S PHYSIQUE

| | |
|-------------------------|----------------------------|
| Master: | Cedric Prieur (France) |
| Middle class (-176 cm): | Cristiano Iommetti (Italy) |
| Tall class (+176 cm): | Calvin Bundy (Germany) |
| Muscular: | Adam Csik (Slovakia) |

BIKINI FITNESS

| | |
|-----------------------------|----------------------------------|
| Junior: | Elisa Peeters (Belgium) |
| Master: | Oleksandra Pastushenko (Belgium) |
| Short class (-162 cm): | Oleksandra Pastushenko (Belgium) |
| Middle class (-169 cm): | Elisa Peeters (Belgium) |
| Tall class (-172 cm): | Paulina Kunze (Germany) |
| Super tall class (+172 cm): | Mascha Stutz (Germany) |

WELLNESS

| | |
|-------|-------------------------|
| Open: | Jeanne Kassel (Germany) |
|-------|-------------------------|

BODYFITNESS

| | |
|---------|---------------------------|
| Open: | Caroline Muller (Germany) |
| Master: | Katrin Funk (Germany) |

WOMEN'S PHYSIQUE

| | |
|-------|----------------------------|
| Open: | Aline Beck (Liechtenstein) |
|-------|----------------------------|

FIT PAIRS

| | |
|-------|---|
| Open: | Nadia Cainelli & Francisco Fasciana (Italy) |
|-------|---|

| | |
|-------------------------|------------------------|
| OVERALL BIKINI FITNESS: | Mascha Stutz (Germany) |
| OVERALL MEN'S PHYSIQUE: | Calvin Bundy (Germany) |
| OVERALL BODYBUILDING: | Marco Detlef (Germany) |



Marco Detlef (Germany) took advantage of his physique of almost 105 kilos to prevail in Bodybuilding.



Victor Nastase (Belgium), Master Bodybuilding champion.



Calvin Bundy (Germany), champion of Men's Physique.



Oumar Sylla (Belgium), Classic Physique champion.



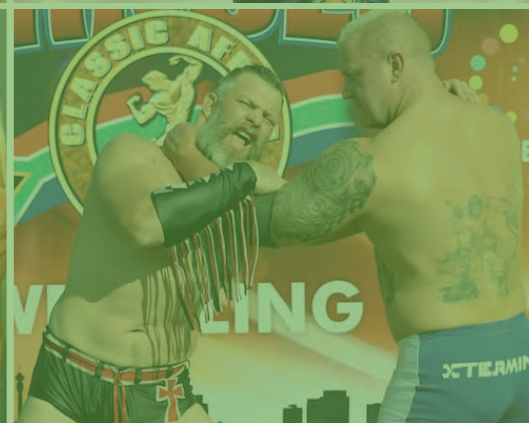
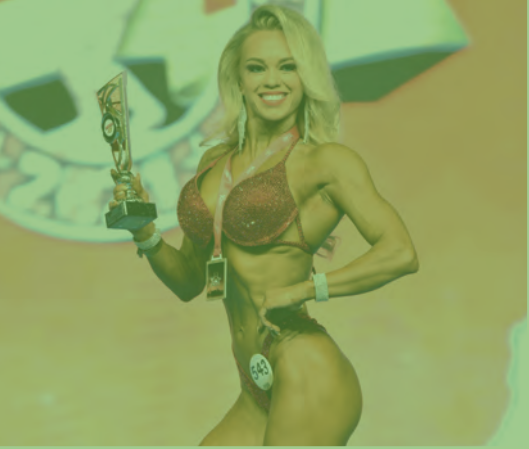
Mascha Stutz (176 cm) was the overall champion of Bikini.



Aline Beck (Liechtenstein) achieved the Women's Physique Elite Pro card that had narrowly escaped her at the 2022 Europeans.



Nadia Cainelli and Francisco Fasciana (Italy) celebrate their victory in Fit Pairs.





2021 ARNOLD CLASSIC EUROPE AMATEUR

BODYBUILDING



Tomasz Kornalewski (Poland)

Overall Winner in Senior and Master Overall category Tomasz Kornalewski from Poland.

COMPLETE PHOTO GALLERY



OPEN HERE



▲ Winner of the category weighting only 61kg easy took gold medal at ACE 2021.

MEN'S BODYBUILDING UP TO 70KG

1. Jose Hernandez (Mexico)
2. Jorge Galeano (Guatemala)
3. Sunil Yadav (India)



MEN'S BODYBUILDING UP TO 75KG

1. Nicola Barlotta (Italy)
2. Tomasz Sadkowski (Poland)
3. Alex Zuccaro (Italy)



MEN'S BODYBUILDING UP TO 80KG

1. Kushtrim Bajraktarajq (Kosovo)
2. Dawid Ziola (Poland)
3. Eddy Nfene (Gabon)

◀ Winner of the category, previously 2019 World vice champion and 2021 Balkan Overall Winner now winning gold at ACE 2021.

MEN'S BODYBUILDING UP TO 85KG

1. Krzysztof Skryplonek (Poland)
2. Nenad Sikora (Croatia)
3. Vytautas Zyle (Lithuania)



MEN'S BODYBUILDING UP TO 90KG

1. Aleksandr Konkin (Russia)
2. Ahmed Al Maskari (Oman)
3. Dmytro Marchenko (Ukraine)



MEN'S BODYBUILDING UP TO 95KG

1. Aliyulla Abbaszade (Azerbaijan)
2. Mohamed Rakid (Spain)
3. Enrique Mejia (Spain)

▲ A huge battle between first and second places, great physiques and performance on stage, same points in first and final round, but more first places had athlete from Azerbaijan, who succeed and took gold in -95kg category.

Fight in Overall category :
Winners of up to 70kg and super heavyweight over 95kg.



MEN'S BODYBUILDING OVER 95KG

1. Tomasz Kornalewski (Poland)
2. Jan Fobl (Czech Republic)
3. Jaroslav Jenicek (Czech Republic)

BIKINI

BIKINI WOMEN'S BIKINI UP TO 160CM

1. Mariia Burlaka (Ukraine)
2. Anastasiia Zolotaia (Russia)
3. Tatiana Kononova (Russia)

▲ Winner of the category Maria Burlaka continue to dominate in both senior and master categories in last years event.

Sofia Kriuchkova
(Russia)

Junior Bikini Overall:
Sofia Kriuchkova from Russia, young and very promising athlete.

WOMEN'S BIKINI UP TO 162CM

1. Elena Raspopina (Russia)
2. Keila Viera (Spain)
3. Ieva Keturakyte (Lithuania)

▲ Winner of the category successfully compete in Fit model and Bikini categories at Arnold Classic Europe, accordingly won silver and gold medals.

Sofia won gold in senior and junior categories, aswell talking Overall Junior Arnold Classic title. ▼

Neda Silkinyte
(Lithuania)

Women's Bikini Overall Winner:
2018 Overall IFBB European Junior and World Cup Winner Neda Silkinyte from Lithuania added prestigious Arnold Classic Overall title to the list.

WOMEN'S BIKINI UP TO 164CM

1. Katarzyna Oleskiewicz-Szuba (Poland)
2. Wiktoria Bryniczka (Poland)
3. Polina Emelina (Russia)

WOMEN'S BIKINI UP TO 166CM

1. Sofia Kriuchkova (Russia)
2. Bianca de Wit (Netherlands)
3. Violeta Palamarchuk (Ukraine)

Mariia Burlaka
(Ukraine)

Master Women's Bikini Overall:
Mariia Burlaka Ukraine continue by winning both categories Master and senior in every high level event during last year.

WOMEN'S BIKINI UP TO 172CM

1. Olga Khasanova (Russia)
2. Daria Sulzhenko (Russia)
3. Daria Lewandowska (Poland)

WOMEN'S BIKINI UP TO 169CM

1. Rosa Palopera (Finland)
2. Natalia Kapustova (Slovakia)
3. Victoriia Lysenko (Ukraine)

European champion Olga Khasanova keeping her top position in this category by winning Arnold Classic Europe gold. ▶

WOMEN'S BIKINI OVER 172CM

1. Neda Silkinyte (Lithuania)
2. Natalie Myslikova (Czech Republic)
3. Mariia Makarova (Russia)

MEN'S PHYSIQUE



▲ Athlete from Italy Manuel Caldiroli demonstrated very balanced and aesthetic physique.

MEN'S PHYSIQUE UP TO 170CM

1. Manuel Caldiroli (Italy)
2. Evgenii Smirnov (Russia)
3. Soslan Tegkaev (Russia)



MEN'S PHYSIQUE UP TO 173CM

1. Vladimir Koltsov (Russia)
2. Taghi Rezaei (Iran)
3. Abdulla Almansoor (Bahrain)

▲ Winner of the category Vladimir Koltsov from Russia was leader on stage, great performance, condition and total package.



Vladimir Koltsov (Russia)

Overall Men's Physique Winner:
Vladimir Koltsov from Russia together with IFBB President Dr. Rafael Santonja.



MEN'S PHYSIQUE UP TO 179CM

1. Antonio Moreno (Spain)
2. Yevhen Kolesnyk (Ukraine)
3. Bright Eze (Belgium)



MEN'S PHYSIQUE UP TO 176CM

1. Khaled Alsaeedi (Bahrain)
2. Oleksandr Savchenko (Ukraine)
3. Victor Garcia (Spain)

Winner athlete from France Hachime Bakary holding one of the smallest waist in this division, great total look and balance on stage. ▶



MEN'S PHYSIQUE UP TO 182CM

1. Hachime Bakary (France)
2. Michael Mai Xuan (Ireland)
3. Vitalii Yusko (Ukraine)



MEN'S PHYSIQUE OVER 182CM

1. Sandro Solowiej (Poland)
2. Yevgeniy Nikitenko (Ukraine)
3. Lazam Abras (Malta)

MEN'S MUSCULAR PHYSIQUE OPEN

1. Rasim Hasanov (Azerbaijan)
2. Maksym Shevelin (Ukraine)
3. Lukas Cerveny (Czech Republic)
4. Oliver Prochazka (Slovakia)
5. Joel Gata (France)
6. Juan Mangas (Spain)

OVERALL MASTER MEN'S PHYSIQUE WINNER

Bright Eze (Belgium)

CLASSIC PHYSIQUE



Jakub Kolinek
(Czech Republic)

Overall Men's Classic Physique Winner:
Jakub Kolinek from Czech Republic after this triumph moved to IFBB Elite Pro Classic Physique division.

Winner of the category athlete from Guatemala, 2 times World vice champion dominated and won gold by equal decision of the judges.

MEN'S CLASSIC PHYSIQUE UP TO 171CM

1. Jorge Patzan (Guatemala)
2. Patrik Dzurilla (Slovakia)
3. Oleksandr Sirenko (Ukraine)

MEN'S CLASSIC PHYSIQUE UP TO 175CM

1. Yurii Zymogliad (Ukraine)
2. Silvio Koorndijk (Romania)
3. Oleksii Pavlov (Ukraine)



▲ Athlete from Ukraine, Yurii Zymogliad, previously IFBB European and World Overall Champion was in amazing condition winning category with the maximum number of points from the judges.

AWARDS CEREMONY MEN'S PHYSIQUE



MEN'S CLASSIC PHYSIQUE UP TO 180CM

1. Jakub Kolinek (Czech Republic)
2. Ilya Eyger (Russia)
3. Matej Vaigl (Czech Republic)

▲ New star from Czech Republic, Jakub Kolinek, already keeping IFBB European and World Overall titles added the last to his list prestigious Arnold Classic Europe gold and Overall title.



MEN'S CLASSIC PHYSIQUE OVER 180CM

1. Stanislav Tarasov (Ukraine)
2. Tomas Sentinek (Slovakia)
3. Andre Brazo Rebolo (IFBB Flag)



▲ Stanislav Tarasov winner of this category, a very talented and successful athlete with titles like Overall European Champion and World Champion again on the top podium.

CLASSIC BODYBUILDING



Fabrizio De Silvestro (Italy)

Overall Men's Classic Bodybuilding:
Winner Fabrizio De Silvestro from Italy.

Winner of the category Jorge Galeano won second gold medal in Men's Classic Games.



MEN'S CLASSIC BODYBUILDING UP TO 171CM

1. Jorge Galeano (Guatemala)
2. Stanislav Vizenher (Ukraine)
3. Michele Massaro (Italy)

Winner of the category athlete from Italy was fighting many year for this title winner of ACE 2021.



MEN'S CLASSIC BODYBUILDING UP TO 175CM

1. Fabrizio De Silvestro (Italy)
2. Oleksii Pavlov (Ukraine)
3. Daniel Kunikowski (Poland)



MEN'S CLASSIC BODYBUILDING UP TO 180CM

1. Ilya Eyger (Ukraine)
2. Yuriy Gayduk (Russia)
3. William Yuri Rodriguez (El Salvador)



MEN'S CLASSIC BODYBUILDING OVER 180CM

1. Volodymyr Andreishyn (Ukraine)
2. Jevie Ojala (Finland)
3. Kakha Joglidze (Georgia)

BODYFITNESS



Tatiana Mandolina
(Russia)

Overall Women's Senior and Master Bodyfitness Open Winner:

Tatiana Mandolina from Russia. Just looking at Tatiana, we can see perfect proportions, symmetry, balance and harmony.



Athlete from Finland, Jenni Maenpaa stands strong in category up to 158. Great physique and presentation in stage.



WOMEN'S BODYFITNESS UP TO 158CM

1. Jenni Maenpaa (Finland)
2. Mariia Maievska (Ukraine)
3. Karina Shcherbak (Russia)



WOMEN'S BODYFITNESS UP TO 163CM

1. Tatiana Mandolina (Russia)
2. Natalia Toropova (Russia)
3. Suvi Tihinen (Finland)

Category winner athlete from Ukraine, Yuliia Shykula previously World champion and this year Overall European champion looks fantastic in tallest category winning with highest number points from the judges.



WOMEN'S BODYFITNESS OVER 168CM

1. Yuliia Shykula (Ukraine)
2. Elisabeth Kammerer (Germany)
3. Anastasiya Voskresenska (Ukraine)



WOMEN'S BODYFITNESS UP TO 168CM

1. Iuliia Kazakovtceva (Russia)
2. Kateryna Ishchenko (Ukraine)
3. Rejoice Godwin (Spain)

WELLNESS



Anamaria Medak
(Croatia)

Overall Women's Wellness Winner:
Anamaria Medak from Croatia on photo together with IFBB President Dr. Rafael Santonja.



WOMEN'S WELLNESS UP TO 158CM

1. Kristina Belinskaia (Russia)
2. Anabel Pineda Vazquez (Mexico)
3. Irina Kolesnikova (Russia)



WOMEN'S WELLNESS UP TO 163CM

1. Joselyn Gonzalez (Mexico)
2. Maria Garcia (Spain)
3. Sofia Fagerstrom (Finland)



WOMEN'S WELLNESS UP TO 168CM

1. Anamaria Medak (Croatia)
2. Micaela Di Gennaro (Italy)
3. Diana Carlomagno (Italy)



WOMEN'S WELLNESS OVER 168CM

1. Adrianna Szymanowska (Poland)
2. Angelika Prejna (United Kingdom)
3. Olga Fedorova (Russia)

WOMEN'S PHYSIQUE



WOMEN'S PHYSIQUE

1. Uta Köhler-Spitzbarth (Germany)
2. Kerstin Telker (Germany)
3. Tatiana Zalas (Poland)

WOMEN'S ACROBATIC FITNESS



WOMEN'S ACROBATIC FITNESS

1. Natalia Toropova (Russia)
2. Anna Dudushkina (Russia)
3. Tatiana Ondruskova (Slovakia)

◀ Winner of the category Natalia Toropova from Russia continue to dominate in Fitness division winning most of competitions in last years.

WOMEN'S ARTISTIC FITNESS

1. Brigitta Veninger (Hungary)
2. Paulina Zamora (El Salvador)
3. TundeVegh (Hungary)



FIT MODEL



Anastassiya Chshekotilova (Kazakhstan)

Category over 168cm and Overall Women's Fit Model Winner:
Anastassiya Chshekotilova from Kazakhstan.



Rimma Kotelnikova (Russia)

Women Fit Model up to 168cm
Winner:
Rimma Kotelnikova from Russia won every event for the last years where she competed.





ARNOLD CLASSIC AFRICA

JOHANNESBURG, SOUTH AFRICA

THOUSANDS of participants and visitors of the Arnold Sports Festival Africa spent an incredible and charming weekend on 3rd-5th, June 2022 in South Africa. The festival included 62 indoor and outdoor sports events, 4 music stages, an open market and many other activities for children and adults. In 2022, the new home of the Arnold Sports Festival Africa became a tent city in an open-air environment comprising 52 large and countless small tents.

This new concept was created by the promoter Arnold Classic Africa Mr. Wayne Price in response to the impact of the Covid Protocols and other restrictions in South Africa limiting spectators and mass gatherings, especially indoors. Moreover, from our point of view, it was a wonderful idea that made it possible to create exciting new experiences for everyone involved. This created a new platform for all sports and communities to share their love and passion with others sport communities, in one space as it was done before and the organizers thus completely fulfilled their slogan: My sport. My art. My passion. The Arnold Classic Africa and the Arnold Classic Africa Elite Pro Show were one of the sporting events. Those exciting events hosted participants from more than 20 countries and their stage fights took place for 3 days. The fantastic stage with excellent lighting was placed in one of the large tents, and the competitors found a background with refreshments in a nearby smaller tent, which ensured their privacy.

Cups and medals were prepared for the medallists, which will allow them to recall their wonderful weekend at every sight. We are ready to go back there again next year and we hope you will be there with us!

The winners of each category were:

COMPLETE PHOTO GALLERY



ARNOLD CLASSIC AFRICA

Women's Bodyfitness Open

| | | |
|-----------------------|---------------------------|--------------|
| 1 st place | Tatiana Altergod-Alerborn | IFBB Flag |
| 2 nd place | Nicolette Nair | South Africa |
| 3 rd place | Caren Mulyanga | Kenya |

Women's Wellness Up To 163 cm

| | | |
|-----------------------|------------------|--------------|
| 1 st place | Precious Mujuru | Zimbabwe |
| 2 nd place | Claire Brown | South Africa |
| 3 rd place | Goodness Dlamini | South Africa |

Women's Wellness Over 163 cm

| | | |
|-----------------------|------------------|--------------|
| 1 st place | Valdira Kaizer | Angola |
| 2 nd place | Palmira Fernando | Mozambique |
| 3 rd place | Macherie Smith | South Africa |

Women's Wellness Overall

| | | |
|-----------------------|-----------------|----------|
| 1 st place | Valdira Kaizer | Angola |
| 2 nd place | Precious Mujuru | Zimbabwe |

Women's Physique, Open

| | | |
|-----------------------|----------------|--------------|
| 1 st place | Saquina Gulamo | Mozambique |
| 2 nd place | Regina Jonga | Zimbabwe |
| 3 rd place | Dawn Hall | South Africa |

Women's Fit- Model Open

| | | |
|-----------------------|--------------------|--------------|
| 1 st place | Paige Pestana | South Africa |
| 2 nd place | Cailyn Lewis | South Africa |
| 3 rd place | Clarissa Fleischer | South Africa |

Junior Women's Bikini 16-23 Years, Open

| | | |
|-----------------------|------------------------|--------------|
| 1 st place | Cailyn Lewis | South Africa |
| 2 nd place | Jessica Van den Heever | South Africa |
| 3 rd place | Isaura Stique | Mozambique |

Master Women's Bikini 35 Years & Over, Open

| | | |
|-----------------------|---------------------|--------------|
| 1 st place | Petronella Boshoff | South Africa |
| 2 nd place | Taryn Agliotti | South Africa |
| 3 rd place | Christa Bolsenbroek | South Africa |

Women's Bikini Up To 165 cm

| | | |
|-----------------------|-----------------|--------------|
| 1 st place | Yana Pomozybida | Netherlands |
| 2 nd place | Zelmarie Fourie | South Africa |
| 3 rd place | Isaura Stique | Mozambique |

Women's Bikini Up To 169 cm

| | | |
|-----------------------|---------------|--------------|
| 1 st place | Paige Pestana | South Africa |
| 2 nd place | Cailyn Lewis | South Africa |
| 3 rd place | Jamie Morais | South Africa |

Women's Bikini Over 169 cm

| | | |
|-----------------------|------------------------|--------------|
| 1 st place | Jessica Van den Heever | South Africa |
| 2 nd place | Kayla Wightman | South Africa |
| 3 rd place | Catharina Grabe | South Africa |

Women's Bikini Overall

| | | |
|-----------------------|------------------------|--------------|
| 1 st place | Paige Pestana | South Africa |
| 2 nd place | Jessica Van den Heever | South Africa |
| 3 rd place | Yana Pomozybida | Netherlands |

Junior Men's Bodybuilding 16-23 Years, Open

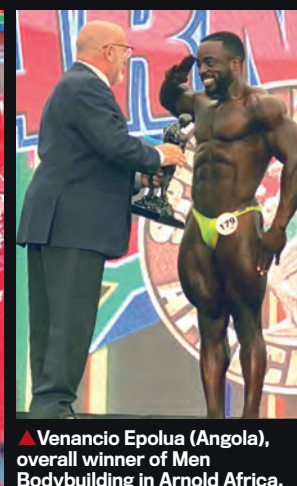
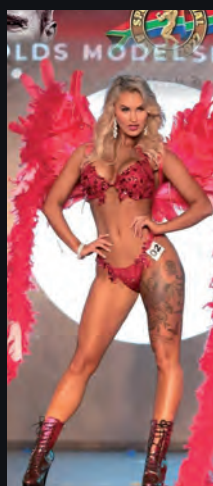
| | | |
|-----------------------|-----------------|--------------|
| 1 st place | Luis Santoyo | Mexico |
| 2 nd place | Junior Rubusana | South Africa |

Master Men's Bodybuilding 40 Years & Over, Open

| | | |
|-----------------------|----------------|----------------|
| 1 st place | Denis Ayen | Mauritius |
| 2 nd place | Boris Palovic | Czech Republic |
| 3 rd place | Simanga Mazyta | South Africa |

Men's Bodybuilding Up To 75 kg

| | | |
|-----------------------|----------------|--------|
| 1 st place | Alfonso Pinkus | Mexico |
| 2 nd place | Moses Lungu | Zambia |
| 3 rd place | Davie Mwamba | Zambia |



▲ Venancio Epulua (Angola), overall winner of Men Bodybuilding in Arnold Africa.



| Men's Bodybuilding Up To 85 kg | | |
|--------------------------------|----------------|--------------|
| 1 st place | Rui Gimi | Angola |
| 2 nd place | Luis Santoyo | Mexico |
| 3 rd place | Simanga Maziya | South Africa |



| Men's Bodybuilding Up To 90 kg | | |
|--------------------------------|-----------------|------------|
| 1 st place | Venancio Epolua | Angola |
| 2 nd place | Cayton Gordon | Mozambique |
| 3 rd place | Nelson Chabota | Zambia |

| Men's Bodybuilding Over 90 kg | | |
|-------------------------------|----------------|-----------|
| 1 st place | Joseph Anoumou | Ghana |
| 2 nd place | Denis Ayen | Mauritius |
| 3 rd place | Chitenge Mwila | Zambia |

| Men's Bodybuilding Overall | | |
|----------------------------|-----------------|--------|
| 1 st place | Venancio Epolua | Angola |
| 2 nd place | Joseph Anoumou | Ghana |
| 3 rd place | Rui Gimi | Angola |

| Men's Classic Bodybuilding, Open | | |
|----------------------------------|--------------------|----------------|
| 1 st place | Boris Palovic | Czech Republic |
| 2 nd place | Reiner Diedrichsen | South Africa |

| Men's Classic Physique, Open | | |
|------------------------------|--------------------|----------------|
| 1 st place | Boris Palovic | Czech Republic |
| 2 nd place | Ilidio Taju | Mozambique |
| 3 rd place | Reiner Diedrichsen | South Africa |

| Master Men's Physique, Open | | |
|-----------------------------|---------------|--------------|
| 1 st place | Valerio Chiau | Mozambique |
| 2 nd place | Paul Marais | South Africa |

| Men's Physique Up To 178 cm | | |
|-----------------------------|-----------------|--------------|
| 1 st place | Philani Zondo | South Africa |
| 2 nd place | Jose Mateus | Mozambique |
| 3 rd place | Horacio Masseca | Angola |

| Men's Physique Over 178 cm | | |
|----------------------------|--------------------|--------------|
| 1 st place | Joseph Oduk | Kenya |
| 2 nd place | Lethabo Mokoeng | South Africa |
| 3 rd place | Christopher Bannan | Ghana |

| Men's Physique, Overall | | |
|-------------------------|---------------|--------------|
| 1 st place | Philani Zondo | South Africa |
| 2 nd place | Joseph Oduk | Kenya |

| Muscular Men's Physique Open | | |
|------------------------------|-----------------|--------------|
| 1 st place | Wesley Schourie | South Africa |

| Men's Fitness Open | | |
|-----------------------|------------------|----------|
| 1 st place | Masimba Nyamajwa | Zimbabwe |

ARNOLD CLASSIC AFRICA ELITE PRO SHOW

| MEN'S PHYSIQUE | | |
|-----------------------|--------------------------|------------|
| 1 st place | Ruben Ouana | Mozambique |
| 2 nd place | Erfan Gholami | Iran |
| 3 rd place | Boaventura Jose Macuacua | Mozambique |

| BIKINI | | |
|-----------------------|--------------------|----------------|
| 1 st place | Jana Jerabkova | Czech Republic |
| 2 nd place | Lucia Di Pancrazio | Italy |
| 3 rd place | Jessica Jonsson | Sweden |

| BODYBUILDING | | |
|-----------------------|---------------------|--------------|
| 1 st place | Daniel Matloha | South Africa |
| 2 nd place | Emilio Alvarado | Mexico |
| 3 rd place | Yuri Valentim Costa | Angola |







SOUTH AMERICAN GAMES in Asuncion, Paraguay

▲ The team of officials and directors led by Dr. Rafael Santonja, President of the IFBB, Juan Paredes, President of the South American Confederation, Eduardo Abdalah, President of the Pan American Confederation and Mr. Victor Niela, Vice President of the South American Confederation.



THE IFBB PARTICIPATED

with great success in the recent regional South American Games of the Olympic program, organized in Asuncion, Paraguay.

The IFBB competition, took place in the Olympic Park of the capital, full of an enthusiastic public that followed this great event, in which they were winners:

In the Men's Physique category: Jose Alberto Eurea Rodriguez from Venezuela obtained the gold, Josue Luis de Jesus from Ecuador the silver medal and Emiliano Hernandez from Uruguay the bronze.

Bikini fitness with up to 163 cm and more than 1.63 cm categories; being winners of the gold medal, the competitors Silvia

MALE CHOREOGRAPHY FITNESS

Gold: Dario Alejandro Molina (Ecuador)
Silver: José Gabriel Ojeda Pacheco (Venezuela)
Bronze: Pablo Ignacio Matus Barnert (Chile)



COMPLETE PHOTO GALLERY



▲ The physical round in the Male Choreographic Fitness discipline.



▲ A very disputed final in Men's Physique.



▲ The final in Bikini Fitness over 163 cm



MEN'S PHYSIQUE

Gold: José Alberto Eurea Rodríguez (Venezuela)
Silver: Josué Luis de Jesús Carcelén (Ecuador)
Bronze: Emiliano Hernández (Uruguay)

Paola Patiño from Paraguay and Rafaela Maritza Cornejo Diaz from Ecuador; Araceli Benitez Oitiz from Paraguay, Zairelys de Jesus Gomez from Venezuela with the silver medals and Johana Beatriz del Portico from Argentina Michelle Alejandra Hernandez with the bronze medal in their categories.

Following the Games Classic Bodybuilding category, Villali Enrique Linarez won the gold medal, Tomás Guido Flamini the silver and Michael Delgado Gonzalez from Colombia the bronze medal.

In the choreography fitness category, the gold went to Ecuador and its athlete Darío Alejandro Molina, the silver medal to Jose Gabriel Ojeda from Venezuela and the bronze to the Chilean athlete Pablo Ignacio Matus.

In female choreographed fitness, athletes such as Alexandra

BIKINI FITNESS UP TO 163 CM

Gold: Silvia Paola Patiño Santacruz (Paraguay)
Silver: Araceli Benítez Oitiz (Paraguay)
Bronze: Michelle Alejandra Hernández Blanco (Venezuela)



▲ Camilo Pérez, President of the Paraguayan Olympic Committee, Mr. Diego Galeano, Minister of Sports of Paraguay and Dr. Rafael Santonja, moments prior to the medal ceremony.



Games Classic Physique discipline.





GAMES CLASSIC BODYBUILDING

Gold: Villali Enrique Linárez Villalobos (Venezuela)
Silver: Tomás Guido Flamini (Argentina)
Bronze: Michael Delgado González (Colombia)



Fitness Bikini
 discipline up to
 163 cm.



BIKINI FITNESS + 163 CM

Gold: Rafaela Maritza Cornejo Díaz (Ecuador)
Silver: Zairelys de Jesús Gómez Vilarroel (Venezuela)
Bronze: Johana Beatriz del Pórtico (Argentina)

The Venezuelan Olympic team with its president Lic. María Soto celebrating the great victory in the South American Games.



Santos from Venezuela, María Perez Maza from Paraguay and Macarena Belén Figueroa from Chile stood out, obtaining gold, silver and bronze medals respectively.

The IFBB President, Rafael Santonja, was present both at the Assembly of the South American Sports Organization, and at these magnificent Games

The president of the Pan American sports organization, Engineer Neven Ilic Alvarez, the President of the South American Olympic Organization, Mr. Camilo Pérez López Moreira, and presidents of national Olympic committees, as well as many members of the Olympic family, all of them friends of our sport, were with us at this great event, full of Olympic spirit and great emotions experienced by athletes in an unforgettable test.



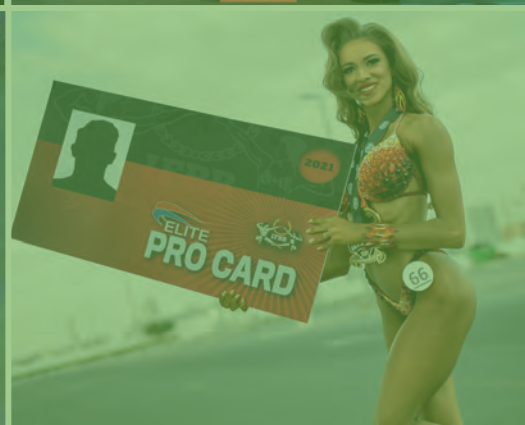
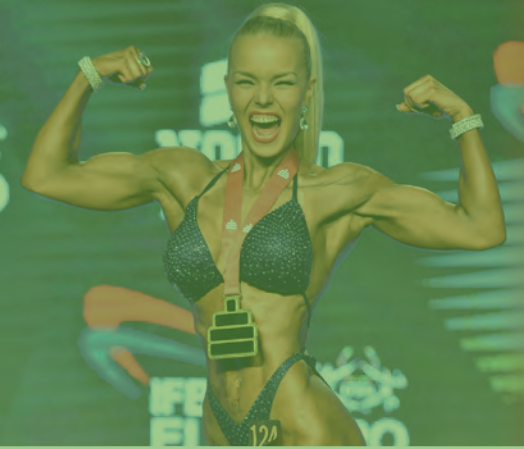
FEMALE CHOREOGRAPHY FITNESS

Gold: Alexandra Santos Leal (Venezuela)
Silver: María Bethania Pérez Maza (Paraguay)
Bronze: Macarena Belén Figueroa Miranda (Chile)



▲ The physical round in the Female Choreographic Fitness discipline.







II BELLUX CUP LUXEMBOURG 2021

REMARKABLE GROWTH OF ATHLETES AND NEW INTERNATIONAL STARS

"Great success of the international Beginners competition."

"Lynn Strasser achieves the Bikini Fitness title for Luxembourg."

"Maciej Kieltyka (Poland), overall champion of Bodybuilding."

THE IFBB BELLUX CUP organized by the Luxembourg Federation led by Guy Kridel and Patrizio Vitali, doubled its level of participants in its second edition, with the support of the Belgian Federation chaired by Andre Wouters.

Athletes from almost all countries of Western and Central Europe gathered in Munsbach, on October 8 and 9, to participate in an event that distributed 19 Elite Pro cards and left us the following winners:



Killian Ortega (Belgium) led the imposing Classic Physique discipline.

BODYBUILDING

| | |
|-----------------------------------|------------------------------|
| Beginners: | Larry Adams (Germany) |
| Master: | Larry Adams (Germany) |
| Middleweight (-80 Kg): | Larry Adams (Germany) |
| Semi-heavyweight (-90 Kg): | Joshua Klinsenberg (Germany) |
| Heavyweight (+90 Kg): | Maciej Kieltyka (Poland) |

CLASSIC BODYBUILDING

| | |
|--------------|--------------------------|
| Open: | Killian Ortega (Belgium) |
|--------------|--------------------------|

CLASSIC PHYSIQUE

| | |
|-------------------|----------------------------|
| Beginners: | Kevin Freitag (Luxembourg) |
| Open: | Killian Ortega (Belgium) |

MEN'S PHYSIQUE

| | |
|--------------------------------|--------------------------|
| Beginners: | Ercan Caliskan (Germany) |
| Master (Open): | Eze Bright (Belgium) |
| Short class (-173 cm): | Ben Bitama (Luxembourg) |
| Middle class (-179 cm): | Eze Bright (Belgium) |
| Tall class (+179 cm): | Hachime Bakary (France) |
| Muscular: | Tobzia Mayooy (Germany) |

BIKINI FITNESS

| | |
|--------------------------------------|-------------------------------|
| Beginners: | Amelie Brocke (Germany) |
| Master: | Kamila Pardamcova (Spain) |
| Junior: | Elisa Peeters (Belgium) |
| Short class (-160 cm): | Neuheisel (Germany) |
| Middle-short class (-164 cm): | Amelie Brocke (Germany) |
| Middle class (-169 cm): | Lynn Strasser (Luxembourg) |
| Tall class (-172 cm): | Laura Follmer (Germany) |
| Super Tall class (+172 cm): | Theresa Oesterreich (Germany) |

WELLNESS

| | |
|-------------------|-----------------------------|
| Beginners: | Jennifer Wessheim (Germany) |
| Open: | Micaela Di Gennaro (Italy) |

BODYFITNESS

| | |
|-------------------------------|----------------------------|
| Beginners: | Annika Drescher (Germany) |
| Master: | Julita Ciunyte (Lithuania) |
| Short class (-163 cm): | Alina Wilhelm (Germany) |
| Tall class (+163 cm): | Rejoice Godwin (Spain) |

| | |
|--------------------------------|----------------------------|
| OVERALL BIKINI FITNESS: | Lynn Strasser (Luxembourg) |
| OVERALL BODYFITNESS: | Rejoice Godwin (Spain) |
| OVERALL MEN'S PHYSIQUE: | Eze Bright (Belgium) |
| OVERALL BODYBUILDING: | Maciej Kieltyka (Poland) |

The President of the Luxembourg Fed. (LIFBB), Mr. Guy Kridel, along with the 3 best Bodybuilding athletes: Joshua Klinsenberg (Germany), Maciej Kieltyka (Poland) and Larry Adams (Germany).



COMPLETE PHOTO GALLERY



Rejoice Godwin (Spain), overall champion of Bodyfitness.

The Bikini disciplines had a very high level.



2021 IFBB NORDIC CHAMPIONSHIPS

LAHTI (FINLAND) RECOVERS THE GREAT EVENT OF THE NORDIC AREA



▲ The president of the Nordic Federation and promoter of the IFBB Nordic Championship, Mr. K.P. Ourama (right), has managed to join sports authorities and Finnish media to witness the progression of Bodybuilding and Fitness in Finland.



"Finland exhibits its impressive pool of Junior athletes and wins the Team competition."

"Sherko Eliassi (Men's Physique) returns to the competition at top level."



▲ Mr. Ville Isola, Executive member of the Finnish Federation of Bodybuilding, together with the overall champion of Bikini, Rosa Palopera (Finland).

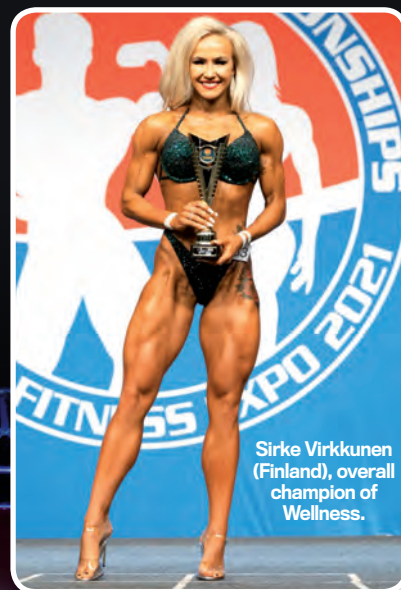


THE FINNISH CITY of

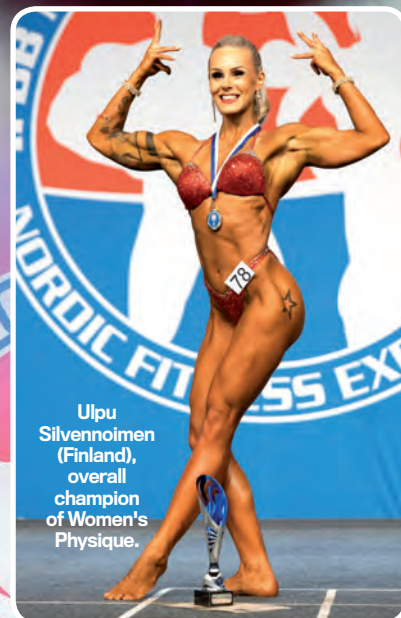
Lahti has been the reference of Nordic Bodybuilding for more than a decade, led by IFBB official K.P. Ourama, president of the Nordic Federation. Comfortably overcoming the sanitary circumstances that prevented sporting events in Finland during 2020, this year, the competition returned to its highest level with an event involving several hundred athletes from Sweden, Norway, Estonia and Finland.

The competition, where female athletes played the lead role, served to confirm the excellent progression of the new generations of junior athletes in the Nordic countries. Several height classes were needed so as not to oversize the Bikini competition. In addition, the classes for athletes from 16 to 23 years of Classic Bodybuilding, Men's Physique and Wellness had a high level of participation and excellent sports quality.

The IFBB Nordic Championships 2021 gave us the following results:



Sirke Virkkunen (Finland), overall champion of Wellness.



Ulpu Silvennoinen (Finland), overall champion of Women's Physique.



COMPLETE PHOTO GALLERY

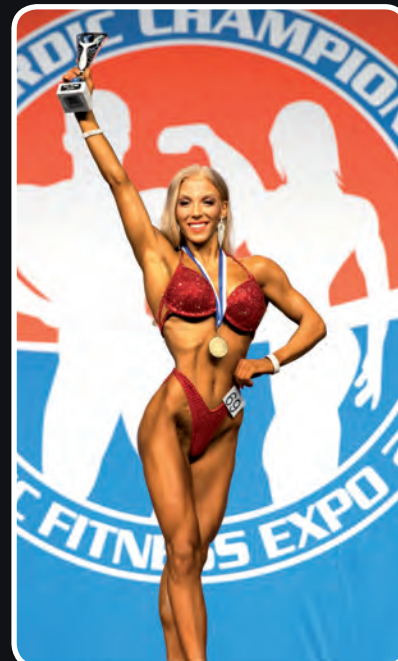




▲ Jenni Maenpaa (Finland), overall champion of Bodyfitness.



▲ The popular Sherko Eliasi (Finland), won the overall title of Men's Physique.



▲ Claudia Paivanurmi (Finland), Junior Bodyfitness champion.

BEST TEAM AWARD

| | | |
|---|---------|------------|
| 1 | FINLAND | 441 POINTS |
| 2 | ESTONIA | 109 POINTS |
| 3 | SWEDEN | 98 POINTS |
| 4 | NORWAY | 27 POINTS |

CLASSIC BODYBUILDING

Junior:
Nuutti Kokkonen (Finland)
Short class (-180 cm):
Robert Nitz (Finland)
Tall class (+180 cm):
Jevje Ojala (Finland)

CLASSIC PHYSIQUE

Open:
Bernard Antwi (Finland)

MEN'S PHYSIQUE

Junior:
Santeri Mettala (Finland)
Short class (-173 cm):
Sherko Eliasi (Finland)
Middle class (-179 cm):
Petter Kvernberg (Norway)
Tall class (+179 cm):
Kingsly Epie (Finland)

WELLNESS

Junior:
Sofia Fagerstrom (Finland)
Short class (-163 cm):
Sofia Fagerstrom (Finland)
Tall class (+163 cm):
Sirke Virkkunen (Finland)

WOMEN'S PHYSIQUE

Open:
Ulpu Silvennoinen (Finland)

BIKINI FITNESS

Junior (-163 cm):
Aino Kotiluoto (Finland)
Junior (-169 cm):
Julia Heikkinen (Finland)
Junior (+169 cm):
Ronja Mannerheimo (Finland)
Short class (-160 cm):
Roosa Rasanen (Finland)
Short-Middle class (-163 cm):
Elvi-Victoria Alekseeva (Finland)
Middle class (-166 cm):
Riina Kiikkala (Finland)
Middle-tall class (-169 cm):
Rosa Palopera (Finland)
Tall class (-172 cm):
Ronja Mannerheimo (Finland)
Super tall class (+172 cm):
Sonja Ollila (Finland)

BODYFITNESS

Junior:
Claudia Paivanurmi (Finland)
Short class (-158 cm):
Jenni Maenpaa (Finland)
Short-middle class (-163 cm):
Jonna Mäkinen (Finland)
Middle class (-168 cm):
Linda Vallin (Finland)
Tall class (+168 cm):
Katriina Pitkanen (Finland)

ACROBATIC FITNESS

Open:
Janica Aherikko (Finland)

OVERALL CLASSIC BODYBUILDING: Jevje Ojala (Finland)
OVERALL BIKINI: Rosa Palopera (Finland)
OVERALL JUNIOR BIKINI: Ronja Mannerheimo (Finland)
OVERALL BODYFITNESS: Jenni Maenpaa (Finland)
OVERALL WELLNESS: Sirke Virkkunen (Finland)
OVERALL MEN'S PHYSIQUE: Sherko Eliasi (Finland)



▲ Jevje Ojala (Finland), overall champion of Classic Bodybuilding.



▲ The Secretary General of the Federation of Finland, Mrs. Aino Maja-Laurila, with Junior Bikini Champion Ronja Mannerheimo (Finland).



2021 IFBB DUBAI MUSCLE CLASSIC:

**A STUNNING FITNESS AND BODYBUILDING FESTIVAL
IN THE UNITED ARAB EMIRATES**

“Very high sporting level: more than 40 athletes in several divisions.”

“The hosts achieve 4 overall titles: Moosa Ibrahim Albloosi (Bodybuilding), Khalifah Alhmoudi (Classic Bodybuilding), Mahmood Alblooki (Men's Physique) and Abdulla H. Darwish Albaloosi (Muscular Men's Physique).”

“The women's competition is dominated by Anja Mioc (UAE Resident; Wellness), Amy Robertson (UAE Resident; Bodyfitness) and Natalie Myslikova (Czech Rep.; Bikini).”



THE HBG EVENTS GROUP

and the United Arab Emirates Bodybuilding Federation (EBBF) chaired by His Excellency Sheikh Abdullah bin Hamad bin Saif Al Sharqui, promoted a new and spectacular event in Dubai, which further enhances the prestige of the city as an international reference in the sports field. With more than 500 athletes from Europe, Asia and Africa, plus Oceanic and American residents in the UAE, the 2021 Dubai Muscle

Classic held at the World Trade Centre from October 28 to 30, showed a very high sporting level, especially in men's divisions, some of them reaching almost 50 contestants, making it a real triumph to enter the Top 10.

Along with the maximum demand in men's divisions, women's competition showed enormous progress in the Bikini, Bodyfitness and Wellness disciplines. Not only the athletes with residence in the UAE shone, but also others, such as

Maryam Alizadegharib (Azerbaijan) and Natalie Myslikova (Czech Rep.) who expressly travelled to Dubai from their countries to attend this competition.

The IFBB closely followed the success of the event, led by executives Pawel Filleborn and José Maria García, who supervised the competition and the demanding task of the judges. The IFBB 2021 Dubai Muscle Classic, which distributed 18 Elite Pro Cards, left us the following champions:





▲ The female disciplines also had a high number of participants. In the picture, the Bikini Master awards ceremony, won by Maryam Alizadegharib (Azerbaijan).



Amy Robertson (UAE Resident), was the Bodyfitness champion ahead of Sandra Markauskaite (silver) and Reine Dahdal (bronze).



Anja MIOC (UAE Resident), was the Wellness champion ahead of Carolina Ribero (silver) and S. Reza Saeedi (bronze).



Natalie Myslikova (Czech Rep.), was the overall champion of Bikini, after winning the Tall Class (+164 cm).



COMPLETE PHOTO GALLERY



OPEN HERE



Bodybuilding Junior (Top 3) with winner Mahmoud Medhat Mahmoud (UAE Resident).



Bodybuilding Master (Top 3) with winner Sameh Abdelmalak Gergis. (Egypt).

Bodybuilding Lightweights (Top 3) with winner Jean Carlo Benetti (UAE Resident).



The imposing Moosa Ibrahim Albloosi (UAE) was the overall champion of Bodybuilding.



Bodybuilding Welterweights (Top 3) with winner Piedad Abakuri (UAE Resident).



Bodybuilding Middleweights (Top 3) with winner Ariel Guong (UAE Resident).

The Bodybuilding champions fighting for the overall title.



The awards ceremony of the Classic Bodybuilding Tall Class (+180 cm), won by Khalifah Alhmoudi (UAE), who was also the overall champion of the discipline. ▶

BODYBUILDING

Junior: Mahmoud Medhat M. (UAE)
Master: Sameh Abdelmalak G. (Egypt)
Lightweight (-70 Kg): Jean Carlo Benetti (UAE)
Welterweight (-75 Kg): Piedad Abakuri (UAE)
Middle-lightweight (-80 Kg): Abbas Afheli (Iran)
Middleweight (-85 Kg): Ariel Guong (UAE)
Semi-heavyweight (-95 Kg): Sameh Abdelmalak G. (Egypt)
Heavyweight (+95 Kg): Moosa Ibrahim Albloosi (UAE)

CLASSIC BODYBUILDING

Junior: Abdulrahman A. Badoura (Palestine)
Short class (-171 cm): Thani Khamis Saeed (UAE)
Middle class (-180 cm): Mohamed Kamaidesh K. (UAE)
Tall class (+180 cm): Khalifah Alhmoudi (UAE)

CLASSIC PHYSIQUE

Master: Jean Carlo Benetti (UAE)
Junior: Omar Dihad (UAE)
Short class (-171 cm): Seyedomid Mousavi (Iran)
Middle class (-175 cm): Zolfaghar Ataollah (Iran)
Middle-tall class (-180 cm): Hamid Mohammadnozami (Iran)
Tall class (+180 cm): Amirhossein Kafashzadeh (Iran)

MEN'S PHYSIQUE

Junior Short class (-174 cm): Reda Aljaafreh (Jordan)
Junior Tall class (+174 cm): Baha Haimour (Jordan)
Master: Frederick Miranda (UAE)
Muscular Short class (-175 cm): Mojtaba Gholipour (Iran)
Muscular Tall class (+175 cm): Abdulla H. Darwish Albaloozi (UAE)
Short class (-170 cm): Saeed Jalilvand (Iran)
Short-middle class (-173 cm): Mohamed H. Abdalla (UAE)
Middle class (-176 cm): Mahmood Alblooki (UAE)
Middle-tall class (-179 cm): Majed Al-Rahmani (UAE)
Tall class (-182 cm): Baha Haimour (Jordan)
Super Tall class (+182 cm): Ali Dawi Alnaqbi (UAE)

BIKINI FITNESS

Master: Maryam Alizadegharib (Azerbaijan)
Short class (-164 cm): Elena Dumitrescu (UAE)
Tall class (+164 cm): Natalie Myslikova (Czech rep.)

WELLNESS

Open: Anja Mioc (UAE)

BODYFITNESS

Open: Amy Robertson (UAE)
Master: Karine Hajjar (UAE)

OVERALL CHAMPIONS:

CLASSIC BODYBUILDING: Khalifah Alhmoudi (UAE)
BIKINI: Natalie Myslikova (Czech rep.)
CLASSIC PHYSIQUE: Amirhossein Kafashzadeh (Iran)
BODYBUILDING: Moosa Ibrahim Albloosi (UAE)
JUNIOR MEN'S PHYSIQUE: Baha Haimour (Jordan)
MUSCULAR MEN'S PHYSIQUE: Abdulla H. Darwish Albaloozi (UAE)
MEN'S PHYSIQUE: Mahmood Alblooki (UAE)



Bodybuilding Middle-Lightweights (Top 3) with winner Abbas Agheli (Iran).



Bodybuilding Light Heavyweight (Top 3) with winner Sameh Abdelmalak Gergis. (Egypt).



Bodybuilding Heavyweights (Top 3) with winner Moosa Ibrahim Albloosi (UAE).



The awards ceremony in the Tall class of Classic Physique (+180 cm), won by Amirhossein Kafashzadeh (Iran), who was also the overall champion of the discipline. ▼



2021 IFBB INTERNATIONAL FITNESS SHOW & FEMALE FITNESS WORLD CUP

DUBAI AGAIN BRINGS TOGETHER HUNDREDS OF ATHLETES IN A FABULOUS DOUBLE EVENT

"Khalifah Alhmoudi, star of the men's competition with 4 gold medals and the overall titles in Classic Physique and Classic Bodybuilding."

"A resident of the UAE, Wassim Hassan, was the overall champion of Bodybuilding."

"Total success of the Fitness World Cup, dominated by athletes from Russia: Alina Frolova (Bikini), Nataliia Filippova (Bodyfitness) and Snezhana Garshina (Wellness)."

THE UNITED Arab Emirates Bodybuilding Federation (EBBF) chaired by His Excellency Sheikh Abdullah bin Hamad bin Saif Al Sharqui, and the dynamic promoter Bassem Jawhary joined their organizational capacity to end the 2021 IFBB season in Asia from December 7 to 12. They did so with a sensational double event in which athletes from all continents participated, with the exception of Oceania, due to restrictions on international travel.

The IFBB Female Fitness World Cup featured Bikini, Bodyfitness, Wellness Fit Model, Fit Pairs, Acrobatic Fitness and Artistic Fitness disciplines, and the IFBB International Show featured Bodybuilding, Classic Physique and Men's Physique. Both events were a resounding sporting and participation success, consolidating Dubai and the EBBF as outstanding protagonists of our sports.



▲ Promoter Bassem Jawhary, a promoter of Fitness and Bodybuilding in the United Arab Emirates, together with the two best athletes of Classic Physique: Hossein Mansoori, (runner-up) and Khalifah Alhmoudi (winner), one of the stars of the competition.



▲ Sports star in the United Arab Emirates Khalifah Alhmoudi was proclaimed overall champion of Classic Bodybuilding and Classic Physique, achieving 4 medals.

BODYBUILDING

| | |
|------------------------------|-------------------------------------|
| Junior: | Abdulrahman A. Almeshari (Bahrain) |
| Master (40-49 years): | Aliasghar Kabolipasandi (IFBB Flag) |
| Master (+50 years): | Stephan Canetti (France) |
| Lightweight (-70 Kg): | Ismayil Saidalavi (Resident UAE) |
| Welterweight (-75 Kg): | Haitham M. Al Zadjali (Oman) |
| Middleweight (-80 Kg): | Ramin Hassanzadeh (IFBB Flag) |
| Semi-heavyweight (-90 Kg): | Hesham M. Khalafalia (Resident UAE) |
| Heavyweight (-100 Kg): | Mikhail Dyadyuk (Russia) |
| Super Heavyweight (+100 Kg): | Wassim Hassan (Resident UAE) |

CLASSIC BODYBUILDING

The athletes from the Persian Gulf dominated the competition, showing that this is one of their specialties, supported by their aesthetics. The overall victory went to the favourite: local athlete Khalifah Alhmoudi, who had already won the title, weeks ago, at the IFBB Dubai Muscle Classic. Alhmoudi, weighing almost 92 kilos for a height of 185 cm, was the tallest and most complete athlete in the division.

| | |
|-------------------------------|----------------------------------|
| Short class (-168 cm): | Fouad Mhmood (Iraq) |
| Middle-short class (-171 cm): | Fahad M. Ali Omar (Resident UAE) |
| Middle class (-175 cm): | Hossein Mansoori (IFBB Flag) |
| Tall class (-180 cm): | Marwan Alblooshi (UAE) |
| Super tall class (+180 cm): | Khalifah Alhmoudi (UAE) |

CLASSIC PHYSIQUE

The growth of this division was evident in Dubai, seeing the number of participants. As many as 3 champions of Classic Bodybuilding managed to repeat the gold medal in this discipline, that admits a greater muscular size. Fouad Mhmood (Iraq), Hossein Mansoori (who competed under the IFBB flag) and, again, the big favourite, Khalifah Alhmoudi, were the kings of the competition.

Special mention to Khalifah Alhmoudi, who also won the overall title. With 4 gold medals, he became the most successful athlete in the competition.

| | |
|------------------------------|------------------------------------|
| Junior: | Abdulrahman A. Almeshari (Bahrain) |
| Short class (-168 cm): | Fouad Mhmood (Iraq) |
| Middle class (-171 cm): | Mohamed Abdulaziz Albannai (UAE) |
| Middle-tall class (-175 cm): | Hossein Mansoori (IFBB Flag) |
| Tall class (+175 cm): | Khalifah Alhmoudi (UAE) |

COMPLETE PHOTO GALLERY



▲ Mikhail Dyadyuk (Russia) was the winner of Heavyweight Bodybuilding (~100 kilos) and the overall runner-up.

The Bodyfitness competition, dominated by Russian athletes, had a very high level. In the picture, Natalia Filippova celebrates her victory, congratulated by her compatriots Elena Kuzkina (silver) and Ekaterina Sakhautdinova (bronze).



▲ Wassim Hassan (UAE Resident) was the overall champion of Bodybuilding, after prevailing in the Super-heavyweight class, with his physique of 103 kilos of muscle.



▲ Alina Frolova (Russia) was the overall champion of Bikini. In 2022 we'll see her competing in the Elite Pro Division.

World Master Champion on several occasions, Anna Prokhorova, 50, achieved another title in Dubai and proved to earn a place in Bikini Fitness history.



► The IFBB Female Fitness World Cup was a success, and Dubai the ideal place for its growth. The United Arab Emirates is an international point of reference in the sports field, also for women's disciplines. The organizer, Bassem Jawhary (left), has been promoting a healthy lifestyle and fitness competitions for years.



MEN'S PHYSIQUE

The Star discipline in the Emirates again summoned dozens of athletes. We discovered new stars as Juma Mubarak (32 years; 174 cm), who won the Middle class against 17 other athletes, and the overall title against 5 other champions. Amongst them, there was Mubarak's compatriot Ali Dawi Alnaqbi, who repeated the title in the Super Tall class achieved at the recent IFBB Dubai Muscle Classic, and did it with a perfect score from the judges (5 points).

The high participation of athletes brought together competitors from countries such as the Seychelles, with gold medal for Mervin D. Dugas, Costa Rica, Ghana, Pakistan, Palestine, Kazakhstan or Portugal.

| | |
|-------------------------------|---------------------------------------|
| Junior: | Laith Yasser M. Al Balushi (Oman) |
| Master (40 - 44 years): | Rashid Yousif M. Aldarmaki (UAE) |
| Master (45 - 49 years): | Arasage Wijendra (Resident UAE) |
| Master (+50 years): | Adel Suleiman Rasslan (Resident UAE) |
| Short class (~170 cm): | Abdulla Ibrahim A. M. Alhammadi (UAE) |
| Middle-short class (~173 cm): | Rashed Alhabshi (UAE) |
| Middle class (~176 cm): | Juma Mubarak (UAE) |
| Middle-tall class (~179 cm): | Osamah Safah Abdullateef (Iraq) |
| Tall class (~182 cm): | Abdulla Saeed A. Alshehni (UAE) |
| Super tall class (~182 cm): | Ali Dawi Alnaqbi (UAE) |
| Muscular: | Mervin Davis Dugas (Seychelles) |

BIKINI FITNESS

| | |
|-------------------------------|---------------------------|
| Junior: | Alina Frolova (Russia) |
| Master (35-39 years): | Olga Eliseeva (Russia) |
| Master (+40 years): | Anna Prokhorova (Russia) |
| Short class (~158 cm): | Roberta Nastase (Romania) |
| Middle-short class (~164 cm): | Olga Eliseeva (Russia) |
| Middle class (~169 cm): | Alina Frolova (Russia) |
| Tall class (~172 cm): | Olga Khasanova (Russia) |
| Super tall class (~172 cm): | Maria Makarova (Russia) |

FITNESS

| | |
|------------|---------------------------|
| Acrobatic: | Daria Panasenkov (Russia) |
| Artistic: | Alina Frolova (Russia) |

FIT MODEL

| | |
|---------|--------------------------------|
| Open: | Viktoriia Lytvynenko (Ukraine) |
| Master: | Andreea Weisner (Romania) |

FIT PAIRS

| | |
|-------|---|
| Open: | Krin Marta Broo & Nader Ahmed (Residents UAE) |
|-------|---|

OVERALL CHAMPIONS

| | |
|-----------------------|------------------------------|
| BODYBUILDING: | Wassim Hassan (Resident UAE) |
| CLASSIC BODYBUILDING: | Khalifah Alhmoudi (UAE) |
| CLASSIC PHYSIQUE: | Khalifah Alhmoudi (UAE) |
| MEN'S PHYSIQUE: | Juma Mubarak (UAE) |
| BIKINI: | Alina Frolova (Russia) |

WELLNESS

| | |
|---------|-----------------------------|
| Open: | Snezhana Garshina (Russia) |
| Master: | Reine Hann Antoun (Lebanon) |

BODYFITNESS

| | |
|---------|----------------------------|
| Open: | Natalia Filippova (Russia) |
| Master: | Elena Kuzkina (Russia) |



2022 IFBB AJMAN INTERNATIONAL BODYBUILDING & PHYSIQUE CHAMPIONSHIPS

**HUNDREDS OF ATHLETES GATHER ONCE AGAIN IN THE UAE
FOR A FABULOUS MEN'S PRO-AM EVENT**

"Iran dominates Bodybuilding, with victories for Aziz Maarefi and Sayed Ayoub Hosseini (Classic Physique) in the overall competition."

"The UAE dominates Men's Physique with outright victories for Ibraheem Abdul Al Dousari and Saeed Al Faqeer (Muscular)."

"Marwan Al Baloushi (UAE) wins another competition and achieves the Elite Pro card in Classic Bodybuilding."



THE UNITED ARAB EMIRATES BODYBUILDING FEDERATION (EBBF),

chaired by HRH Sheikh Abdullah bin Hamad bin Saif Al Sharqui, was once again a destination point for athletes residing in the Gulf area, with a new and spectacular competition that has

made a spectacular entrance into the IFBB Calendar.

Held in the Emirate of Ajman, from March 5 to 6, the competition offered 14 Elite Pro Cards that give way to compete in a professional event, and was endowed with \$15,000 in money prizes. The importance of the competition, the

first held in Asia this season, made President Santonja travel to Ajman to witness it, accompanied by the main executive officials of the Asian Federation (AFBF), led by Sheikh Abdullah bin Hamad bin Saif Al Sharqui and the Vice President for Africa, Dr. Adel Fahim El Sayed.

Organized with the support of the United Arab Emirates Bodybuilding Federation (EBBF) chaired by HRH Sheikh Abdullah Bin Hamad Al Sharqi, the Ajman International 2022 was the first IFBB competition held in the emirate of Ajman, and was open to all continents. For this reason, President Santonja was present at the event that brought together almost 400 male athletes. In the image, both executives award the local athlete Ebraheem Al Dousari as overall champion of Men's Physique, accompanied by other directors and organizers. ♥





BODYBUILDING

With 8 overall disciplines, plus another 2 Junior and Master classes, the Bodybuilding competition distributed the titles with wide geographic representation. Aziz Maarefi and Yasin Amanipour disputed the main title, after prevailing in their respective classes.

▲ The Super Middleweight (~90 Kg) podium, won by Omar M. Al Meskari (Oman).

| | |
|------------------------------|------------------------------------|
| Junior: | Abdulaziz Humaid (UAE) |
| Master (40-49 years): | Sayed Hussain Mirsane (IFBB Flag) |
| Bantam (~65 Kg): | Mathavan Rajakumara (Resident UAE) |
| Lightweight (~70 Kg): | Layth Assad (Iraq) |
| Welterweight (~75 Kg): | Enrique Alimbullo (Philippines) |
| Middle-lightweight (~80 Kg): | Ali Al Housari (Egypt) |
| Middleweight (~85 Kg): | Aziz Maarefi (IFBB Flag) |
| Super middleweight (~90 Kg): | Omar M. Al Meskari (Oman) |
| Semi-heavyweight (~95 Kg): | Yasin Amanipour (Iran) |
| Heavyweight (~95 Kg): | Hassan Abdulmoneim (Resident UAE) |

Competing on behalf of the International Federation, the fantastic Aziz Maarefi was the overall champion of Bodybuilding. He had previously won the gold medal in Middleweight (~85 Kilos).

OVERALL: Aziz Maarefi (IFBB Flag)



▲ Enrique Alimbullo (Philippines) was the Welterweight Champion (~75 Kg).



▲ Sayed Hussain Mirsane (IFBB Flag), Master Bodybuilding champion.



▲ Yasin Amanipour (Iran) was the Bodybuilding Light Heavyweight Champion (~95 Kg). After winning his Elite Pro card, he would go on to successfully debut in the professional competition.



◀ A sports star in the United Arab Emirates, Marwan Al Baloushi was proclaimed overall champion of Classic Bodybuilding after winning gold in Tall class (~180 cm), and achieving the Elite Pro card.

CLASSIC BODYBUILDING

Athletes from the Persian Gulf dominated the competition, led by local athlete Marwan Alblooshi, who won Tall class (~180 cm), as he did in December, in the last international event held in the UAE. On this occasion, in addition, he won the overall title.

| | |
|-------------------------------|-------------------------------|
| Short class (~168 cm): | Davod Vahedi (IFBB Flag) |
| Middle-short class (~171 cm): | Amir Abbas (IFBB Flag) |
| Middle class (~175 cm): | Rashed Ali Al Ahadhrani (UAE) |
| Tall class (~180 cm): | Marwan Alblooshi (UAE) |
| Super tall class (~180 cm): | Zaaim Taleb Ahmad (Oman) |

OVERALL: Marwan Alblooshi (UAE)



Zaaim Taleb Ahmad (Oman), gold medal in Super Tall class (~180 cm). ▶

CLASSIC PHYSIQUE

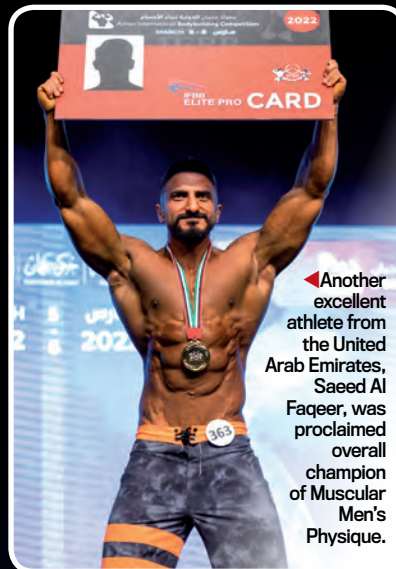
Once again, the 5 official classes disputed demonstrate the growth of this discipline in the Persian Gulf area. The fabulous Sayed Ayoub Hosseini took the overall title, after winning the Short-Middle Class (~171 cm), achieving another success for the Iranian Federation.

| | |
|-------------------------------|-----------------------------------|
| Short class (~168 cm): | Falsalu Rahman (Residente UAE) |
| Middle-short class (~171 cm): | Sayed Ayoub Hosseini (Iran) |
| Middle class (~175 cm): | Farooque Niaz (Oman) |
| Tall class (~180 cm): | Sayed Hussain Mirsane (IFBB Flag) |
| Super tall class (~180 cm): | Ahmad Salem (Oman) |

OVERALL: Sayed Ayoub Hosseini (Iran)



◀ Sayed Ayoub Hosseini (Iran), champion of the Medium-Short Class (~171 cm) and Overall Classic Physique champion.



◀ Another excellent athlete from the United Arab Emirates, Saeed Al Faqeer, was proclaimed overall champion of Muscular Men's Physique.

MEN'S PHYSIQUE

Due to the high number of participating athletes, 6 height classes were convened, in addition to another 3 for the Muscular division, and 4 more classes for athletes under 23 years and over 40 years of age. Local athlete Rashid Yousif M. Aldarmaki once again demonstrated to be the best of the Master athletes. Along with him, the great protagonists were the overall champions Ebraheem Al Dousari and Saeed Al Faqeer (Muscular), giving a full pot of victories for the UAE.

| | |
|-------------------------------|----------------------------------|
| Junior (~174 cm): | Abdullah Youssef Al H. (UAE) |
| Junior (~174 cm): | Mustafa Al Musawei (Iraq) |
| Master (40 - 44 years): | Rashid Yousif M. Aldarmaki (UAE) |
| Master (~45 years): | Isam Saif Ahmad (UAE) |
| Short class (~170 cm): | Omar Al Mjeiri (UAE) |
| Middle-short class (~173 cm): | Sayed M. Javad (Iran) |
| Middle class (~176 cm): | Mani Salari Rad (Iran) |
| Middle-tall class (~179 cm): | Salem Abdulmajeed Ahmad (UAE) |
| Tall class (~182 cm): | Ebraheem Al Dousari (UAE) |
| Super tall class (~182 cm): | Reza Aghbolaghi (Iran) |

OVERALL MEN'S PHYSIQUE:
Ibraheem Abdul Al Dousari (UAE)

| | |
|---------------------|-------------------------|
| Muscular (~174 cm): | Saeed Al Faqeer (UAE) |
| Muscular (~178 cm): | Imran Khan (Qatar) |
| Muscular (~178 cm): | Saleh Badar Omar (Oman) |

OVERALL MUSCULAR MEN'S PHYSIQUE:
Saeed Al Faqeer (UAE)



◀ Ahmad Salem (Oman), champion of the Super Tall Class (~180 cm) and overall runner-up.



▶ The awards ceremony in the overall category of Men's Physique, won by Ibraheem Abdul Rahman Aldosari (UAE).

2022 IFBB GIOVANNI CLASSIC



THE ARUBA GRAND PRIX IS BACK WITH VIGOUR

"Olympism is present at the Grand Prix, represented by Ms. Nicole Hoevertsz, Vice President of the IOC."

"The Caribbean area confirms its importance in Bodybuilding & Fitness."



INTERRUPTED by the pandemic during 2020 and 2021, the IFBB Giovanni Arendsz Classic returned to the international calendar with a bang, bringing together excellent athletes from the 3 American continents on the beautiful island of Aruba, on March 25 and 26.

Promoted by the president of the Central American and Caribbean Confederation (CACBBFF), former professional athlete and excellent sports promoter Mr. Giovanni Arendsz, and the national federation of Aruba,

where Bodybuilding is an Olympic sport, the Grand Prix of the island of Aruba was held in one of the country's iconic venues: Cas di Cultura Theater & Cultural Center. The importance of our sports in Aruba and in the Caribbean area shouldn't be taken lightly: present at the event was the vice president of the IOC, Ms. Nicole LM Hoevertsz, who is always receptive to advances in Bodybuilding and Fitness as Olympic sports.

The champions of the 2022 IFBB Giovanni Arendsz Classic were the following:



▲ Ignacio Mandley (Curacao), overall champion of Bodybuilding.



The Vice President of the IOC, Ms. Nicole L. M. Hoevertsz, was present during the Giovanni Arendsz Classic. In the image, with the Junior Bodybuilding champion: Edson J. Sánchez (Mexico).



▲ Flor Lacle (Aruba), overall champion of Wellness.

COMPLETE PHOTO GALLERY



The 2022 Giovanni Arendsz Classic was a great opportunity for Aruban athletes to make themselves known. In the image, Guido Carlo, 4th in the Bodybuilding Light Heavyweight class (-90 Kg.).

CLASSIC BODYBUILDING:

Sander Bes (Aruba)

BODYBUILDING Junior:
Edson J. Sánchez (Mexico)

BODYBUILDING (-80 Kg):
Juan M. Milton (Aruba)

BODYBUILDING (-90 Kg):
Ignacio Mandley (Curacao)

BODYBUILDING (+90 Kg):
Joel E. Fabián (Mexico)

BODYBUILDING Master:
Freddy García (Mexico)

BIKINI:

Vania S. Ramírez (Mexico)

WELLNESS:

Flor Lacle (Aruba)

WOMEN'S PHYSIQUE:
Sharleen Hengeveld (Aruba)

MEN'S PHYSIQUE (-170 cm):
Avery G. Ardila (Aruba)

MEN'S PHYSIQUE (-179 cm):
Daniel Haughton (Jamaica)

MEN'S PHYSIQUE (+179 cm):
Kenroy Christian
(Antigua & Barbuda)

MEN'S PHYSIQUE Master:
Erik Croes (Aruba)

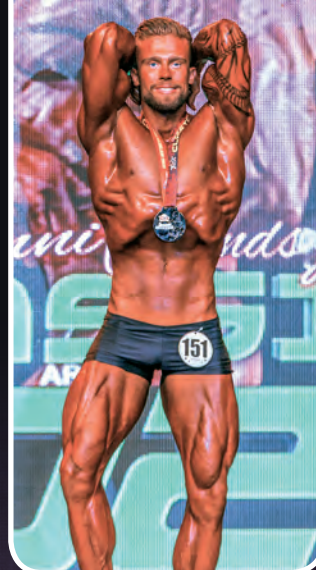
OVERALL CHAMPIONS:

BODYBUILDING:
Ignacio Mandley (Curacao)

MEN'S PHYSIQUE:
Kenroy Christian
(Antigua & Barbuda)



▲ Vania Sined Ramírez (Mexico), Overall Bikini Champion.



▲ Sander Bes (Aruba), overall champion of Classic Physique.



▲ The Men's Physique division was one of the most important in Aruba: in the image, the two main Master athletes: Jermaine Howard (Aruba; silver) and Erik Croes (Aruba; gold), together with Mr. Giovanni Arendsz.

Kenroy Christian (Antigua & Barbuda.), gold medal in Men's Physique (+179 cm). ▼

▲ The president of the CACBBFF and promoter of the event, Mr. Giovanni Arendsz, together with the overall champion of Men's Physique: Daniel Haughton (Jamaica).



▼ The overall champion of Bodybuilding Master (Freddy García (Mexico), together with the vice president of the IOC, Ms. Nicole L. M. Hoevertsz, and the promoter of the event, Mr. Giovanni Arendsz.



▲ Sharleen Hengeveld (Aruba), overall champion of Women's Physique.

2022 IFBB NOCCO PRO QUALIFYER (Sweden)

STOCKHOLM BECOMES AN INTERNATIONAL REFERENCE
THANKS TO NOCCO, JAN TANA & TYNGRE



The Top 6 of the Middle Bikini Class, where Agne Kiviselg, overall champion of the show, prevailed.

COMPLETE PHOTO GALLERY



SWEDEN has once again placed itself at the forefront of international activity, with the 1st edition of the Nocco Pro Qualifier held in Stockholm on April 9 and 10. This show is a continuation of the Tyngre Classic that reached its 11th edition in the previous hours. The event reflects the excellent communication between the Swedish Federation (SBFF) chaired by Mr. Jani Kaaria and the promoter Mr. Alex Danielson, with the support of an international Fitness reference such as Ms Jan Tana.

The weekend mobilized a good number of European athletes for an amateur event that distributed 6 Elite Pro cards, as well as more than \$10,000 dollars in prizes for professional athletes from America, Africa and Europe. The most important thing, though, was to discover the dynamism of the Nordic countries and the organizational capacity of this sports project that was able to attract more than 50,000 viewers via streaming during the weekend.

With the leadership of athletes from Finland and Sweden, the competition left us the following results:



CLASSIC BODYBUILDING

With athletes from Finland, Norway and Estonia, the competition was held in an Open format. The title went to the aesthetic and defined Robert Nitz who was in splendid shape at 44 years.

CLASSIC BODYBUILDING

Gold: Robert Nitz (Finland)
Silver: Daniel Dreier (Norway)
Bronze: Andres Lindstrand (Sweden)

▶ Winning both Rounds, Robert Nitz (Finland) took the overall title of Classic Bodybuilding.

CLASSIC PHYSIQUE

The event marked the return to competition of Mohammad Ali, who is a resident in Denmark and competed under a neutral flag. Ali won the title by unanimous decision of the judges. Seemingly, the Nordic athlete aspires to achieve more titles this season.

CLASSIC PHYSIQUE

Gold: Mohammad Ali (IFBB Flag)
Silver: Egert Olov (Estonia)
Bronze: -

MEN'S PHYSIQUE

There is no doubt that the 2022 season is bringing us a new star. Isaac Ebagnilin already stood out in 2021 but, with one more year of training, he is designated to become a leader of the Elite Pro Division. He unanimously achieved his professional license and debuted as an Elite Pro athlete in the Jan Tana Classic with victory. Next to him, Sebastian Jansson (also from Sweden) has everything to succeed.

MEN'S PHYSIQUE SHORT CLASS (-178 CM)

Gold: Isaac Ebagnilin (Sweden)
Silver: Anthony Petterson (Sweden)
Bronze: Sebastian Jansson (Sweden)

MEN'S PHYSIQUE TALL CLASS (+178 CM)

Gold: Chris Harnell (Sweden)
Silver: Janne Pomppanen (Finland)
Bronze: Simonas Puzas (Lithuania)

OVERALL MEN'S PHYSIQUE: Isaac Ebagnilin (Sweden)

Isaac Ebagnilin (Sweden), overall champion of Men's Physique, along with promoter Mr. Alex Danielson.

Top 3 Wellness, with Raquel Santos (Finland; silver), Nina Ylissari (Finland; gold) and Tuuli Lindstrom (Finland; bronze).



Chris Harnell (Sweden), Men's Physique Tall Class champion.



Mohammad Ali (IFBB Flag), Classic Physique champion by unanimous decision.



In a direct duel between Finnish and Swedish athletes, Nina Ylissari (Finland) was crowned overall champion by unanimous decision from the judges. Her main rival, the Swedish Amanda Rundgren, was left off the podium with her rocky physique.



WELLNESS OPEN DISCIPLINE

Gold: Nina Ylissari (Finland)
Silver: Raquel Santos (Finland)
Bronze: Tuuli Lindstrom (Finland)





In a duel between Finnish athletes, Milla Kelahaara had to work hard and impose her greater stature to win the title and the Elite Pro card, in a close decision by the judges (7 to 8 points). At the awards show, she couldn't hide her happiness. ▶

OVERALL BODYFITNESS:
Milla Kelahaara (Finland)

BODYFITNESS

Bodyfitness is one of the favourite sport activities of Finnish women, and it was perfectly voiced by official Ms Aino-Maija Laurila. Thus, Finland added two gold medals, one silver and one bronze to their various recent titles.

The Top 6 of Short Bodyfitness class, with Tuva Flodin (Sweden; 6th), Virpi Sipilä (Finland; 4th), Patricia Robben (Netherlands; 2nd), Anu Koski (Finland; winner), Jessica Rissanen (Finland; 3rd) and Ella Halima (Finland; 5th). ▶



BODYFITNESS SHORT CLASS (-163 CM)

Gold: Anu Koski (Finland)
Silver: Patricia Robben (The Netherlands)
Bronze: Jessica Rissanen (Finland)

BODYFITNESS TALL CLASS (+163 CM)

Gold: Milla Kelahaara (Finland)
Silver: Rina Kivikoski (Finland)
Bronze: Monica Foss (Norway)



▶ **Bodyfitness Tall Class Top 6, with Meri Pikkala (Finland; 6th), Eve Luhtala (Finland; 4th), Riina Kivioski (Finland; 2nd), Milla Kelahaara (Finland; winner), Monica Foss (Norway; 3rd) and Oona Ylitolonen (Finland; 5th).**

BIKINI FITNESS



Daniela Kenton (Finland), Bikini -163 cm champion. ▶

SHORT CLASS (-163 CM)

Gold: Daniela Kenton (Finland)
Silver: Marjo Voutilainen (Finland)
Bronze: Noora Paukku (Finland)



Agne Kiviselg (Estonia), Bikini champion -169 cm. ▶

MIDDLE CLASS (-169 CM)

Gold: Agne Kiviselg (Estonia)
Silver: Lina Krafte (Lithuania)
Bronze: Frida Lindholm (Sweden)



Mascha Stutz (Germany), Bikini champion +169 cm. ▶

TALL CLASS (+169 CM)

Gold: Mascha Stutz (Germany)
Silver: Tara Karihtala (Finland)
Bronze: Karoliina Litmaa (Estonia)



▶ The beautiful Agne Kiviselg is used to succeed in Sweden, as she did in 2019. She's been confirmed as one of the best athletes of recent years. She is known as "the black swan" for her elegance in her pose and the colour of her hair. The Estonian athlete won the Elite Pro card, an made her debut as a pro with an important bronze medal.

OVERALL BIKINI FITNESS:
Agne Kiviselg (Estonia)



2022 IFBB NORWAY GRAND PRIX



Christer Hoftvedt (Norway), obtained her Elite Pro card by winning the Bodybuilding overall.

HELD IN HAMAR

from April 22 to 24, in the magnificent facilities of the Hamar Kulturhus, the first edition of the IFBB Norway Grand Prix ended with a more than positive result, thanks to the excellent organizational work of the Norwegian Federation, headed by its president Elise Murbaeck.

The championship had a large crowd, as well as professional coverage of the event via streaming. These are the results:

COMPLETE PHOTO GALLERY



▲ Estonian athlete Elli Valla with her Elite Pro Bikini Master card.



▲ The winner of the Women's Wellness discipline, Kristyna Flidrova (Czech Republic) poses with her pro card.



▲ Local athlete Hanne Eide poses with her Elite Pro card, which she achieved by coming in second in the Women's Bikini overall.



▲ Stian Solgard (Norway), winner of the Classic Bodybuilding discipline.

Romeo Johnny (Norway), winner of the Classic Physique discipline. ▶



▲ Agne Kiviselg (Estonia), one of the outstanding athletes this season, with her pro card in Women's Bikini, thanks to her victory in the overall.



▲ Annika Roland, representing Norway, ranked first in the Women's Bodyfitness overall, which rewards her the Elite Pro card.



▲ The overall winner in the Men's Physique discipline, Ronnaphum Angkaw (Norway), poses with his Elite Pro card.

BODYBUILDING

Men's Bodybuilding up to 90 kg:
Willy Toft (Norway)

Men's Bodybuilding over 90 kg:
Christer Hoftevd (Norway)

Men's Bodybuilding Overall
and Pro Card:
Christer Hoftevd (Norway)

WELLNESS

Women's Wellness open
and Pro Card:
Kristyna Fildrova (Czech Republic)

CLASSIC PHYSIQUE

Men's Classic Physique open
and Pro Card:
Romeo Johnny (Norway)

CLASSIC BODYBUILDING

Men's Classic Bodybuilding
up to 180 cm:
Jarl Bjermeland (Norway)

Men's Classic Bodybuilding over
180 cm:
Stian Solgard (Norway)

Men's Classic Bodybuilding overall:
Stian Solgard (Norway)

BODYFITNESS

Women's Bodyfitness
up to 163 cm:
Annika Roland (Norway)

Women's Bodyfitness over 163 cm:
Monica Foss (Norway)

Women's Bodyfitness overall
and Pro Card:
Annika Roland (Norway)

Master Women's Bodyfitness over
35 years and Pro Card:
Monica Foss (Norway)



▲ The Norwegian Monica Foss got the Elite Pro Master card in Women's Bodyfitness.



▲ Nasradin Zakaria (Norway), second classified in the overall Men's Physique.

BIKINI

Junior Women's Bikini-Fitness
16-23 years:
Anne Hollakleiv (Norway)

Master Women's Bikini-Fitness
over 35 years and Pro Card:
Eli Valla (Estonia)

Women's Bikini-Fitness
up to 158 cm:
Trude Eriksen (Norway)

Women's Bikini-Fitness
up to 164 cm:
Hanne Eide (Norway)

Women's Bikini-Fitness
up to 166 cm:
Carina Hansen (Norway)

Women's Bikini-fitness
up to 169 cm:
Agne Kiviselg (Estonia)

Women's Bikini-Fitness
over 169 cm:
Karoliina Laitmaa (Estonia)

Women's Bikini-Fitness overall
and 2 Pro Card:
Agne Kiviselg (Estonia)
Hanne Eide (Norway)

MEN'S PHYSIQUE

Junior Men's Physique 16-23 years:
Martinus Andersen (Norway)

Master Men's Physique
over 40 years:
Andre Jensen (Norway)

Men's Physique up to 173 cm:
Ronnaphum Angkaw (Norway)

Men's Physique up to 179 cm:
Nasradin Zakaria (Norway)

Men's Physique up to 182 cm:
Mario Winther (Norway)

Men's Physique over 182 cm:
Ola Norman (Norway)

Men's Physique Overall
and 2 Pro Cards:
Ronnaphum Angkaw (Norway)
Nasradin Zakaria (Norway)



IFBB INTERNATIONAL CACIQUE BODY & FITNESS in Puerto Rico



ON THE AFTERNOON of May

1, Jose Manuel "Kuto" was the brilliant host to the first international edition of the Cacique International, with the invaluable collaboration of the Puerto Rican Federation of Bodybuilding and Fitness, represented by its president Carlos Diaz. All members of the Puerto Rican federation turned to help for the 2022 Cacique International, so it could be at the height of an IFBB international event, which it no doubt was. Held together with a national championship for Rookies, juniors and Masters, it brought together a large and enthusiastic crowd in a beautiful and perfectly conditioned auditorium for the development of competitions in our sport.

The following athletes won the Elite PRO cards:

Jayson Velez Cruz, Overall champion in Mens Physique. He has a classic body with a great development for this discipline, with adequate insertions, clavicular width, a small waist and good abdominal relief. Cruz is an athlete who knows how to show himself, and he prevailed over the rest with remarkable clarity.

Giselle Velez Perez, Bikini Overall champion. Velez presented the most worked physique of the entire discipline. Nothing stood out, which means that it was her muscular balance both in development and in tone and definition that made Giselle the champion by unanimous decision of the judges.

Sacha Rodriguez, Overall Wellness champion. She presented a physique that will be well received in the PRO world as soon as she manages to polish it. The proportions presented are already those that we see in many of the best Wellness athletes in the Elite PRO professional world.

Christopher Rodriguez, Overall Winner in Classic Physique, was the pleasant surprise of the afternoon, a magnificent representation of this discipline on the American continent: muscular quality with details that are rarely seen today. He showed an outstanding definition that did not hide his good proportions and his excellent muscle quality. We will surely see him in the future obtaining medals for Puerto Rico in upcoming events.

We are waiting for the next edition of this Cacique International to be even better than the one we have witnessed in 2022. This is a sign of the good work of both federation and organizers, and the potential of Puerto Rico as a bodybuilding nation continues to grow inside and outside of its borders.



COMPLETE PHOTO GALLERY



2022 I RIMINI STEEL CLASSIC



A NEW IFBB EVENT FOR THE ICONIC ITALIAN EXPO



"Italy shows dominance in men's disciplines, with a fabulous Men's Physique competition won by Cristiano Iommitti."

"President Santonja witnesses the competition and the growing activity of Fitness and Bodybuilding in Italy."

"The world champion, Nicola Barlotta, imposes his rule in Bodybuilding."

"Antonio Primiceri (Italy) dominates Classic Bodybuilding with 2 gold medals."

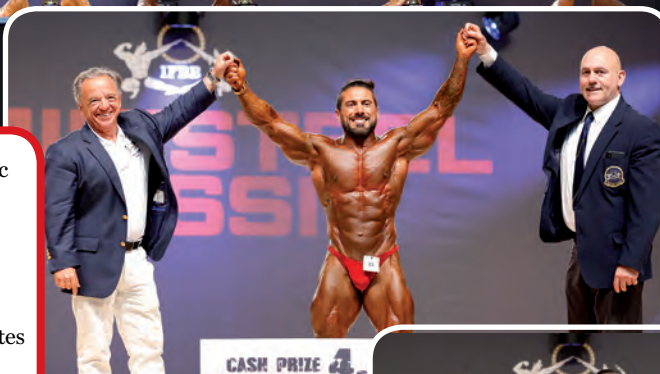
▲ The 2022 IFBB Rimini Steel Classic showcased the best male physiques on the European continent.



IN A WEEKEND of frenetic action, as the Arnold South Africa and the Diamond Cup Budapest were held at the same time, the Rimini Steel Classic was a complete success with the participation of mainly male athletes driven by the great activity of the Italian Bodybuilding Federation, chaired by Mr. Benedetto Modello.

Supported by its prestige and history as a commercial Expo dedicated to Fitness, Rimini became a claim for athletes from all over Europe, who had the chance to measure themselves against almost 90 local Italian athletes. There was special competitiveness in the divisions of Bodybuilding, Men's Physique and Wellness. President Santonja travelled to Rimini, accompanied by his wife Nieves and his children Manuel and Elena, to witness and show his support to the event, where athletes from 14 countries, including Palestine, competed for 12 Elite Pro Cards and points for the IFBB World Ranking.

Among the stars of the competition we must highlight the veterans Nicola Barlotta, Bodybuilding champion, and Antonio Primiceri, Classic Bodybuilding champion, and the following winners:



▲ World Champion and tireless athlete, Nicola Barlotta (77 kilos) won the overall title of Bodybuilding at 47.

Michele Zoccato and Cristiano Iommitti (Italy) were the dominators of Men's Physique. Both athletes received the Elite Pro card.



▲ Waldry Vittar (Spain), overall champion of Bodybuilding Master.

BODYBUILDING

Middleweight (-80 Kg):
Nicola Barlotta (Italy)
Semi Heavyweight (-90 Kg):
Emanuele Marcucci (Italy)
Cruiserweight (-95 Kg):
Giulio Albi (Italy)
Heavyweight (+95 Kg):
Andrea Bolzoni (Italy)
Master I:
Waldry Vittar (Spain)
Master II:
Marco Lucacci (Italy)

CLASSIC BODYBUILDING

Open:
Antonio Primiceri (Italy)
Master:
Antonio Primiceri (Italy)

CLASSIC PHYSIQUE

Short class (-175 cm):
Valerio Comunale (Italy)
Tall class (+175 cm):
Joseph Peter (Belgium)

MEN'S PHYSIQUE

Junior:
Paolo Pagano (Italy)
Master:
Cristian Casciaro (Italy)
Short class (-170 cm):
Michele Zoccato (Italy)
Middle class (-176 cm):
Cristiano Iommitti (Italy)
Middle-tall class (-179 cm):
Massimiliano Calabrese (Italy)
Tall class (-182 cm):
Francesco Fasciana (Italy)
Super Tall class (+182 cm):
Andrea Candini (Italy)
Muscular:
Ivan Simeoni (Italy)

BIKINI FITNESS

Junior:
Elena Levaggi (Italy)
Short class (-160 cm):
Agnes Belli (Italy)
Middle class (-164 cm):
Katarzyna Szuba (Poland)
Tall class (-169 cm):
Nadia Canelli (Italy)
Super Tall class (+169 cm):
Masha Stutz (Germany)
Master I:
Miroslava Romanova (Italy)
Master II:
Alla Bevriuk (Italy)

BODYFITNESS

Short class (-163 cm):
Francesca Falone (Italy)
Tall class (+163 cm):
Barbara Lorenzetti (Italy)
Master:
Luana Caccatore (Italy)

WELLNESS

Short class (-163 cm):
Franziska Lohberger (Germany)
Tall class (+163 cm):
Amanda Vente (Italy)

FIT PAIRS

Open:
Nadia Canelli & Francesco Fasciana (Italy)

OVERALL BIKINI:
Nadia Canelli (Italy)

OVERALL BODYFITNESS:
Francesca Falone (Italy)

OVERALL WELLNESS:
Amanda Vente (Italy)

OVERALL CLASSIC PHYSIQUE:
Joseph Peter (Belgium)

OVERALL MEN'S PHYSIQUE:
Cristiano Iommitti (Italy)

OVERALL BODYBUILDING:
Nicola Barlotta (Italy)



▲ Amanda Vente (Italy), overall champion of Wellness and new Elite Pro athlete.

Joseph Peter (Belgium) won the title of Classic Physique and the Elite Pro card. At 25 years, his physique of 88 kilos and 180 cm is an international reference. ▶



CASH PRIZE 3.000
RIMINI STEEL
RIMINI ITALY 4

Antonio Primiceri is a Bodybuilding reference in Italy, and took the titles of Classic Bodybuilding. In the image: with Mr. Benedetto Modello and President Santonja. ▶



CASH PRIZE 3.000



▲ The President of the Italian Federation, Mr. Benedetto Modello, at the Bodybuilding (+95 Kg) medal ceremony won by Andrea Bolzoni (Italy).

President Santonja wanted to support the dynamism of the Italian Federation and the Rimini Expo by witnessing the event live together with his family. In the picture: with his wife Nieves and the Legal Advisor of the IFBB, Mr. Marco Bosco. ▶

▲ The President of the Italian Federation and European Vice President, Mr. Benedetto Modello, along with the athletes classified for the final of the Bikini Short class (-163 cm), won by Franziska Lohberger (Germany).



Enrico Gilio (Italy) and Waldry Vittar (Spain) were the dominators of the Bodybuilding Master competition and achieved the Elite Pro card. ▼

COMPLETE PHOTO GALLERY



VIDEO



▲ The Bodybuilding podium (-90 Kg) with Jacopo Sirangelo (Italy; silver), Emanuele Marcucci (Italy; gold) and Giuseppe Messina (Italy; bronze).

Romanian International GRAND PRIX



THIS COMPETITION was created by the President of the Romanian Bodybuilding and Fitness Federation, Prof. Gabriel Toncean, who is also the Vice-President of the European Bodybuilding and Fitness Federation.

The first edition of the Romanian International Grand Prix was held in Sibiu, between September 2-3, 2022.

The President of the Romanian Bodybuilding and Fitness Federation (FRCF), Prof. Gabriel Toncean, believes that this first edition of the Romanian International Grand Prix was a success. *"Very well-trained athletes, for whom sacrifices and constant work are part of everyday life, took to the competitive stage in Sibiu. Congratulations to all the participants who were present, they will remain in the history of sports,*

road openers for this international competition", said the president of the FRCF, Prof. Gabriel Toncean.

More than 100 athletes from 12 countries competed in this prestigious competition to win the unique medals prepared by the Organizer and for the prize money provided by PANATTA, the Gold Sponsor of this competition.

The Overall winners received the following prizes:

- €1,000 - Bikini Fitness
- €1,000 - Men's Physique
- €1,000 - Bodybuilding

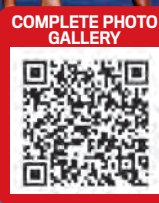
The competition was broadcast live on channel 3 of Romanian Television and online through the channel of the Romanian Bodybuilding and Fitness Federation (FRCF).

The athletes and officials who were present were also able to attend this year's edition of the Romanian National Championship of Bodybuilding and Fitness, where more than 750 athletes participated, being the most numerous participation in the history of this competition.

The FRCF Team, closely coordinated by the Advisor to the President of the FRCF, Ms. Tanita Groza-Zetea who is also the General Secretary of the Balkan Federation of Bodybuilding and Fitness, took care of all the details that ensured the success of this event from an organizational point of view.

We are convinced that the 2nd edition, which will also take place in Sibiu, in 2023, will be one with even more participation and will become a competition that the athletes will highlight in the international IFBB Calendar of Events.







MISS & MISTER AMERICA IFBB CUP

AMBATO, ECUADOR

Mr. Juan Fernando Paredes Opening remarks.



▲ Recognitions with the Mr. America gold medal and plaque by the CSFF from left to right: Ing. Jorge Jarrin, President of the Tungurahua Sports Federation (FDT), Prof. Jorge Asp Director of CSFF Competitions and President of IFBB Argentina, Lic. Juan Fernando Paredes, Prof. Adolfo Martínez, Director of Judges in South and Central America and President of IFBB Venezuela, Magister Ángel Coba Majera, Vice President of the Ecuadorian Federation of Bodybuilding.



▲ Judges and officials.



IN THE BEAUTIFUL

city of Ambato, Ecuador, the 2022 edition of the IFBB Miss & Mister America Cup was held.

With the customary hospitality of the Ecuadorians and with the always willing collaboration of the Ecuadorian Federation, the event was held with the presence of the Ministry of Sports and the Sports

Federation of Tungurahua, and more than 220 athletes from: Colombia, Guatemala, Ecuador, Dominican Republic, Argentina, Peru, Costa Rica, Chile, Brazil, Venezuela and Iceland, who competed for 7 IFBB Elite Pro cards and \$10,000 dollars in prize money.

The opportunity was taken to pay an emotional tribute to the late

Professor Ángel Coba (RIP), founder of the Ecuadorian Federation.

Among the highlights, we'd like to mention the performance of the delegation from the Dominican Republic and Guatemala, regular participants in international events held in South America.

Next year the appointment is in Peru, where we'll be waiting for you!



▲ Challenger Wellness up to 163cm 1st #54 Crismel Socorro, Dominican Republic, 2nd #53 Yajaira For, IFBB Flag, 3rd #202 Johana Nacevilla, Ecuador.

Challenger Bikini over 160 cm. 1st Lilibeth Duran (Dominican Republic), 2nd Mirna Romero (Guatemala), 3rd Camila Sánchez Mantilla (Ecuador).



▲ Challenger Senior Bodybuilding over 80 kg. 1st Joffre Marcelo Valverde López (Ecuador), 2nd Wilkar Villero Chavez IFBB Flag.

Dayana Alexandra Varela (Dominican Republic), Overall Wellness Challenger.





◀ Michael Antonio de Jesús (Dominican Republic), Overall Men's Bodybuilding Challenger.

Overall Challenger Champions: Lilibeth Duran, (Dominican Republic) Bikini, Anthony Gerard de la Cruz, (Dominican Republic) Men's Physique, Dayana Alexandra Varela (Dominican Republic) Wellness, Michael Antonio de Jesús (Dominican Republic) Men's Bodybuilding. ▶



▲ Bodyfitness master: 1st Alba Veronica Herrarte Cantillo, (Costa Rica). 2nd Graciela Ibañez, (Argentina).



▲ Overall Master Bodybuilding: 1st Robert Palacios Jimenez (Ecuador). 2nd Evaristo Cortez Valladares (Costa Rica).

COMPLETE PHOTO GALLERY



▲ Women's Physique: 1st Elaine Cordeiro (Brazil).



▲ Champion Classic Physique up to 171 cm : Jorge Patzan (Guatemala).



▲ Women's Fit Model Champion Award: Lilibeth Duran (Dominican Republic.).



◀ Senior Bodyfitness: 1st Yerlin Esquivel Salazar, (Costa Rica), Alba Veronica Herrarte Cantillo (Guatemala).



▲ Dispute of the overall Bodybuilding title.



◀ Overall Master Bodybuilding Champion: Robert Palacios Jimenez (Ecuador).

Overall Muscular Men's Physique Champion: Julio Cesar Medina Castillo (Ecuador). ▶



▲ Games Classic Bodybuilding Champion: Jonathan Estuardo Martinez Catalan (Guatemala).



▲ Choreographic fitness champion: Valeria Lopez (Venezuela).



▲ Overall Bodyfitness Award: 1st Yerlin Esquivel Salazar (Costa Rica), 2nd Alba Veronica Herrarte (Guatemala).



◀ Overall Bodyfitness: 1st Yerlin Esquivel Salazar (Costa Rica).

Classic Physique Overall Award: 1st Michael Antonio de Jesus (Dominican Republic), 2nd lugar Jorge Patzan (Guatemala). ▶



▲ Overall Senior Men's Physique Award: 1st Anthony Gerard de la Cruz Mendez (Dominican Republic).



◀ Overall Classic Physique Champion: 1st Michael Antonio de Jesus (Dominican Republic).



▲ Overall Men's Physique Champion : 1st Anthony Gerard de la Cruz Mendez (Dominican Republic).

Overall Champion Classic Bodybuilding: 1st Lenny Osmar Taboada Zambrano (Ecuador).▶

Overall Bikini Award: 1st Rafaela Maritza Cornejo Diaz, (Ecuador).▶



Overall Wellness Award: 1st Damaris Solorzano (Ecuador), 2nd Dayanara Villamar (Ecuador), 3rd Marlyr Zulay Castillo Garcia (IFBB Flag).▶

Overall Wellness Champion: 1st Damaris Solorzano (Ecuador).▶



▲ Overall Classic Bodybuilding Award: 1st Lenny Osmar Taboada Zambrano (Ecuador), 2nd Gerardo Augusto Oregel Diaz (Guatemala).



Overall Bodybuilding Award: 1st Jorge Matute (Ecuador).▶



▲ Overall Bikini Champion: Rafaela Maritza Cornejo Diaz (Ecuador).

Overall Bodybuilding Champion: Jorge Matute (Ecuador).▶



Overall Champions Miss & Mister America IFBB Cup 2022, (Ambato - Ecuador).▶







2022 MR & MISS UNIVERSE INDIA



PUNE (MAHARASTRA) & IBBFF STAR IN ANOTHER HISTORICAL EVENT FOR BODYBUILDING IN ASIA AND INDIA

"Robi Meitei Moirangthem is consolidated as the great reference of Bodybuilding in India."

"Jorge Luis Galeano and Clara Pineda (Guatemala) win the Classic Physique and Bikini titles."

"Significant government presence at the event, in support of the IFBB and the organizer, Mr. Sanjay More."



Robi Meitei Moirangthem (India) established himself as a Bodybuilding reference in India and Asia. Together with the organizer, Mr. Sanjay More, the colossal Indian athlete celebrates his overall title.



WHILE the northern hemisphere was awaiting events such as Mr. Herkules and the Norway Grand Prix, Asia was concentrating on the III edition of Mr. Universe. The competition took place in India and was organized by its National Federation (IBBFF) and its Secretary General, Mr. Sanjay More.

Athletes from the Americas and Europe joined nearly 500 athletes from India to star in an impressive competition that took place at the gigantic GKKM Auditorium in Pune (Maharashtra) on April 16 and 17. Present at the event were the Indian Minister for Sports, Shri Sunil Ji Kedar, and the Minister for Transport, Shri Dr. Anil ji Parab.

The competition was a huge sporting success and confirmed the impressive quality of Robi Meitei Moirangthem, the overall Bodybuilding champion, who is well known internationally. It also showed the growing importance of women's sport, with a fabulous Women's Physique discipline, where Priya Majumder (India), dazzled with her quality and charisma on stage.

Together with these two stars from India, the 2022 Mr. & Miss Universe Asia allowed us to enjoy the quality of Olympic athletes from Guatemala, Jorge Luis Galeano and Clara Pineda, overall champions of Classic Physique and Bikini. In addition, we experienced first hand the charisma of Inna Sindelejeva who achieved the overall title of the first Fit Model competition held in India for Kazakhstan.

The 2022 IFBB Mr & Miss Universe Asia crowned the following champions:



COMPLETE PHOTO GALLERY



Kishan Tiwari (India) overall champion of Classic Bodybuilding.

The Minister for Sports, Shri Sunil Ji Kedar (Left), and the Minister for Transport, Shri Dr. Anil ji Parab (to the right), together with the Fit Model champion, Inna Sindelejeva (Kazakhstan).

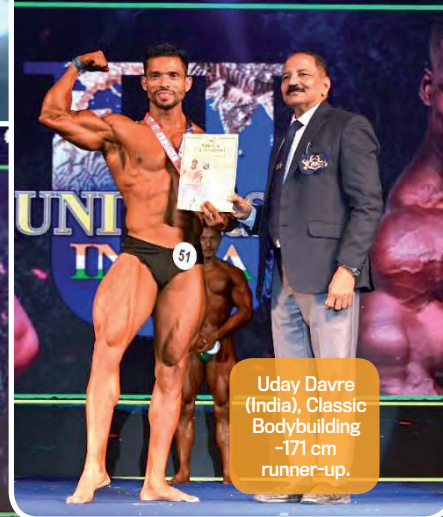




Kushankhang Mai (India),
Bronze in
Classic
Bodybuilding
-180 cm.



Avinash Kaluram
(India), 4th
in Classic
Bodybuilding
-175 cm.



Uday Davre
(India), Classic
Bodybuilding
-171 cm
runner-up.



Jorge Luis Galeano
(Guatemala),
winner of Classic
Bodybuilding -171 cm.

BODYBUILDING

Junior Bantamweight (-60 Kg):
Gourab Mukhopadhyay (India)

Junior Lightweight (-70 Kg):
Ashit Baruah (India)

Junior Middleweight (-80 Kg):
Vimal Lulu (India)

Junior Heavyweight (+80 Kg):
Devank Gupta (India)

Master I (40-50 years):
Ashok Kumar (India)

Master II (+50 years):
Chamba Bhutia (India)

Wheelchair:
Dinish K. D. (India)

Flyweight (-60 Kg):
Abhisek Pawar (India)

Bantamweight (-65 Kg):
Kiran Shinde (India)

Lightweight (-70 Kg):
Uday Deyare (India)

Welters (-75 Kg):
Ashish Bopate (India)

Middle-lightweight (-80 Kg):
Ajinkya Redekar (India)

Middleweight (-85 Kg):
Vaiti Shivaji (India)

Super-middleweight (-90 Kg):
Robi Meitei Moirangthem (India)

Semi-heavyweight (-100 Kg):
P Chaitanya Prabhu (India)

Heavyweight (+100 Kg):
Mahendra Pagade (India)

OVERALL:

Robi Meitei Moirangthem (India)



P. Rajesh
Kumar (India),
winner of
Classic
Bodybuilding
-180 cm.



Sathees Mr. (India),
5th in Master
Bodybuilding (40 -
50 years old).

Ashok Kumar, (India), Master Bodybuilding
winner (40 - 50 years old).

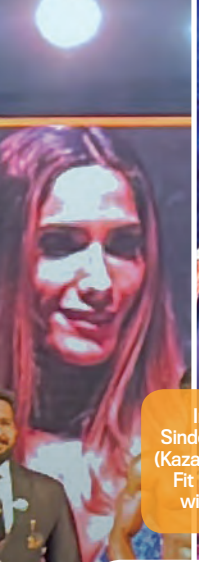
WOMEN'S PHYSIQUE

Open:

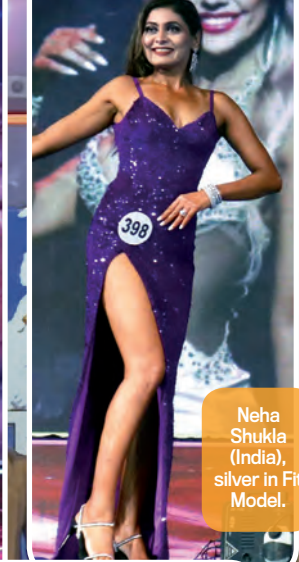
Priya Majumder (India)



Women's Physique Top 3. ➔



Inna Sindelejeva (Kazakhstan), Fit Model winner.



Neha Shukla (India), silver in Fit Model.



Bikini -160 cm Top 3.

Clara Pineda (Guatemala), overall Bikini Champion.



Junior Bodybuilding -80 Kg top 3.

BIKINI FITNESS

Short class (-160 cm):
Samridhi Shami (India)

Tall class (+160 cm):
Clara Pineda (Guatemala)

OVERALL:
Clara Pineda (Guatemala)

FIT MODEL

Fit Model (Open):
Inna Sindelejeva (Kazakhstan)

CLASSIC PHYSIQUE

Short class (-175 cm):
Jorge Luis Galeano (Guatemala)

Tall class (+175 cm):
Atish Kumar (India)

OVERALL:
Jorge Luis Galeano (Guatemala)

MEN'S PHYSIQUE

Junior Short class (-171 cm):
Anurag D. (India)

Junior Middle class (-175 cm):
Lovely Sharma (India)

Junior Tall class (+175 cm):
Sunil Sethi (India)

Short class (-171 cm):
Tinku Roy (India)

Middle class (-175 cm):
Gurpreet Singh (India)

Tall class (-180 cm):
Krishna Pratap Chauman (India)

Super Tall class (+180 cm):
Mihir Rajendra Dhasal (India)

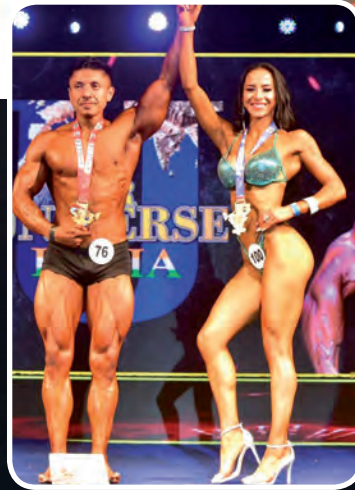
OVERALL:
Gurpreet Singh (India)



Robi Meitei Moirangthem (India), overall Bodybuilding champion, together with Mr. Sanjay More and his son, Siddhant More.



▲ Kartik Naido (India), 4th in Master Bodybuilding (40 - 50 years).



Jorge Luis Galeano and Clara Pineda (Guatemala) achieved the overall titles of Classic Physique and Bikini.



▲ Junior Men's Physique -175 cm.



▲ Junior Men's Physique -171 cm.



◀ Junior Men's Physique -175 cm.

Devanshu Verma (India), 4th in Junior Men's Physique -175 cm.

Guruprasada Sahoo (India), silver in Junior Men's Physique -175 cm.

W. Ronel Singh (India), 5th in Junior Men's Physique -175 cm.

Keny Soru (India), silver in Classic Bodybuilding -180 cm.

Shartaj Shokeen (India), winner of the Classic Bodybuilding +180 cm.

CLASSIC BODYBUILDING

Short class (-171 cm):
Jorge Luis Galeano (Guatemala)

Middle class (-175 cm):
Kishan Tiwari (India)

Tall class (-180 cm):
P. Rajesh Kumar (India)

Super Tall class (+180 cm):
Sartaj Shokeen (India)

OVERALL:
Kishan Tiwari (India)

BODYFITNESS

Junior (Open):
Vidhya Dhande (India)

Overall (Open):
Sneha Prakash (India)

MR. UNIVERSE ASIA 2022

BODYBUILDING:
Robi Meitei Moirangthem (India)

CLASSIC BODYBUILDING:
Kishan Tiwari (India)

MEN'S PHYSIQUE:
Gurpreet Singh (India)

CLASSIC PHYSIQUE:
Jorge Luis Galeano (Guatemala)

MISS UNIVERSE ASIA 2022

BODYFITNESS:
Sneha Prakash (India)

BIKINI:
Clara Pineda (Guatemala)

FIT MODEL:
Inna Sindelelyeva (Kazakhstan)

WOMEN'S PHYSIQUE:
Priya Majumder (India)

Classic Bodybuilding -175 cm. ▼

Classic Bodybuilding -171 cm. ▼

Classic Bodybuilding +180 cm.

The professional athlete Rubiel Mosquera performed an exhibition for the fans of India.

▲ Classic Bodybuilding -171 cm.



**Elite Pro
Men's
Bodybuilding:** Kamil
Banas, Pavel Koukal,
Intermaggio
Domenico, Rubiel
Mosquera and
Martin Horky.



MR UNIVERSE PRAGUE



Men's Physique up to 176cm:
Sebastian Jansson (Sweden)



Women's Fit Model:
Lucie Klvanova (Czech Republic)



ROMAN HAJABAC is everything to this event. From being the organizer of previous editions to recently being elected president of the Czech Federation, a federation with a team that carries out an intense competitive programme with more than 200 competitors in the Amateur event, plus a PRO event of great relevance. The Hilton Hotel with its conference rooms is one of the best settings, well remembered from previous occasions that the Czech Republic has hosted IFBB International events.

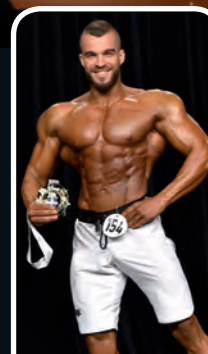
As for sports, after highlighting the wide participation of competitors, it's also worth highlighting the quality of many of them and the significant number of participating countries: more than 25, which makes this event more international than ever. In the Fit Model discipline, the winner Lucie Klvanova from the Czech Republic combined a well-rounded physique with her youth, which made her rise to victory. In overall Men's Physique, the Swedish Sebastian Jansson won thanks to a very balanced physique, where his V shape and his good pose led him to victory against the Czechs Pavel Vasek, second, and Martin Horak, third.

The Swedish Chris Harnell, European champion in Master Men's Physique, imposed his body over a large line of competitors, who could do little against his forceful physique. In Muscular Men's Physique, the Slovakian Adam Csik won, with a very remarkable V-shape and security in his pose.

In Bikini Beginners, local celebrity Hana Maslikova-Reinders was the winner to the acclaim of her fans. The also Czech Petra Simova won the master class from 35 to 39 years, and competed for the overall against the Slovakian Zuzana Satmaryova who won the Bikini Masters +40 years -168 and against the champion +40 years +168, Sylvie Moocova from the Czech Rep. The Overall champion was the latter, in a very tough battle with her opponents.



Master Physique + 40 years:
Chris Harnell (Sweden)



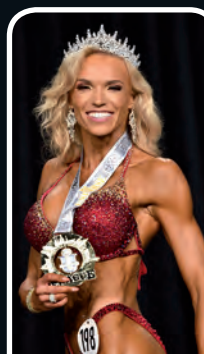
Muscular Men's Physique:
Adam Csik (Slovakia)



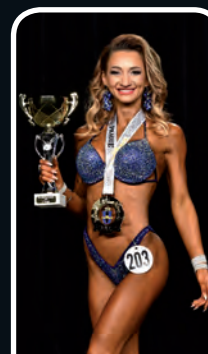
Men's Physique up to 182cm:
Martin Horak (Czech Republic)



Men's Physique + 182cm:
Pavel Vasek (Czech Republic)



Bikini Fitness Beginners:
Hana Maslikova-Reinders (Czech Republic)



Bikini Masters 35-39 years:
Petra Simova (Czech Republic)



**OVERALL MEN'S
PHYSIQUE:**
Sebastian Jansson
(Sweden)



Bikini Masters +40 years up to 168cm:
Zuzana Satmaryova (Slovakia)



Bikini Masters +40 years + 168cm:
Sylvie Moocova (Czech Republic)

OVERALL WOMEN'S BIKINI:
Agne Kiviselg
(Estonia)



OVERALL MASTER WOMEN'S BIKINI:
Sylvie Moccova
(Rep. Checa)



Junior Bikini Fitness:
Milena Miletic (Serbia)



Bikini Fitness up to 160cm:
Katarzyna Przepiora (Poland)



Bikini Fitness up to 164cm:
Milena Miletic (Serbia)



Bikini Fitness up to 166cm:
Nadia Cainelli (Italy)



Bikini Fitness up to 169cm:
Agne Kiviselg (Estonia)



Bikini Fitness + 169cm:
Dovile Paulaviciute (Lithuania)

In Bikini Junior age, the Serbian Milena Miletic, only 17 years old, won against a cast of excellent Czech and Slovak competitors. Her youthful physique with excellent lines, adequate tone and the ideal size for Bikini made her champion also in the senior discipline, and third in the Bikini Overall, which is impressive for her age. The Italian Nadia Cainelli, also a champion of her class, was second in the overall with a physique with narrow hips and V shape, and good work in posing. It was the Estonian Agne Kiviselg who imposed her seniority and her excellent physique as well as being the best poser in the discipline. Her posing really enhances her body in each of the poses, with angles that flatter all her muscle groups.

In Fit Pairs, the Lithuanians Tomas Petrenas and Dovile Paulaviciute, who was also champion in the tall Bikini class, was the couple that finally won against the Italians Nadia Cainelli and Francesco Fasciana, a very difficult couple to beat. In the Wellness division, the Czech Junior Natalia Kolenickova presented a forceful physique for her age. The Master Wellness was won by Czech Eva Budina, who was also the Wellness Overall winner, tall and with right size legs/buttocks. She imposed her seniority in her pose ahead of the also Czech Marketa Hartl.

In Classic Physique Junior, Pavel Dostal from the Czech Republic was the champion, while the also Czech Boris Palovic was the champion in Master, thanks to his excellent physique, if he only adds some size to his legs, he won't give anyone an option. Palovic was also champion in Classic Bodybuilding senior. In the Overall of Classic Physique we had two great contenders: Mohamed Ali's worked physique, with excellent definition, muscular balance and a great poser – and the Belgian Joseph Peter, with a classic, harmonious, pumped physique, with a big V and an equally classic pose. Peter convinced the judges to make him the overall winner.



Fit Pairs:
Dovile Paulaviciute / Tomas Petrenas (Lithuania)



Junior Wellness Fitness:
Natalia Kolenickova (Slovakia)



Master Wellness Fitness:
Eva Budina (Czech Republic)



Junior Classic Physique:
Pavel Dostal (Czech Republic)



Master Classic Physique:
Boris Palovic (Czech Republic)

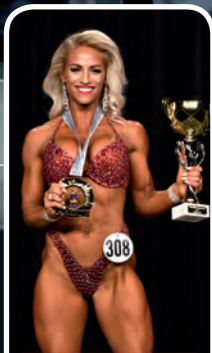


President Santonja with the Pro winners of Bodybuilding and Bikini Fitness.

COMPLETE PHOTO GALLERY



OVERALL WOMEN'S WELLNESS:
Eva Budina
(Czech Republic)



Wellness up to 168cm:
Marketa Hartl (Czech Republic)



In Junior Bodyfitness, the Slovakian Kristin Krajcovicova prevailed, as well as the Estonian Karmen Kiier, whose quality also won in senior and made her second in the Overall against the Slovakian champion Agatha Hlavackova, who won with a physique worthy of a PRO: a worked body, but with great V shape, good legs, definition, pose and just the right size to take a big step forward in her career. In Women's Physique, the Czech Veronika Vojtiskova convinced her with her balanced physique, her fair size, her correct definition and good proportions for the division.

Finally, in the Bodybuilding Division we saw rookie Tomas Krajcovic from the Czech Republic win first place. In Junior, a huge physique, with huge arms and legs, was also second in senior heavyweight: the Czech Matej Vaigl did not leave anyone indifferent. Remember his name. In Masters 40-44 years, the Czech Tomas Mach beat a good squad of masters in good shape, also winning the overall ahead of the Polish +45 years Master champion Slawomir Szafranski.

In the Bodybuilding Overall, we enjoyed the great quality shown by the heavyweights. The runner-up of Classic Physique Overall (champion of his discipline), Mohamed Ali, was third in the overall, making it clear that his -90 kgs weight is also competitive in Bodybuilding. The second in the Bodybuilding Overall was the Czech Heavyweight Champion Martin Horky with a line that will give him much joy in the future: tall and with an elegant physique, he showed great legs, shoulders and arms. So, once he fills out his back and chest, he will be a PRO with all the guarantees. The overall champion was the Polish Kamil Banas, who left the rest without an option



Bodybuilding Beginners up to 80kg:
Tomas Krajcovic (Czech Republic)



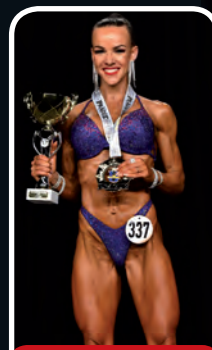
Junior Bodyfitness:
Kristina Krajcovicova (Slovakia)



Women's Physique:
Veronika Vojtiskova (Czech Republic)



Women's Bodyfitness up to 163cm:
Agata Hlavackova (Slovakia)



Master Bodyfitness,
Women's Bodyfitness + 163cm:
Karmen Kiier (Estonia)



OVERALL BODYFITNESS:
Agata Hlavackova
(Slovakia)



Classic Physique up to 176cm:
Muhamad Ali (IFBB Flag)



Classic Physique + 176cm:
Joseph Peter (Belgium)



OVERALL CLASSIC PHYSIQUE:
Joseph Peter
(Belgium)



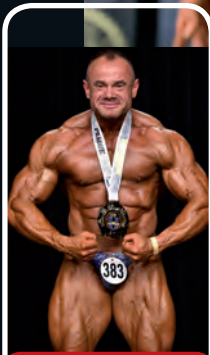
Mixed Pairs:
Veronika Vojtiskova /
Miroslav Kubec (Czech Republic)



Junior Bodybuilding:
Matej Vaigl (Czech Republic)



Bodybuilding Master 40-44 years:
Tomas Mach (Czech Republic)



Bodybuilding Master + 45 years:
Slawomir Szafranski (Poland)



OVERALL MASTERS BODYBUILDING:
Tomas Mach
(Czech Republic)



Classic Bodybuilding:
Boris Palovic (Czech Republic)



Bodybuilding up to 80kg:
Marek Mitterko (Slovakia)

thanks to his great muscular size, good abs, great legs and arms that convinced the jury after a hard fight with the Czech Horky.

The PRO event began punctually at 9:00 p.m., and featured 12 Bikini athletes in one of the best competition lines in memory. Great equality made it very difficult for the judges. The champion was the Czech Renata Souckova with a balanced physique, small waist, shapely muscles with the right muscle tone and a great presentation, who prevailed over the also Czech Jana Jerabkova, taller and with pleasant proportions, elegant pose and ideal muscle tone for the discipline. In third place was her compatriot Monicka Spackova with a little more form. Her presentation was excellent, perhaps with a little less tone but with a balanced physique.

In Male Bodybuilding we had an excellent cast, with the confirmation of Domenico Intermaggio as one of the favourites for this 2022 season with events throughout the world. The German lacked leg size to match his massive torso, though with excellent definition, he has finally done his homework and his quads are a match for his massive and chiselled physique. Congratulations! Local favourite Pavel Koukal has taken another step forward: last year he already amazed us with his great improvement, but this year, he's done it again and without any muscle group that stands out, which makes him beautiful and full of chances for this 2022 season. The Colombian giant Rubiel Mosquera did not come in ideal shape for the competition, but his progression in recent weeks makes him worthy of being feared. His privileged genetics scares and amazes the whole world of bodybuilding. His legs are indeed out of this world!



Bodybuilding up to 90kg:
Muhamad Ali (IFBB Flag)



Bodybuilding up to 100kg:
Martin Horky (Czech Republic)



OVERALL MEN'S BODYBUILDING:
Kamil Banas
(Poland)



Bodybuilding + 100kg:
Kamil Banas (Poland)

ELITE PRO CARD



MR. UNIVERSE CHINA & CBBA FITNESS MODEL

COMPLETE PHOTO
GALLERY



The great stage of Mr. Universe China & CBBA Fit Model Championships



Men's Fit Model Overall Champion: DIAN GU.
He is also the champion of 2019 IFBB World Fit Model Championships in Latvia.



THE BEAUTIFUL

island city of Xiamen, Fujian Province, China recovered its international event ----- IFBB Mr. Universe (China) and CBBA Fit Model Championships on July 21 and 23.

Despite the pandemic prevented athletes abroad to participate in this great event, it also boasted over 300 athletes all around China, all of which looking for the highest prize of first Mr. Universe in China.

An official live streaming covered the whole competition, with million views on the internet.

Throughout two days of intense competition, 7 overall champions and one team award were yielded, all of which get the right to apply for the IFBB Pro card.



Women's Fit Model Overall Champion: YU TENG





President of CBBA Haifeng Zhang presenting awards for Women's fit Model category athletes.



Men's Classic Bodybuilding Overall Champion: WANGCHENG WANG



Men's Bodybuilding Overall Champion: HUA WANG



Women's Bikini Fitness Overall Champion: YUXUE ZHANG



Women's Bodyfitness Overall Champion: JUN CAO



Men's Physique Overall Champion: TUFA LI



President of CBBA Haifeng Zhang and General Secretary Qiao Gu with fit model athletes.





2022 IFBB MR. UNIVERSE AMATEUR LEBANON



BEIRUT was the chosen venue for the celebration of the first edition of the IFBB Mr. Universe, held in Lebanon from August 12 to 15, 2022.

The championship was organized by Hassenen Moukaled, President of the Lebanese Federation and member

of the Office of the President, and it was a complete success, with more than 300 participating athletes. The end of the party was perfect, with the celebration of a Gala dinner that both the public and athletes could attend and that was very well received.

The championship had both male and female divisions, and a large crowd attended the event, demonstrating the great power of attraction that bodybuilding has in Arab countries.

These were the winners of each discipline:

▲ Dr. Rafael Santonja, President of the IFBB together with D. Hassenen Moukaled, President of the Lebanese Federation, during a moment of the competition.

Junior Men's Physique 16-23 Years, Open

Ali Hamza Shammari. Iraq.

Master Men's Physique 40 Years & Over, Open

Hamidreza Kakawand. Iran.

Men's Physique Up To 170 cm

Haytham Alburbar. Palestine.

Men's Physique Up To 173 cm

Mohammed Al Iessa. Iraq.

Men's Physique Up To 176 cm

Hamidreza Kakawand. Iran.

Men's Physique Up To 179 cm

Haydarah Sweidan. Syria.

Men's Physique Up To 182 cm

Mustafa Mohsin Musawi. Iraq.

Men's Physique Over 182 cm

Taha Al Assaad. Lebanon.

Men's Physique OVERALL

Taha Al Assaad. Lebanon.

Mustafa Mohsin Musawi. Iraq.

Haytham Alburbar. Palestine.

Muscular Men's Physique Open

Ali Jasim. Iraq.

Junior Men's Classic

Bodybuilding 16-23 Years, Open

Mohammed Al Saedi. Iraq.

Master Men's Classic

Bodybuilding 40 Years & Over

Suhail Alasaad. Palestine.

Men's Classic Bodybuilding

Up To 168 cm

Mohamad Ismaeil. Syria.

Men's Classic Bodybuilding

Up To 171 cm

Ahmad Saifone. Lebanon.

Men's Classic Bodybuilding

Up To 175 cm

Murad Ezzulddin. Iraq.

Men's Classic Bodybuilding

Up To 180 cm

Luay Al Jubainawi. Iraq.

Men's Classic Bodybuilding

Over 180 cm

Badredin Al Dibo. Syria.

Men's Classic Bodybuilding

OVERALL

Murad Ezzulddin. Iraq.

Men's Fit-Model Open

Kassem Mohammad Aboutaam.

Lebanon.

Junior Men's Classic Physique

16-23 Years Open

Hussein Al Dulaimi. Iraq.

Master Men's Classic Physique

40 Years & Over, Open

Suhail Alasaad. Palestine.

Men's Classic Physique

Up To 171 cm

Fouad Mhmood Al-Dulaimi. Iraq.

Men's Classic Physique

Up To 175 cm

Hadi Charaf. Lebanon.

Men's Classic Physique

Up To 180 cm

Hayder Jebur. Iraq.

Men's Classic Physique

Over 180 cm

Omid Faroughi. Iran.

Men's Classic Physique OVERALL

Omid Faroughi. Iran.

Hayder Jebur. Iraq.

Junior Men's Bodybuilding

16-23 Years, Open

Mohammed Mohammed. Iraq.

Master Men's Bodybuilding

40 Years & Over, Up To 80 kg

Bestun Abdalla. Iraq.

Master Men's Bodybuilding

40 Years & Over, Up To 90 kg

Mohamad Alhares. Syria.

Master Men's Bodybuilding

40 Years & Over, Over 90 kg

Nasser Al Isawi. Iraq.

Master Men's Bodybuilding

40 Years & Over OVERALL

Mohamad Alhares. Syria.

Men's Bodybuilding Up To 60 kg

Abbas Majeed. Iraq.

Men's Bodybuilding Up To 65 kg

Fouad Mhmood Al-Dulaimi. Iraq.

Men's Bodybuilding Up To 70 kg

Ali Abdulrahman. Iraq.

Men's Bodybuilding Up To 75 kg

Bestun Abdalla. Iraq.

Men's Bodybuilding Up To 80 kg

Tahir Al Sultani. Iraq.

Men's Bodybuilding Up To 85 kg

Nechirvan Hama Karim. Iraq.

Men's Bodybuilding Up To 90 kg

Saifudlen Al Bayati. Iraq.

Men's Bodybuilding Up To 100 kg

Saif Abdulrazaq Alshekhusein. Iraq.

Men's Bodybuilding Over 100 kg

Mohsen Ehsani Habib. Iran.

Men's Bodybuilding OVERALL

Saifudlen Al Bayati. Iraq.

Women's Bikini Open

Anna Wozniakowska. Poland.

Women's Wellness Open

Zahraa Al halaby. Lebanon.

Women's Fit-Model Open

Elat Almmaa. Syria.

Master Women's Bikini 35 Years

& Over, Open

Anastasiia Melnychuk. Ukraine.

Women's Bodyfitness Open

Chari Guillen Spain



▲ **Men's Classic Physique overall and Elite PRO card.** 1st Omid Faroughi, Iran, 2nd Hayder Jebur, Iraq.

Men's Physique OVERALL and new Elite Pro cards: 1st Taha Al Assaad from Lebanon, 2nd Mustafa Mohsin Musawi from Iraq, and 3rd place for the Palestinian athlete Haytham Alburbar. ▶



▲ **Classic Physique athletes celebrate their positions after the awards ceremony.**

COMPLETE PHOTO GALLERY



◀ **The Lebanese training academy presented the diplomas to the new generation of coaches certified by the IFBB Academy.**

▲ **The championship closed with a magnificent Gala dinner for the public and athletes.**





2022 MR. UNIVERSE BRAZIL



COMPLETE PHOTO
GALLERY



THE FIRST EDITION

of the historic Mr Universe was held in the city of Sao Paulo, within the framework of the Fitness Expo in Brazil and under the auspices of the Brazilian Federation of Bodybuilding and Fitness, directed by Diana Monteiro.

In the Bikini discipline, Flavia Carneiro Mendes prevailed thanks to her aesthetic and balanced physique over Argentina's Antonella Paez, who came with a very good condition, and Brazil's Rosemari Dos Santos, who was third. In Master bikini, the Brazilians won the medals with the Icelandic representative Ana Markovic in fourth place. Rosemari Dos Santos won with a very balanced and aesthetic physique, against Samara Sezana Costa who was second and the very tall Aline Vasques, also Brazilian, third. Likewise, the Master champion was the winner of Fit Model, ahead once again of the Brazilian Samara Sezana Costa and the Icelandic Ana Markovic.

The Women's Physique discipline had quality in its representatives with a very good condition from the winner Ester Ferreira, second Daiane Carvalho and Elaine Cordeiro, all from Brazil. The Bodyfitness division saw how the competitor Alessandra Sales de Carvalho gave signs of quite a bit of quality against the Argentinian Florencia Franchini, who was second and Michele Cordeiro, who was third, also from Brazil.

In Wellness up to 1.58 we could see the triumph of Elisane Lima who, with a very aesthetic line and good pose, prevailed over Camila Rodrigues and Alessandra de Moro, all Brazilians. In the Middle class, again, all were from Rio de Janeiro, with Juliana Roberta da Silva prevailing over Nathalia Leao and Larissa Pires. In the Tall class of more than 1.68 Celia de Oliveira Machado, quite tall and with good muscular development, took the victory ahead of Elaine Azeredo and Eloisa Moreira Perego. We must highlight the very high level of Brazilian wellness, with brilliant fine-tuning and great development in legs and buttocks. In the overall it was the champion of short class who conquered the Wellness Overall Elisane Lima.



The Master class of Wellness went to the middle class champion Juliana Roberta da Silva from Brazil before her compatriots Eloisa Moreira Perego, second and Camila Rodrigues, third.

In the men's competition we had five bodybuilding disciplines, first in 70 kilos with the athlete Felipe Buelvas under the IFBB flag, who rose thanks to a good muscle mass with a fair finish that made him the winner against the Brazilians Alceu Robson de Oliveira and Alencar Euzebius. In less than 80 kilos the Brazilian Alex Sandro Oliveira Coelho imposed his competition point against Valter Pedro from Brazil and Carlos Torres from Argentina. In less than 85 kilos, the Bolivian Moisés Vela was the man of the discipline, with an impressive V shape and an excellent competition point beating the Brazilian Marco Antonio do Nascimento and Cicero Edvan de Souza, also an athlete from Brazil. In less than 90 kilos it was the Brazilian Raphael Porto who won with a good muscular separation and a more than acceptable size against the also Brazilian Asian Guimaraes and Kleyton Pacheco, second and third respectively. In more than 90 kilos, the battle between two giants was noted for the quantity and quality of the muscles that they showed and that delighted the spectators, finally the taller Deivisón Luiz Teixeira was the winner and Odilón Bastista Pedroso Filho in second place. The two, also master athletes, won in their respective disciplines from 40 to 49 in the case of Deivisón and over 50 in Odilón's. The Argentinian Armando Savastano in over 60 years demonstrated the contribution of our sports in the fight against aging. In addition, Deivisón was the overall winner in the Bodybuilding discipline and in Bodybuilding Master.

In Games Classic Bodybuilding it was the Brazilians Giuseppe Leal, young and with good lines, Pedro Lucas de Souza and Georgio de Souza Oliveira who took the first 3 places. In Classic Bodybuilding, Rafael Licks imposed the combination of line, condition and size to win against Mateus Casemiro Anacleto and Jose Roberto da Costa, all of them from Brazil. In the lowest of the Classic Physique classes, Farley Leao from Rio de Janeiro prevailed with an impeccable condition, against the winner of the 70 kilos Bodybuilding Felipe Buelvas and the also Brazilian Alceu Robson de Oliveira. In the super tall class, over 1.75 m, the top 3 was also from Brazil, with Raphael Porto winning again over Mateus Santos de Souza and Joao Da Silva. The overall was in this case for the representative of tall class, Raphael Porto.

In Muscular Men's Physique Ogacir Fabiano Baptista was the winner against Bruno Coutinho and John Souza, all from Brazil. In the lowest of the Men's Physique senior classes we had Rony Chargo from Ecuador as the winner, and the Brazilians Bruno da Costa Barros and Leandro Dos Santos Rego coming in second and third.

In Men's Physique up to 1.76 m, the Brazilians Leonardo Barros, Leandro Reis Teodolino and Danilo Barbosa were the medallists. In the tallest class and also from Brazil, were Douglas Vasconcellos, Herixton Santos and Kaua Santos respectively, the first 3. Douglas Vasconcellos was the tallest contender, and also won the Men's Physique Overall with an excellent line and good shoulder-waist difference. It was also Danilo Barbosa from Brazil who prevailed in Men's Physique Master.



MEET & GREET



IFBB CELEBRATING BODYBUILDING AND FITNESS' PARTICIPATION AT THE XII SOUTH AMERICAN GAMES OF ODESUR – ASUNCION 2022

•The IFBB participated with great success in the recent regional South American Games, organized in Paraguay at the Olympic Park of the capital, with an auditorium full of an enthusiastic audience that followed this great event, and acclaimed the medalist athletes.

The President of IFBB, Rafael Santonja, accompanied by the President of the IFBB Pan American

Confederation, Eduardo Abdalah, and the President of the IFBB South American Confederation was present both at the General Assembly of the South American Sports Organization, and at these magnificent Games.

The President of the Pan American sports organization, Eng. Neven Ilic Alvarez, the President of the South American Olympic Organization - Mr.

Camilo Pérez López Moreira and several presidents of national Olympic committees from the area, as well as numerous members of the Olympic family, all of them friends and great supporters of the sports of Bodybuilding and Fitness, were accompanying us in this great event, plenty of Olympic spirit and great emotions lived by the athletes in an unforgettable event.



With the President of the South American Olympic Organization - Mr. Camilo Pérez López Moreira.



General Assembly of the South American Sports Organization ODESUR.



President of the Pan American sports organization, Eng. Neven Ilic Alvarez.



Awarding the President of the South American Olympic Organization - Mr. Camilo Pérez López Moreira, joined by Juan Paredes, IFBB Vice President for South America.



Watching the finals of the IFBB event at the South American Games with the President of the Pan American sports organization, Eng. Neven Ilic Alvarez.

RAFAEL SANTONJA RE-ELECTED EBFF PRESIDENT



EBFF Officials and Delegates attending the EBFF Congress celebrated 2022.

● The annual Congress of the European Federation of Bodybuilding and Fitness took place in Santa Susana, in May, with the presence of 41 countries, and accompanied by the mayor of Santa Susana, Joan Campolier, holding the elections of the EBFF Executive Committee for the 2022-2026 period.

Rafael Santonja, also president of the international Federation, was unanimously re-elected to preside over the continental federation, of which he was the founder, demonstrating once again his great worth, and the magnificent work he has been doing as a great leader and representative of the sports of Bodybuilding and fitness around the world.

Among other positions to highlight, José Tomas Ramos Muñoz, current president of the Spanish Federation was mentioned Executive Director of the EBFF, Ralph Decelis was elected Secretary General, and Benedetto Mondelo, Gabriel Toncean and Pawel Filleborn, occupy the vice presidency.



Ralph Decelis, Vladimir Bogoevski Sports director of Macedonian Olympic Committee.



Ralph Decelis, President Rafael Santonja and Benedetto Mondelo.

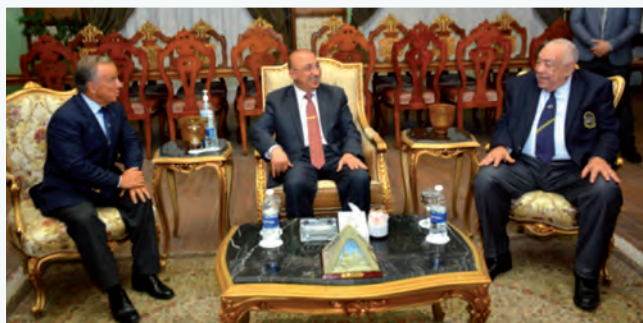


José Tomas Ramos Muñoz, president of the Spanish Federation and Executive Director of the EBFF, with I the IFBB President Rafael Santonja and Irena Llieva, General Secretary of the EBFF and president of the Bulgarian Federation.

PRESIDENT SANTONJA VISITED ALEXANDRIA FOR THE ARAB CHAMPIONSHIPS

● The impressive Arab Championships have taken in Alexandria. Organized by Dr. Eng Adel Fahim, president of the Federation of Arab countries, Vice President of the IFBB for Africa and Executive Assistant to the President of the IFBB.

The event was attended by the President of the IFBB, Mr. Rafael Santoja, and the Governor of Alexandria, General Mohamed Taher El-Sherif.



Mr. President Rafael Santonja with the Governor of Alexandria, General Mohamed Taher El-Sherif.



Mr. President Rafael Santonja with the Governor of Alexandria, General Mohamed Taher El-Sherif and Dr. Eng Adel Fahim.

Mr. President Rafael Santonja with the Governor of Alexandria, General Mohamed Taher El-Sherif and Dr. Eng Adel Fahim during an official meeting.

IFBB STRONG RELATION WITH OCA (OLYMPIC COUNCIL OF ASIA)

● The IFBB is recognized by the Olympic Council of Asia since 2013, and has participated in all the editions of the Asian Beach Games since then (in Phuket, Thailand-2014 and in Da Nang, Vietnam-2016).

The IFBB is strongly working in the incorporation of Bodybuilding and Fitness sports into the next Asian Beach Games.



In the picture, President Santonja with Mr. Husain Al Musallam, General Secretary of the Olympic Council of Asia, and General Juan Santiago Estrada, Executive Council Member of Panamsports and IFBB Special Advisor.

PRESIDENT SANTONJA VISITED MANAMA



● President Santonja visited the capital of Bahrain, Manama, where he met His Highness Prince Khalid bin Hamad Al Khalifa, Chairman of the Bahrain Olympic Committee (BOC), an inspirational leader known for his great dedication to sports. President Santonja had the opportunity to witness various Bodybuilding competitions with His Highness the Prince, which were organized by the national federation, chaired by the former international champion Sami Al Hadad.

President Santonja received the visit of the president of the United Arab Emirates federation (EBBFF) and IFBB vice president for Asia, H.E. Sheikh Abdullah Bin Hamad Al Sharqi, while in Bahrain. Dr. Santonja also held various working meetings with the secretary general of the BOC, Mr. Faris Mustapha Al Kooheji, which focused on the promotion of Bodybuilding in the Gulf area and coordinating future actions with the Asian Olympic Committees.



President Santonja in Manama, presenting an award to the President of the Bahrain Olympic Committee, His Royal Highness Prince Khalid bin Hamad Al Khalifa.



During his visit to Bahrain, Dr. Santonja was accompanied by the president of the United Arab Emirates federation (EBBFF) and IFBB vice president for Asia, H.E. Sheikh Abdullah Bin Hamad Al Sharqi.



Images from the meeting at the Bahrain Olympic Committee headquarters, with the Secretary General Mr. Faris Mustapha Al Kooheji.



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



PRESIDENT SANTONJA IN KOREA, ATTENDING THE ANOC GENERAL ASSEMBLY



• In a new step towards the goal of Olympism, President Santonja travelled to Seoul (Korea), attending the XXV General Assembly of the World Association of National Olympic Committees (ANOC).

Seoul was host, from October 17th to 20th, of 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 travelled to Seoul, in the follow up of our

relationship with the Olympic Family, before flying to Dubai to attend some important meetings with the Sport authorities in Dubai and Abu Dhabi, from where he travelled to Fujairah to meet H. R. H. Sheikh Mohamad Bin Hamad Al Sharqi, Crown Prince of Fujairah, and as well to participate in a Press Conference to present the IFBB Mrs. & Mr. World that was held at the end of November in the Emirate.

Just one week later President Santonja travelled to Santa Susana, Spain, attending the IFBB World Men's Championships & IFBB Women's World Cup, as well as the IFBB Annual Congress.



President Santonja with Dr. Robin Mitchell, ANOC President.

IRAN: BODYBUILDING GROWS WITH INSTITUTIONAL SUPPORT

● Bodybuilding is a sport of enormous popularity and prestige in Iran, particularly after the leadership reached by the country in the IFBB World Championships this century. For this reason, as the Asian Fitness Challenge Championships and the Asian Bodybuilding Cup were held on the island of Kish.

Taking advantage of his presence in the country, President Santonja travelled

to Tehran, accompanied by the President of the national federation, Dr. Abdolmahdi Nasirzadeh to meet with various sports and political authorities.

President Santonja was honored to visit the Minister for Sports and Youth of Iran, H. E. Seyed Hamid Sajjadi, as well as the Iranian Olympic Committee and some members from the Iranian Parliament, updating them all about the

progression of our sport in the country, and as well informing them on future Bodybuilding and Fitness projects and activities in Iran.

As for Educational activities, the IFBB and the Iranian Federation coordinated a course for competition judges and a Fitness course, which were attended by over 700 judges and trainers.



President Santonja presented the IFBB Spirit of Sport Award to the Minister for Youth and Sports of Iran, H. E. Seyed Hamid Sajjadi.



A snapshot from the meeting with the Iranian Minister for Sports & Youth, H.E. Seyed Hamid Sajjadi.



BODYBUILDING AND FITNESS, POPULAR SPORTS IN AFRICA



● 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 Argelia, President Santonja took the opportunity to meet Mr. Mustapha Berraf, President of 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.

A MEETING WITH THE PAN AMERICAN OLYMPIC FAMILY



Ms. Nicole Hoevertsz, current IOC Vice President, always willing to make a stand for the IFBB in its path towards Olympism.



● President Santonja made a tour that took him to several countries in South America, on the occasion of various sports commitments. During the trip, he had the opportunity to meet with prominent personalities of the Pan American Olympic Family, as the IFBB will be represented in upcoming events on the continental Olympic calendar.

The meetings began during the I edition of the Pan American Games for youth athletes that took place in Cali Valle (Colombia), from November 23 to December 5. The event was organized by Panam Sports, and President Santonja met with the president, Eng. Neven Ilic, as well as other executives, including the presidents of the South American Sports Organization, Mr. Camilo Perez, the Bolivarian Sports Organization, Mr. Baltasar Medina, the Colombian Olympic Committee, Mr. Ciro Solano and the Argentine Olympic Committee, Mr. Mario Moccia.

After his visit to Colombia, Dr. Santonja moved on to Buenos Aires (Argentina), on the occasion of the 46th edition of the South American Bodybuilding & Fitness Championships. Here, he met with the Undersecretary of Sports, Mr. Daniel Díaz. During their meeting, they talked about the activities carried out by the Argentine Federation of Bodybuilding led by Mr. Jorge Asp, as well as various other institutional issues.



Dr. Santonja's with PanamSports President, Ing. Neven Ilic (right) and Dr. Julio Cesar Maglione, IOC member.



A retrospective image with president of the Colombian Olympic Committee, Mr. Ciro Solano, when he was awarded the IFBB Gold Medal.



Meeting in Buenos Aires with the Undersecretary of Sports, Mr. Daniel Díaz, accompanied by the president of the national federation, Mr. Jorge Asp.



Meeting in Cali with the president of the Argentine Olympic Committee, Mr. Mario Moccia.

The President of the South American Sports Organization, Mr. Camilo Perez, being awarded with the IFBB Gold Medal by Dr. Santonja, and Lic. Juan Fernando Paredes, President of the South American Bodybuilding and Fitness Federation, with the occasion of IFBB participation at the South American Games.



SERBIA: VENUE OF THE 31ST CONGRESS OF THE BALKANS AND THE 2022 CHILDREN'S FITNESS WORLD CUP

• The Serbian Federation (SSBBFFR) of Bodybuilding & Fitness has, thanks to its president, Mr. Goran Ivanovic, become a consolidated international reference in recent years. In addition to hosting 4 editions of the Diamond Cup Circuit, cities such as Câcâc and Novi Sad have joined their names to the most important Children's Fitness championships. Câcâc will once again host the 2022 World Championships during the days of May 27 to 29.

Along with this multi-continental activity, the SSBBFFR has also dedicated attention and resources to international events of regional nature, such as the 31st Balkan Championships and the BBFF Annual Congress, held in Knjazevac on April 9 and 10. The national federations of the 13 countries that make up the Balkan Federation of Bodybuilding & Fitness, which is chaired by Prof. Gabriel Toncean, met at the Annual Congress. President Santonja travelled to Serbia to supervise the progress of sporting and institutional events and to meet with the main sporting personalities of the country.



During his time at the head of the Serbian Federation SSBBFFR, Bodybuilding and Fitness have grown exponentially. For this reason, he was awarded the IFBB President's Gold Medal.



BBFF president, Prof. Gabriel Toncean, greeting Dr. Santonja.



Officials of the 13 Balkan federations gathered around President Santonja at the 31st Congress held in Knjazevac.

BODYBUILDING AND FITNESS AT THE PANARAB GAMES

• 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 KEEP BOOMING IN AMERICA!

Awarding the President of the Pan American sports organization, Eng. Neven Ilic Alvarez, with the IFBB Gold Medal, in recognition to his decided support to the Sports of Bodybuilding and Fitness. ▶



◀ With Maria Soto, President of the Venezuelan Olympic Committee at the XII South American Games Celebrating the great success of the Venezuelan Olympic Bodybuilding and fitness team, that was GOLD medallist in Men's Physique, Female Choreographic Fitness, and Games Classic Bodybuilding.

Congratulations to Venezuela!!

In 2023, the IFBB South American Championships and Congress will take place in Caracas, Venezuela.



▲ With Maria Soto, President of the Venezuelan Olympic Committee and the Olympic Delegation of Venezuela.

◀ With Baltazar Medina, President of the Bolivarian Sports Organization, from which IFBB is a recognized member, participating regularly in the Bolivarian Games, and Beach Bolivarian Games

The next edition of the Bolivarian Games will take place in Ayacucho 2024, and IFBB will participate with Bodybuilding and Fitness as medallist sports

THE "IFBB MEETING OF THE AMERICAS", ONE MORE YEAR, IN MADRID

● On the 11 to the 13 of February, the main American executives of the IFBB met in Madrid (Spain) with President Santonja for the III edition of the so-called "Meeting of the Americas". During this meeting, the American executives designed the fitness activities for the continent, with special attention to events related to Olympism. They also reviewed the evolution of the respective federations and confederations on the continent. The presence of the IFBB at the XII South American Games of the Olympic Programme that took place in Asunción (Paraguay) in October received special attention.

The meeting was held in a historic building in the Spanish capital. Those present at the meeting were: Ing. Eduardo Abdalah, president of the Pan American Confederation and IFBB Vice President for Central America and the Caribbean; Lic. Juan Paredes, president of the South American Confed. and IFBB Vice President for South America; Mr. Marco Cabezas, IFBB Vice President for North America; Mr. Giovanni Arendzs, president of the Central American and the Caribbean Confed.; Mr. Tony Peña, Vice President CAC and NF president, and the director of the IFBB Medical Committee, Dr. Alfonso Morán.

The meeting, also attended by Spanish officials Víctor Hernández and José María García, who are regular IFBB representatives at events held in America, coincided with the Assembly of the Spanish Federation held in Santa Susanna (Barcelona). This spurred a greeting and communication via videoconference between the officials at both meetings.



The presence of the IFBB at the XII South American Games, to be held in Asunción (Paraguay) in October, was one of the central themes of the meeting.



The executives, members of the Meeting of the Americas, pose for the camera at the beginning of the meeting.

THE IFBB HEADQUARTERS RECEIVES CONTINUOUS VISITS FROM THE WHOLE WORLD OF BODYBUILDING

President Santoja and Prof. Toncean (centre) working on the next events to be held in the Balkan area.



● Since the end of the summer, face-to-face activity at the IFBB headquarters has accelerated thanks to the control of the pandemic and the increase in competitions around the world.

Several national executives have travelled to Las Rozas (Madrid), to meet personally with President Santoja. First out was Professor Gabriel Toncean, president of the Romanian and Balkan federations, who travelled accompanied by a delegation of officials. During his visit, the Romanian delegation worked on the development of upcoming events in the area, as well as on

the details of what was the successful IFBB European Cup held in Sibiu, (Romania), during the first week of September.

International champion of Classic Bodybuilding and popular Bollywood actor Siddhant More also paid the headquarters a visit. The multifaceted Indian actor is currently filming a new television series, but that doesn't keep him from training and staying active, nor from collaborating directly with the Bodybuilding & Fitness Federation in India. Precisely regarding this matter he visited Madrid: to inform President Santoja on the activities of the Indian Federation.



Film actor and international Classic Bodybuilding champion Siddhant More also visited the headquarters.

KYRGYZSTAN FEDERATION PREPARES FOR ASIAN CHAMPIONSHIP AND ASIAN COMMITTEE ELECTIONS

● The president and secretary general of the Kyrgyzstan federation visited the IFBB offices in Madrid. The federation was finalizing the preparations for the 2022 Asian Bodybuilding and Fitness Championships, that was held together with the Electoral Congress of the Asian Federation, in September 2nd to 5th, in Bishkek, Kyrgyzstan.



Ludmila Elgina, president of the Kyrgyzstan federation and its general secretary Mr. Vitalii Kuzhkhov with the president of IFBB Rafael Santoja at the IFBB Headquarters.

ITALY, AN IMPORTANT INTERNATIONAL MEETING POINT FOR 2022

● The president of the Italian Federation and vice president of the EBFF, Mr. Benedetto Mondello, visited the IFBB offices in Madrid, where he had a work meeting with President Santoja to advance the details of future international events. Many of these events will be held in Italy, amongst them, the next European Championships, to be held this month of May.

At the meeting, which was also attended by the president of the Spanish Federation, Mr. José Ramos, organizational aspects of new events, such as the Rimini Steel Classic and the Diamond Cup Naples, were discussed, along with aspects of consolidated events such as the Diamond Cup Rome, which will maintain its usual dates in December.



Dr. Santoja, between the presidents of the Italian and Spanish federations, Mr. Benedetto Mondello and Mr. José Ramos.

JOSE MONTEIRO, NEW PRESIDENT OF THE PORTUGUESE FEDERATION

● IFBB official José Monteiro is the new president of the Portuguese Bodybuilding & Powerlifting Federation, Mr. Monteiro, who has solid experience as an official, judge and organizer (Diamond Cup Povoá de Lanhoso), takes over from the previous president, Mr. Vitor Reis, who carried out an important task promoting Bodybuilding in Portugal.



Due to the proximity between Lisbon and Madrid, Mr. Monteiro has a regular and fluid relationship with the IFBB and President Santonja.

IFBB AND ITS RELATIONSHIP WITH THE OLYMPIC COMMITTEES IN OCEANIA

● The IFBB maintains an excellent relationship with the Oceania Olympic Committees. President Santonja had a nice lunch with the General Secretary of the Oceania National Olympic Committees Organization (ONOC), Mr. Ricardo Blas, and with the President of the Pacific Games Council, Mr. Vidhya Lakhan, updating them on the progression of bodybuilding and fitness in the continent.



Rafael Santonja with the Secretary General of the Oceania Olympic Committees (ONOC), Mr. Ricardo Blas and Mr. Vidhya Lakhan, President of the Pacific Games during the last World Olympic Assembly.

HASSENEN MOUKALED JOINS THE OFFICE OF THE PRESIDENT

● The President of the Lebanese Federation (LWPBBF) and active AFBF official, Mr. Hassenen Moukaled, has been appointed member of the IFBB President's Office, an internal commission of the international federation made up of officials with international experience and in close contact with President Santonja.

Mr. Moukaled, responsible for the organization of the 54th Asian Championships in 2021, where he was awarded the IFBB President's Medal for his performance, will support the international activities of the IFBB in the Middle East, with his well-known energy and great ability.

Distinguished with the IFBB President's Medal, Hassenen Moukaled will now have new powers within the IFBB.



Mr. Moukaled (left) accompanied by the President of the Lebanese Olympic Committee, Dr. Pierre Jalakh, and Dr. Rafael Santonja during the 2021 Asian Championships.

ELECTIONS IN THE ASIAN FEDERATION OF BODYBUILDING AND FITNESS

● Within the framework of the Asian Championships of Bodybuilding and Fitness, the Annual Congress of the Asian Bodybuilding and Fitness Federation was held, celebrating the elections of the AFBF Executive Council Members for the 2022-2026 years term.

Mr. Vitalii Kuzhkov, from Kyrgyzstan, was elected as President of the Asian Bodybuilding and Fitness Federation, Sanjay More from India, was elected General Secretary, and, as Vice Presidents, Mr. Gu Quiao from China, Mr. Ahmad Haimour from Jordan, Mr. Faez Abdulhassan from Iraq, and Mr. Masanori Aota from Japan, were elected.

The President of the IFBB, Dr. Rafael Santonja, attended both, the Asian Bodybuilding and Fitness Championships and the Asian Federation Congress.

Taking advantage of his presence in the country, President Santonja was honored to visit the Kyrgyzstan Minister of Sport, H. E. Azamat Kaparovich Zhamankulov, with whom he held a very fruitful and interesting meeting.

Kyrgyzstan is a young country with ancient traditions that strongly supports sports and a healthy lifestyle!

President Santonja with the Kyrgyzstan Minister of Sport, H. E. Azamat Kaparovich Zhamankulov, at the 2022 IFBB Asian Bodybuilding and Fitness Championships.



THE KOREA FEDERATION VISITS THE IFBB OFFICES AND PREPARES TO ORGANIZE THE WOMEN'S FITNESS WORLD CHAMPIONSHIPS

● The vice president of the Korean Federation, Mr. Song accompanied by his two daughters, has visited the IFBB offices in Madrid. The federation is finalizing details for the organization of the next Women's Fitness World Championships to be held in conjunction with the Men's World Cup, which will take place from October 18 to 23 in the city of Yeongju. This year the best athletes from the 5 continents will come to compete for the title of World Champion, as well as discover the traditions and culture of Korea. This championship is organized in conjunction with the popular World Ginseng Festival.



Vice president of the Korean Federation, Mr. Song with President Rafael Santonja at IFBB Headquarters in Madrid.



Mr. Gabriel Toncean, president of Romanian Federation with President Rafael Santonja during at IFBB Headquarters.

THE ROMANIAN FEDERATION VISITS HEADQUARTERS

● Continuing with the intense activity of the Romanian federation, its president Mr. Gabriel Toncean has visited the IFBB headquarters in Madrid to meet the Mr. President Rafael Santonja, to begin preparations for the first European Bodybuilding and Fitness University Championship that will take place in the month of April of the next 2023, in which university students and lovers of bodybuilding and fitness will meet on the stage.

2021 IFBB ANNUAL CONGRESS

With the Covid-19 epidemic evidently going to the end, IFBB worldwide family exploded with joy and enthusiasm, creating the biggest ever World Championships, with over 1300 participating athletes and 102 countries present at the Congress!

IFBB President, Dr. Rafael Santonja, perfectly expressed these general feelings in the introduction to his annual Congress Report, saying – *“These World Championships joins us all together, in this difficult period that we are passing, in which every opportunity to meet around sport and friendship give us, more than ever, inspiration and hopes.”*

To recognize Santa Susanna authorities, IFBB President continued – *“I wish to make a special mention to Mr. Joan Campolier, the Major of Santa Susana, also IFBB Patron. In difficult times, everybody wants to be at home, and during these two years of Pandemic, Santa Susana, has been, as always, but this time more than ever, our home, and has been the host of this year (also last year) IFBB greatest events.”*

Maybe, many participants asked themselves why the IFBB greatest events could be staged in Santa Susanna during this difficult time, but not in other, bigger cities? Dr. Santonja commented this matter briefly – *“Thanks to the support of the city in the application of the highest healthy protocols, keeping athletes and officials in a security bubble applied in hotels, transportation and venues, with the supervision of the IFBB Medical Commission.”*

President Santonja also emphasized other important information connected with the 2021 Congress – *“This year, is a very significant occasion, as we are celebrating the 75th anniversary of the IFBB, which, as you all may know, was founded in Canada in 1946, by the brothers Ben and Joe Weider.”*

In further part of his Report, President Santonja reviewed, month by month, dozens of his international trips and meetings with the top sport officials of the world, included so influence sport organization like the XXV General Assembly of the World Association of National Olympic Committees (ANOC) or Central American and Caribbean Sports Organization (CENTRO CARIBE SPORTS).

200 countries barrier broken! This was possible by approving the memberships of National Federations from the following new countries: Tanzania, Gabon, Benin, Saint Thomas and Prince. By this, the number of the IFBB-affiliated countries raised up to 203. Not coming back to the very beginning (with 2 countries: USA and Canada), do you remember times with 60 (necessary to enter GAISF in 1971) or 125 members in 1984? Who then dreamed about 200? Now it happened!

Mr. Universe is back! This decision should be warmly welcomed by the physique sport fans around the world. IFBB decided to organize five Mr. Universe events per year, one in each of the continents. And this goal has already been achieved in 2022! Moreover, other famous event from the past - **“Night of Champions”** will also be reinstated!

Our tremendous **progress in the Americas!** IFBB officially participated or will participate in 2022/2023 in the following prestigious regional Games: Pan American Games (Lima, Peru), South American Games (Asuncion, Paraguay), Central American and Caribbean Games (Panama City, Panama).

Among other continents, good news came from Asia/Africa: IFBB will participate in the 2023 Pan-Arab Games (Bagdad, Iraq).

New IFBB sport division: **Fitness Challenge.** At the IFBB Bodybuilding and Fitness events we can see athletes displaying their body shape, muscle development and quality. Now, with Fitness Challenge category, all these athletes and fitness enthusiasts that are in the gym, lifting weights or doing exercises with their body weight, will have a Fitness Challenge event to demonstrate on the stage their

strength and endurance. Fitness Challenge consists in a circuit of 6 exercises, and allow the competition individually, by couples and/or by teams. Beside Bodybuilding and Fitness, this new division will be a “trump card” at the Fitness Sport Games promoted by the World Fitness Union.

Being recognized by FISU (International University Sports Federations), IFBB established its own **University Sports Commission** headed by two experienced IFBB officials in this area: Eng. Eduardo Abdalah (Nicaragua) and Dr. Abdolmahdi Nasirzadeh (Iran).

At the 2021IFBB World Championships and Congress, athletes from all over the world were excited to show themselves on the stage and officials were looking forward to meeting each other's, to enjoying the IFBB World Championships, and to discussing the current topics. Probably, it was the reason that so many proposals were sent and analyzed at the Congress.

An important decision made by the Congress was the approval of the Executive Council proposal to stage **one big World Championships**, included all female and male juniors, seniors and masters divisions and categories, as well as the IFBB International Congress. This is a big challenge for promoters as such an event should last 4

competition days at least but will reduce the costs of participation (one trip, one flight, one hotel, one visa arrangement, easier and cheaper crossovers), increase attendance at the Congress and make the event more attractive for viewers, sponsors and media. Separated events may remain in case of convenience and request.

In this point it is noteworthy that more and more IFBB events may be watched at home via the live streaming transmission. This enables fans all over the world to select and watch their favorable categories.

One of the top matters discussed was the Fit-Model division development. Finally, Congress approved new category: Master Women Fit-Model over 35 years old and increased the number of Women's Fit-Model categories to 5, so currently there are the following categories: 160 cm, 164 cm, 168 cm, 172 cm and over 172 cm.

Regarding Men's Fit-Model category, the Congress instructed the Judges Committee to propose modifications regarding the attire for both rounds.

Other important change in the Technical Rules was the removal of height/weight limits in Men's Fitness. Several years' experience showed that excessive muscle mass has not become a problem in this division, and it is expected that this decision may be more attractive for athletes.

Nowadays there are in the IFBB two categories for couples: recently introduced Fit-Pairs (with no posing routine) and much older Mixed-Pairs (with the routine). Judges Committee proposed to score the mandatory poses and the routine on a 50-50 basis and this proposal was approved. In consequence, routines will also be performed in the semifinals (previously it was performed only in the finals), so couples with good routines will have more chance to qualify to the finals.

And one more change in the number of categories: Muscular Men's Physique division now will have two body height categories: up to 179 cm and over 179 cm instead of one open category. Time will show if this separation height limit was properly established.

One way of promotion of our sports is through big, spectacular events and great champions but the other way, also very important, is to promote the weight training and fitness healthy lifestyle. This job has been done perfectly by the IFBB Academy, which covers over 30 countries and teach people how to execute exercises properly, how to design workouts and nutrition, how to prepare for the contest and much, much more.

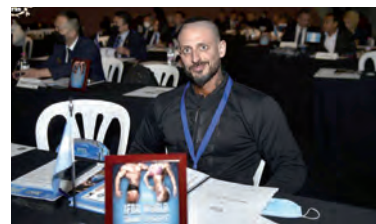
SOME OF THE DELEGATES ATTENDING THE ANNUAL CONGRESS



Algeria: Kamel Nedjah (President) & Djelloul Souf (Official).



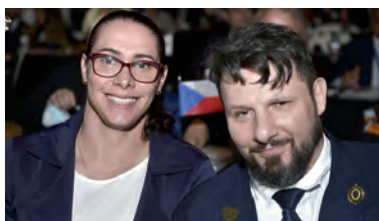
Andorra: Monica Bernaus (President).



Argentina: Alejandro Zitta (Delegate).

Austria: Martin Duda (Vice-President),
Jörg Kapfer (President).

Belarus: Anton Avseiko (Judge), Natallia Kachan (Manager).

Belgium: Andre Wouters (President), Ratchanee Sornbutr
(General Secretary).Brazil: Diana Monteiro (President)
and Marcelo Nechi (Official).

Cape Verde: Carlos Dos Santos (President).



Chinese Taipei: Shih-Cien Lou (Delegate).



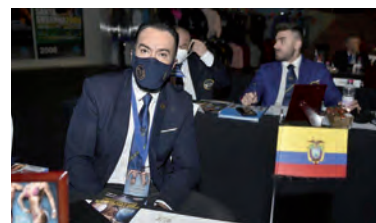
Colombia (National Delegate).



Costa Rica: Raul Padilla Elizondo (President).



Croatia: Martina Lepcin (Delegate) and official.

Czech Republic: Zdenka Razymova (Team Manager), Ludmila
Cizova (President), Jana Bendova (Coach).IFBB Press Commission Team: Devidas Dubinas
and Mbomni Tiam Aristide.

Ecuador: Dr. Christian Diaz (President).



Egypt: Mohamed Mohsen and Dr. Mahmoud Darwish.



El Salvador: Fabrizio Hernandez (President).

Estonia: Janika Koch-Mäe (Gen. Secretary), Ergo Metsla
(President).



Finland: National Delegates.



France: Mario Valero (President), Philippe Eichler (Vice-President).



Georgia: Zviad Iosava (Delegate), Shota Margalidze (Vice-President).



Greece: Tasos Koligkionis and Stylianos Klafas (President).



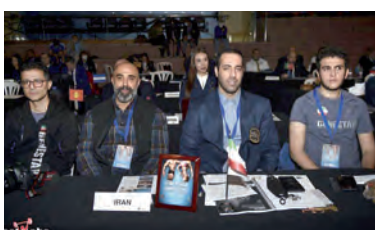
Guatemala: Roni Estuardo Zamora Chinchilla (Official).



Honduras: Francis Lara Smart (President).



Hungary: Laszlo Berkes (Delegate), Viola Vargha (Gen. Secretary), Gabriella Cservenyak (Delegate), Csaba Bara (Official).



Iran: from right to left: Mohammadreza Ayoubi, Sadegh Hashemi (General Secretary), Arash Navidi and Ali Rajabi.



Ireland: Ihar Sidarchuk and Anthony Browne.



Israel: Asher Frig (President).



Japan: Miyako Kinoshita (General Secretary), Tatsuya Fujiwara (President).



Kazakhstan: Alexandr Kolyuka (President).



Kosovo: Sabri Dragusha (Gen. Secretary).



Kyrgyzstan: Vitaly Kozukhov (Vice-president) and Liudmila Elgina (President).



Latvia: Christina Vedernikova (President), Vladimir Belov (Vice-president).



Lithuania: Rinaldas Cesnaitis (National Coach), Sandra Martinkiene (President).



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



Malta: Ralph Decellis (President).



Mexico: Evangelina Cime Mezquita (Delegate), Alberto Gonzalez Navarro (Delegate).



Morocco: Khalid Errahi (President).



North Macedonia: Boban Gjorovski (President).



Norway: Monica Foss (Delegate), Jane McCarthy (Delegate)



Paraguay: National Delegate.



Portugal: Jose Monteiro (President).



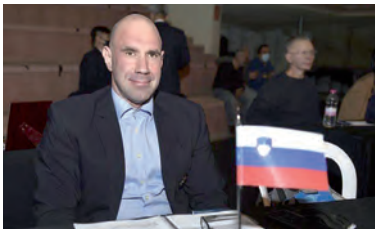
Romania: Calin Brehaita (Official), Tanita Groza-Zetea (General Secretary), Ovidiu Mezdrea (Official).



Russia: Alexander Vishnevskiy (President), Iveta Statsenko (Official).



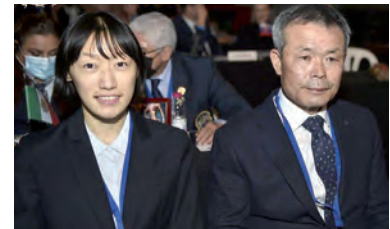
Serbia: Zoran Stojic (Delegate).



Slovenia: Gasper Grom (President).



South Africa: Wayne Price (President), Bernardus Groenewald (Official).



South Korea: National Delegates.



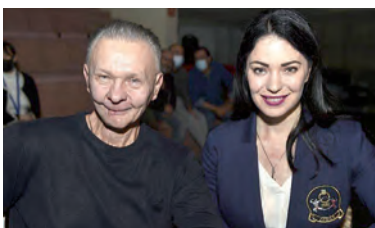
Spain: National Delegates.



Sweden: Jani Kaaria (President), Rachid Misk (Official).



Turkey: National Delegates.



Ukraine: Igor Deliev (President) and Oksana Orobets (official).



United Arab Emirates: National Delegates.



Venezuela: Adolfo Martinez (President).

IFBB AWARDS PRESENTED AT THE 2022 CONGRESS

Overall winner statue presented by Russian Federation President, Mr. Alexander Vishnevskiy, H.E. Sheikh Abdullah bin Hamad bin Saif Al Sharqi and President Santonja.



IFBB Gold Medal to the Santa Susanna Mayor and IFBB Patron, Mr. Joan Campolier, presented by President Santonja.

IFBB Gold Order to the IFBB Vice-President Dr. Eng. Adel Fahim El Sayed, presented by President Santonja and Mayor Campolier.



Spirit of IFBB Award for the IFBB Anti-Doping Committee Chairman, Prof. Mauricio De Arruda Campos, presented by President Santonja and Mayor Campolier.

IFBB President's Medal for the Japanese Federation President, Mr. Tatsuya Fujiwara, presented by President Santonja and Mayor Campolier.



IFBB President's Gold Medal for the French Federation President, Mr. Mario Valero, presented by President Santonja and Mayor Campolier.

IFBB Gold Medals for the Honduras Federation, Ms. Francis Lara (far left) and Japanese Federation General Secretary, Mrs. Miyako Kinoshita (second from right), presented by President Santonja and Mayor Campolier.



IFBB Gold Medal for the IFBB Vice-President, Eng. Eduardo Abdalah, presented by President Santonja and Mayor Campolier.



IFBB Academy of the Year Award for Brigadier Abdul Kareem (UAE, center), presented by President Santonja (far right) and Mayor Campolier (far left) joined by Mr. Adel Fahim (right) and H. E. Sheikh Abdullah bin Hamad bin Saif Al Sharqi.

2021 OVERALL (and OPEN) WORLD CHAMPIONS

2021 IFBB WORLD BODYBUILDING CHAMPIONSHIPS



2021 OVERALL (AND OPEN) WORLD CHAMPIONS

Serhiy Royko (Ukraine)



**MEN'S PHYSIQUE
OVERALL**

Abdulla Albalooshi (UAE)



**MUSCULAR MEN'S PHYSIQUE
OPEN CATEGORY**

Julien Camdessoucen (France)



**MEN'S WHEELCHAIR
BODYBUILDING OPEN**

Natalia Bystrova -
Usein Salimov
(Russian
Bodybuilding
Federation)



MIXED-PAIRS

2021 IFBB WORLD FITNESS CHAMPIONSHIPS

Rebecka Eklund (Sweden)



**WOMEN'S ARTISTIC
FITNESS OVERALL**

Kristina Juricova (Slovakia)



**WOMEN'S ACROBATIC
FITNESS OVERALL**

Fedir Khashalov (Ukraine)



MEN'S FITNESS OPEN

Yuliia Shykula (Ukraine)



**WOMEN'S BODYFITNESS
OVERALL**

**Elena Sokolova (Russian
Bodybuilding Federation)**



**BEGINNER WOMEN'S
BIKINI**

Kateryna Stoianova (Ukraine)



**WOMEN'S BIKINI
OVERALL**

Meri Akievska (North Macedonia)



**WOMEN'S WELLNESS
OVERALL**

Nataliia Prokhorova (Ukraine)



**WOMEN'S PHYSIQUE
OVERALL**

**Oleksandra
Sumanieieva -
Serhiy Royko
(Ukraine)**



FIT-PAIRS

2021 WORLD JUNIOR AND MASTERS CHAMPIONSHIPS

Yuliia Komentorus (Poland)



**JUNIOR WOMEN'S ARTISTIC
FITNESS OVERALL**

Nataliia Toropova (Russia)



**JUNIOR WOMEN'S
ACROBATIC FITNESS
OVERALL**

Joanna Tanska (Poland)



**JUNIOR WOMEN'S
BIKINI OVERALL**

**Meri Akievska
(North Macedonia)**



**JUNIOR WOMEN'S
WELLNESS OVERALL**

Alina Wilhelm (Germany)



**JUNIOR WOMEN'S
BODYFITNESS OVERALL**

Dmitrii Iankin (Russia)



**JUNIOR MEN'S
FITNESS OPEN**

Isaac Ebagnilin (Sweden)



**JUNIOR MEN'S
PHYSIQUE OVERALL**

Nuutti Kokkonen (Finland)



**JUNIOR MEN'S
GAMES CLASSIC
BODYBUILDING OPEN**

Sebastian Grisnik (Slovakia)



**JUNIOR MEN'S CLASSIC
BODYBUILDING OPEN**

**Aleksei Cherednichenko
(Russian Bodybuilding Federation)**



**JUNIOR MEN'S
BODYBUILDING OVERALL**

Mariia Burlaka (Ukraine)



**MASTER WOMEN'S
BIKINI FITNESS OVERALL**

**Olga Klimova
(Russian Bodybuilding Federation)**



**MASTER WOMEN'S
WELLNESS OVERALL**

Yevheniia Prutskova (Ukraine)



**MASTER WOMEN'S
BODYFITNESS OVERALL**

Nataliia Prokhorova (Ukraine)



**MASTER WOMEN'S
PHYSIQUE OPEN**

Christian Heimerdinger (Germany)



**MASTER MEN'S
PHYSIQUE OVERALL**

Albert Mufturel (Romania)



**MASTER MEN'S CLASSIC
BODYBUILDING OVERALL**

Peter Tatarka (Slovakia)



**MASTER MEN'S CLASSIC
PHYSIQUE OVERALL**

Nicola Barlotta (Italy)



**MASTER MEN'S
BODYBUILDING OVERALL**

Alexandru Albulescu (Romania)



**OVERALL GAMES CLASSIC
BODYBUILDING**

2021 IFBB WORLD FIT- MODEL CHAMPIONSHIPS

Anastassiya Chshekotilova
(Kazakhstan)



**WOMEN'S FIT-MODEL
OVERALL**

Nikita Stepanovs (Latvia)



**MEN'S FIT-MODEL
OPEN**

Kristina Mickiene (Lithuania)



**MASTER WOMEN'S
FIT-MODEL OPEN**

2021 IFBB WORLD FITNESS CHALLENGE CHAMPIONSHIPS



**1. Damian Dhugues / Albert R. Hoeger Z. (France),
2. Ali R. Pirinjarag / Hossein Rahimi (Iran),
3. Bela Frajter / Gergely Somogyi (Hungary)**



**1. Ryma Tilikete / Valentina Nocera (France),
2. Evelin Amate / Ruth Alvarez (Spain),
3. Dimitra Agathangelidou / Ourania A. Tsousi (Greece)**



IRAN: Hossein Rahimi,
Amir Gholanzadegan,
Mohammad Saeid N.M.,
Ahmadveza Abdollahi,
Reza Soltani, Vahid
Vahdat

SPAIN: Ignacio Esteban,
Jose Antonio Lazaro,
Catalin E. Ciuchita

GREECE: Dimitris
Christodoulou, Kanellos
Kanellopoulos

PORTUGAL: Diogo
Armando Sa



A WORLD SPORT FAMILY



INTERNATIONAL FITNESS AND BODYBUILDING FEDERATION



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contact@ifbb.com

AFFILIATED/RECOGNIZED:

