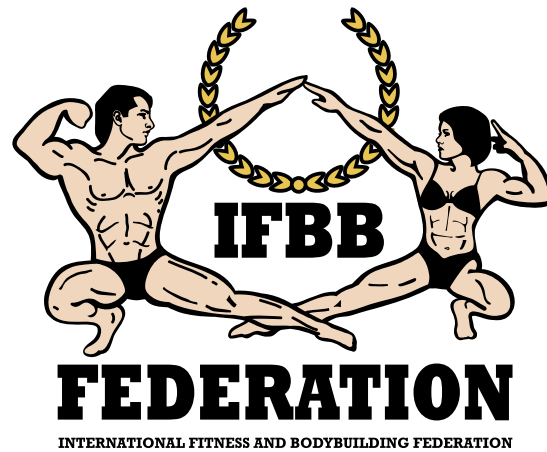




# BOOK OF THE YEAR







# BOOK OF THE YEAR 2022/2023

AFFILIATED/RECOGNIZED:



PHOTOS: EAST LABS  
GABOR VARSZEGI  
ABDULRAHMAN KAMAL KING PRODUCTION  
KEVIN GRECH-EVOLUTION OF BODYBUILDING  
KRYPTECH PHOTOGRAPHY  
MARCELO GROSS BROWN  
RENE OSWALDO GUEVARA  
SKJ PHOTOGRAPHY (SOUL BY JACKSON)  
VICENÇ REDONDO & RAHID



# INDEX

IFBB TODAY .....	4	
MESSAGE FROM IFBB PRESIDENT .....	6	
IFBB CATEGORIES .....	7	
<b>IFBB WORLD CHAMPIONSHIPS</b>		
76 <sup>TH</sup> BODYBUILDING WORLD CHAMPIONSHIP 2022 SANTA SUSANNA .....	12	
2022 WORLD FITNESS CHAMPIONSHIP YEOUNGJU (SOUTH KOREA) .....	27	
2022 IFBB MASTER BODYBUILDING WORLD CHAMPIONSHIPS .....	38	
IFBB WORLD CHILDRENS FITNESS CHAMPIONSHIPS .....	43	
IFBB FIT MODEL WORLD CHAMPIONSHIPS .....	46	
<b>CONTINENTAL CHAMPIONSHIPS</b>		
X CENTRAL AMERICAN BODYBUILDING AND FITNESS CHAMPIONSHIPS .....	48	
2023 EUROPEAN BODYBUILDING CHAMPIONSHIPS .....	52	
2023 EUROPEAN FITNESS CHAMPIONSHIPS .....	62	
2023 EUROPEAN JUNIORS & MASTERS CHAMPIONSHIPS .....	71	
2023 WEST ASIAN CHAMPIONSHIPS IN BAHREIN .....	88	
CENTRAL AMERICAN AND CARIBBEAN CHAMPIONSHIP (CAC) .....	91	
IFBB WEST AFRICAN CHAMPIONSHIPS 2023 .....	94	
IFBB EURASIAN CHAMPIONSHIPS .....	95	
IFBB NORTH AMERICAN CHAMPIONSHIPS .....	96	
<b>DIAMOND CUPS</b>		
2023 IFBB DIAMOND CUP MALTA & IFBB ELITE PRO MALTA SHOW .....	98	
2023 III DIAMOND CUP HUNGARY .....	100	
IFBB DIAMOND CUP SERBIA .....	102	
IFBB DIAMOND CUP SKOPJE .....	103	
IFBB DIAMOND CUP AUSTRIA .....	104	
IFBB DIAMOND CUP CZECHIA .....	105	
<b>ARNOLD CLASSIC EVENTS</b>		
12TH ARNOLD CLASSIC EUROPE SPORT FESTIVAL 2022 .....	107	
ARNOLD CLASSIC AFRICA 2023 .....	118	
<b>OTHER INVITATIONAL EVENTS</b>		
IFBB SPORT FITNESS GAMES LIECHTENSTEIN 2023 .....	123	
IFBB BALKAN CHAMPIONSHIP 2023 .....	124	
DUBAI MUSCLE CLASSIC 2022 .....	126	
2023 DUBAI MUSCLE BEACH .....	128	
INTERNATIONAL CHAMPIONSHIP 2023 IFBB AJMAN .....	134	
2023 IFBB ROGER BOYCE CLASSIC .....	140	
ARMENIA GRAND PRIX .....	142	
IFBB EUROPEAN CUP AT TIRANA .....	143	
2023 I FIT MODEL & BIKINI EUROPEAN CUP BUDAPEST .....	144	
<b>MR. UNIVERSE</b>		
MR. UNIVERSE RAMSAR-IRAN .....	146	
MR. UNIVERSE JORDAN 2023 .....	148	
2023 IFBB MR. UNIVERSE PRAGA .....	151	
2023 MR UNIVERSE SYRIA .....	154	
<b>MEET &amp; GREET .....</b>		158
<b>2021 IFBB INTERNATIONAL CONGRESS .....</b>	173	
<b>2021 IFBB OVERALL CHAMPIONS .....</b>	182	
<b>IFBB EXECUTIVE COUNCIL .....</b>	188	



# 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 Fitness Challenge.

- Organizes more than 8,000 local, national, regional, continental and world championships each year. Fitness and Bodybuilding are very popular sports practised as a healthy lifestyle worldwide.
- [www.ifbb.com](http://www.ifbb.com) together with its associated websites receives over 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.

The International Fitness and Bodybuilding Federation (IFBB) is the sport federation responsible for the management of fitness and bodybuilding 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)
- Bolivarian Sports Organization (ODEBO)
- Association of National Olympic Committees of Africa (ANOCA)

IFBB officially participates in the following Games from the IOC Calendar:

Pan American Games, South American Games, Central American and Caribbean Games Central American Games, Bolivarian Games, the Asian Beach Games, and is getting ready to join the Pan-Arab Games.

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 (FISU), which opens new fields of expansion and promotion of fitness and healthy lifestyle as a service and a source of enjoyment amongst students worldwide.

### 2. Recognition by International Sport Organizations:

- Global Association of International Sports Federations (GAISF)
- SportAccord
- 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)
- TAFISA
- International World Games Association (IWGA)

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

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

- International Council of Sport Science and Physical Education (ICSSPE)
- International Pierre de Coubertin Committee (CIPC)
- Peace and Sport

- Fitness Style, the official IFBB magazine with printed and online editions in several 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.

FITNESS & BODYBUILDING ARE:

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

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 their maximum potential.

Fitness and bodybuilding 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.

Fitness and bodybuilding 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.

Fitness and bodybuilding 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 researchs 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.

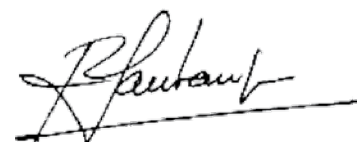
Nothing else in human history has shown a similar effect! The best visual example of it, is our athletes over 60 and plus years old, and their healthy muscular bodies.

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,

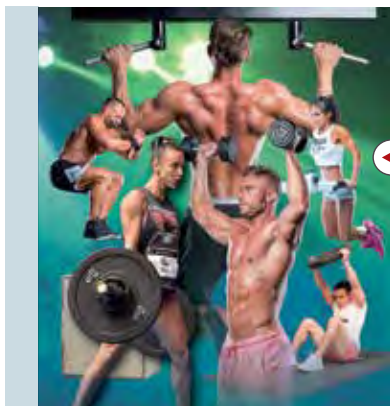
Warmest regards,



*Dr. Rafael Santonja*  
IFBB President



# IFBB CATEGORIES



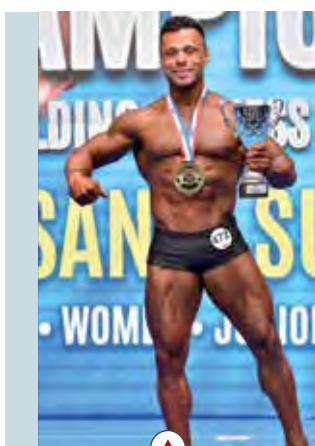
## Fitness Challenge

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.

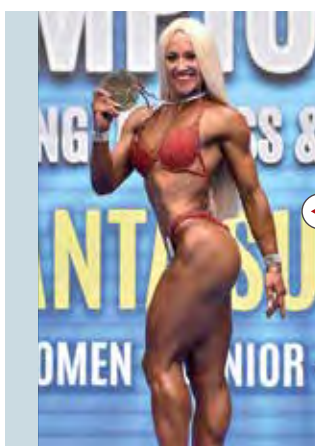


## Men Fitness

This sport discipline is similar in structure to Women 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.

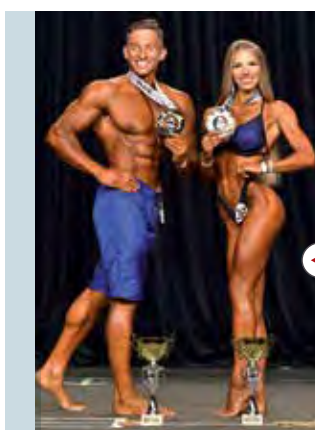
At the end, the subscores from two final rounds (Round 3 and Round 4) are added to produce the final scores and to reach the final places of the top 6 competitors. Competitors in places from 7th to 15th remain with their scores from the Prejudging (Round 1 and Round 2).



## 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 performs quarter turns in all rounds plus individual "I-walking" presentation in the finals. Vertical proportions (legs to upper body length) are ones of the key factors. Horizontal proportions (hips and waist to shoulder width) may favour women with a bit bigger hips, thighs and buttocks. There are four Wellness Fitness categories: up to 158 cm, up to 163 cm; up to 168 cm and over 168 cm.



## 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).

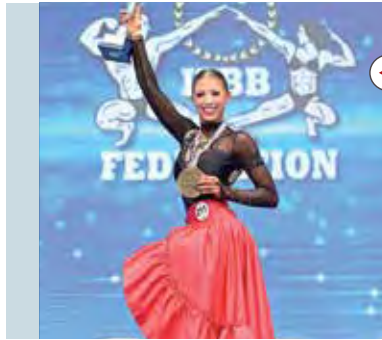


## Women Acrobatic Fitness

In Women Acrobatic 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. We are looking to a physique following the bodyfitness standard criteria and also quarters are done like this modality.

Each judge will assess the routine looking for competitors who perform strength and flexibility moves, as well as acrobatic elements. The routine may include aerobics, dance, gymnastics, acrobatics or other demonstrations of athletic talent with harmonized costume, music and choreography. There are no required moves.

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.



## Women Artistic Fitness

For Women Artistic Fitness, In general, the assessment of women's physique is based on the same criteria like in Women's Bikini; using the same quarter posing style. So judges are looking for presentation of a balanced, proportionally and symmetrically developed, complete physique; the condition of the skin and the skin tone; and the athlete's ability to present herself with confidence, poise and grace.

Each judge will assess the routine focusing on artistic expression in dance-like choreography with diversified tempo, some strength and flexibility elements, personality, athletic coordination and overall performance. The routine may include aerobics, dance, gymnastics or other demonstrations of athletic talent with harmonized costume, music and choreography.

## Men's Physique

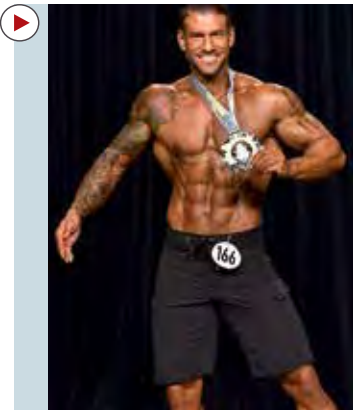
In 2012 the Men's Physique division was officially launched as a new IFBB sport discipline.

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.

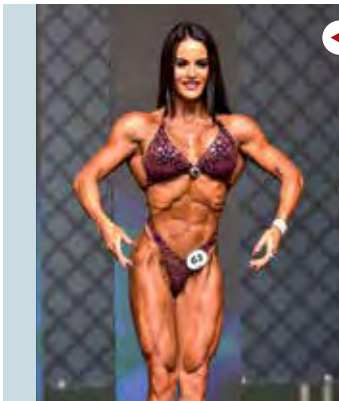


## Women Bodyfitness

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.

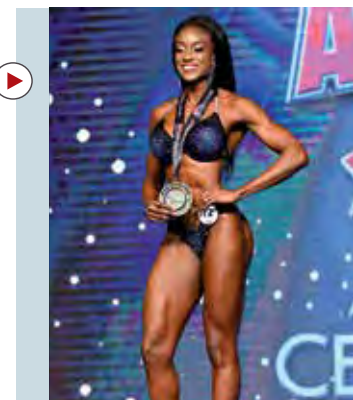


## Women's Bikini-Fitness

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.



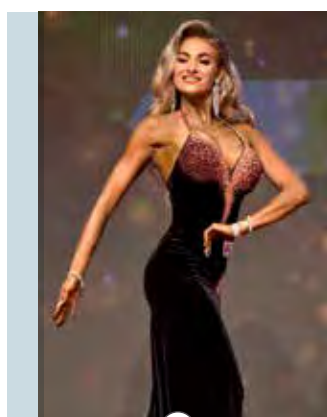


## Children Fitness

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

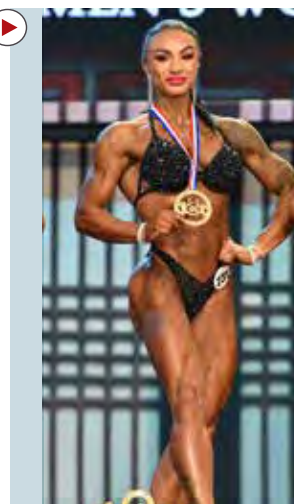
This IFBB division was introduced with the beginning of 2013 for women who want to prepare heavier, bodybuilding-style body but not extremely dried, lean and muscular, yet athletic and aesthetically pleasing.

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.

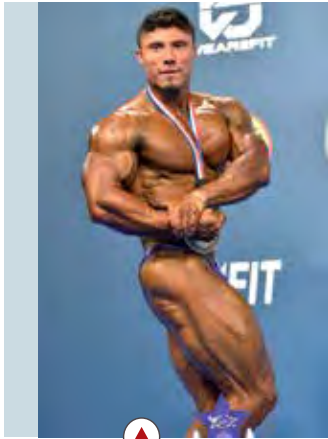
Men from Mixed-Pairs perform mandatory poses in the same manner like in Men's Bodybuilding, while women perform these poses in the same style like in Women's Physique. Men competitors wear the same attire like in Men's Bodybuilding, women competitors wear the same attire like in Women's Physique.

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.



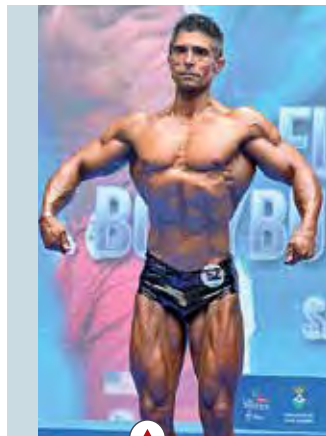


## Bodybuilding

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

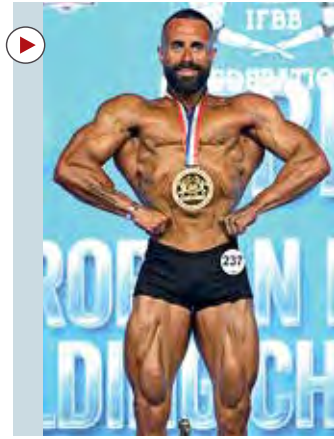
Was introduced by the IFBB in 2016. It is intended for less muscular men, with smaller bodyweight limits, what is the only difference compared to Classic Bodybuilding. There are two categories in Men’s Games Classic Bodybuilding: up to 175 cm and over 175 cm.

## 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.

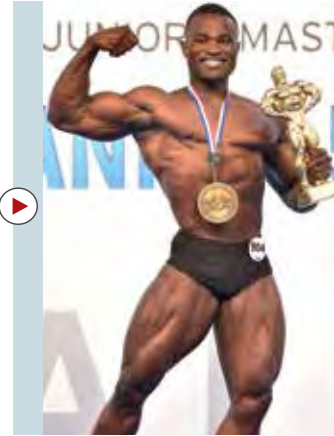


## Classic Physique

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.

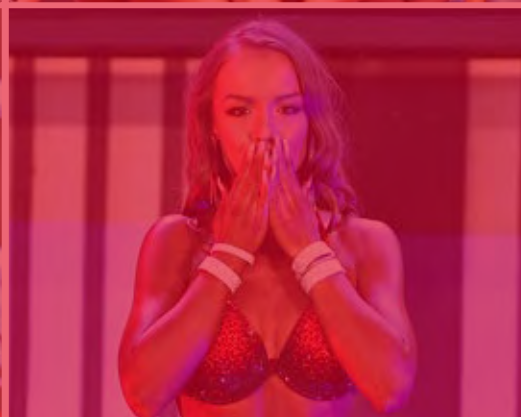
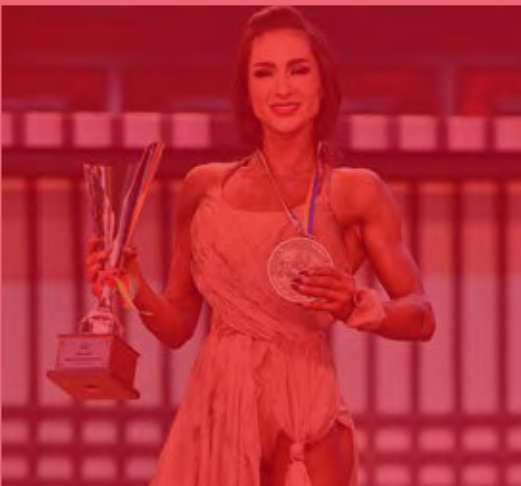
Currently, one open category is performed.







# IFBB WORLD CHAMPIONSHIPS







# 76<sup>TH</sup> BODYBUILDING WORLD CHAMPIONSHIP 2022 SANTA SUSANNA



## THE 5 CONTINENTS MEET AGAIN FOR A CHALLENGE IN A HIGH-LEVEL CHAMPIONSHIP WHERE ASIA CONTINUES TO INCREASE ITS DOMINANCE

“Iran revalidates the title of Team World Champions.”

“Karolis Linkevicius (Lithuania), achieved the overall Bodybuilding title at 21, being the youngest champion of the discipline.”

“Seyed Ayoub Hosseini (Iran) achieves the overall title of Classic Physique.”

“Mohammad Khalesihaghighi (Iran), dazzles and takes the overall title of Classic Bodybuilding.”

“Khalid Mohamed Obaid (UAE), overall winner in Men’s Physique.”

For the third consecutive year, the city of Santa Susanna hosted the most important test of international Bodybuilding and the IFBB. In 2020 and 2021 the “Fitness Capital of the World” emerged as the safest alternative to overcome the problems derived from the Covid-19 pandemic. Now, in 2022 and the return to normality, Santa Susanna’s hotel and travel facilities were decisive for most of the 204 national federations of the IFBB, in order to, once again, trust the town represented by IFBB patron, mayor Joan Campolier.



With President Santonja, the very young Karolis Likevicius (Lithuania) was proclaimed overall World Champion of Bodybuilding.





# BODYBUILDING

## WHEELCHAIR (Open)

- Gold:** Kevin Secundino (France)
- Silver:** Gabriel George Moise (Romania)
- Bronze:** Almedin Bahovic (Montenegro)
- 4<sup>th</sup>:** Andrei Cimpan (Romania)
- 5<sup>th</sup>:** Antonio Matkovic (Montenegro)
- 6<sup>th</sup>:** Sezer Aydemir (Turkey)

Kevin Secundino revalidated the title for France that Julien Camdessus (France) won in 2020 and 2021. The French continue to dominate Wheelchair Bodybuilding, with the Romanian Gabriel G. Moise again taking the silver medal.

## BANTAMWEIGHT (-65 kilos)

- Gold:** Marek Mitterko (Slovakia)
- Silver:** Chigwang Oh (South Korea)
- Bronze:** Moslem Sehaty Asl (Iran)
- 4<sup>th</sup>:** Ayoub Alammar (UAE)
- 5<sup>th</sup>:** Evaristo Cortés (Costa Rica)
- 6<sup>th</sup>:** Bogdan Farcas (Romania)

Marek Mitterko (Slovakia), Bantamweight champion.

## LIGHTWEIGHT (-70 kilos)

- Gold:** Kyoungyun Nam (South Korea)
- Silver:** Sinhjae Lee (South Korea)
- Bronze:** Akbar Shirkhani (Iran)
- 4<sup>th</sup>:** Abdullah Al Jabri (Oman)
- 5<sup>th</sup>:** Kikwan Seol (South Korea)
- 6<sup>th</sup>:** Molefe Kasonkola (South Africa)

Kyoungyun Nam (South Korea; 47) lightweight world champion ahead of 2021 champion Sinhjae Lee.

## WELTERWEIGHT (-75 kilos)

- Gold:** Mohammad Moftakhar (Iran)
- Silver:** Betim Krasniqi (Kosovo)
- Bronze:** Daniel Casas (Spain)
- 4<sup>th</sup>:** Pablo Cruz (Ecuador)
- 5<sup>th</sup>:** Anthony Orozco Leiton (Costa Rica)
- 6<sup>th</sup>:** Aykut Akar (Turkey)

Mohammad Moftakhar (Iran), Welterweight world Champion at 31.







**MIDDLE-LIGHTWEIGHT (-80 kilos)**

- Gold:* Farshad Ganji (Iran)
- Silver:* Nicola Barlotta (Italy)
- Bronze:* Sadegh Ahmadi (Iran)
- 4<sup>th</sup>:* Dimitar Lekov (Bulgaria)
- 5<sup>th</sup>:* Hamad Alaleeli (UAE)
- 6<sup>th</sup>:* Kuan Chung Liu (China Taipei)

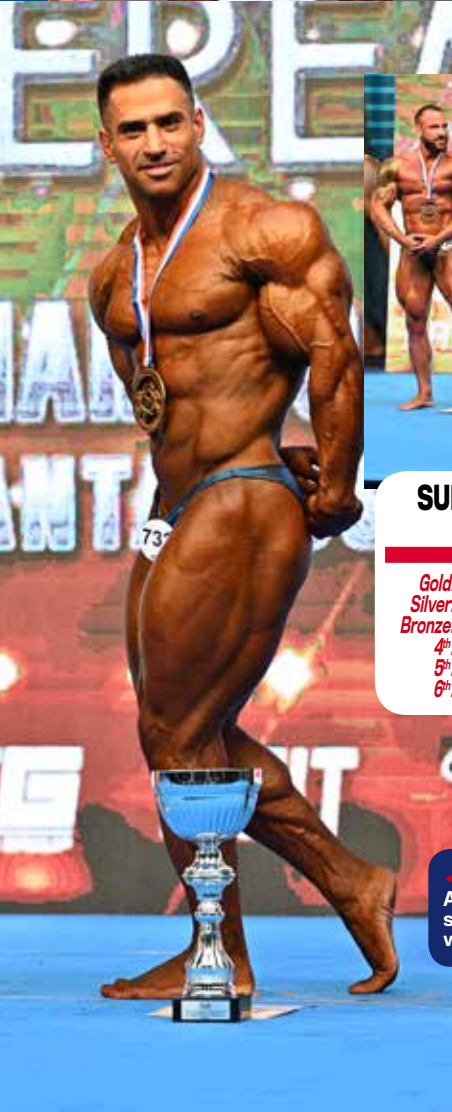
◀ Karolis Linkevicius (Lithuania; 21), still in junior age, middleweight world champion.

Farshad Ganji (Iran; 32) Middle-lightweight world Champion. ▶



**MIDDLEWEIGHT (-85 kilos)**

- Gold:* Karolis Linkevicius (Lithuania)
- Silver:* Aziz Moarefi (Iran)
- Bronze:* Jan Sotak (Slovakia)
- 4<sup>th</sup>:* Ahmed Mohamed (Egypt)
- 5<sup>th</sup>:* Alpcan Karagoz (Turkey)
- 6<sup>th</sup>:* Krzysztof Skryplonek (Poland)



**SUPER-MIDDLEWEIGHT (-90 kilos)**

- Gold:* Mohammadebrahim Arzeshmand (Iran)
- Silver:* Zhivko Petkov (Bulgaria)
- Bronze:* Omar Al Maskari (Oman)
- 4<sup>th</sup>:* Muslem Albanna (Bahrain)
- 5<sup>th</sup>:* Mikhaylo Pavliuk (Ukraine)
- 6<sup>th</sup>:* Rok Tomazin (Slovenia)

◀ Mohammadebrahim Arzeshmand (Iran; 36), super-middleweight world champion.

**SEMI HEAVYWEIGHT (-95 kilos)**

- Gold:* Mehdi Arzeshmand (Iran)
- Silver:* Nkululeko Cele (South Africa)
- Bronze:* Carlos Pereda (Spain)
- 4<sup>th</sup>:* Mohamed Ali Alajami (Oman)
- 5<sup>th</sup>:* Axel Cañizares (Spain)
- 6<sup>th</sup>:* Ilkay Beyga (Turkey)

Mehdi Arzeshmand (Iran; 38), went one class up and revalidated the World Champion title that he achieved in 2021 in the Super Middleweights. ▶







▲ Grazvydas Grubas (Lithuania; 33) Heavyweight world Champion.

**HEAVYWEIGHTS (+100 kilos)**

*Gold: Grazvydas Grubas (Lithuania)*  
*Silver: Amir Khakian Nematabad (Iran)*  
*Bronze: Oleksandr Bohdanov (Ukraine)*  
*4<sup>th</sup>: Mojtaba Arzeshmand (Iran)*  
*5<sup>th</sup>: Fuad Gulu-Zada (Azerbaijan)*  
*6<sup>th</sup>: Oguzhan Keskin (Turkey)*

Eleftherios Sidiropoulos (Greece; 39) Super Heavyweight world Champion. The final round was dominated by European athletes. ▶

**SUPER HEAVYWEIGHT (+100 kilos)**

*Gold: Eleftherios Sidiropoulos (Greece)*  
*Silver: Tomasz Kornalewski (Poland)*  
*Bronze: Jonathan Rouch (France)*  
*4<sup>th</sup>: Jefferson Junqueira (Brazil)*  
*5<sup>th</sup>: Sasa Lampas (Serbia)*  
*6<sup>th</sup>: Antoni Pawlowski (Poland)*



**OVERALL CHAMPION: Karolis Linkevicius (Lithuania)**



**Overall (Top 3):**

*1 Karolis Linkevicius (11 points)*  
*2 Mohammadebrahim Arzeshmand (12 points)*  
*3 Farshad Ganji (14 points)*

▲ The usual Iranian champions and the surprising Lithuanians dominated the overall competition, with tremendous equality between them. In the end, by just 1 point of advantage (11 to 12 points), one very young Karolis Linkevicius took the overall title, with an enormously aesthetic physique of 83 kilos, ahead of the almost 90 kilos of Mohammadebrahim Arzeshmand who had to settle for second place, after having been third in the overall in 2021.



# GAMES CLASSIC BODYBUILDING

Not the ideal championship for reigning champions Kikwan Seol (Korea) and Yuri Rodriguez (El Salvador), both being left out of the podium down on 4th place. The Iranian Mohammad Yousefi and the Korean Jaechun Lee, both younger, took their places and can aspire to reissue their crowns in 2023.

Mohammad Yousefi (Iran; 32)  
Games world Champion in Short class. ▶



## SHORT CLASS (-175 cm)

- Gold:** Mohammad Yousefi (Iran)
- Silver:** Chanhyung Koh (South Korea)
- Bronze:** Stanislav Vizenher (Ukraine)
- 4<sup>th</sup>:** Kikwan Seol (South Korea)
- 5<sup>th</sup>:** Soonchul Hwang (South Korea)
- 6<sup>th</sup>:** Rei Gomihara (Japan)

## TALL CLASS (+175 cm)

- Gold:** Jaechun Lee (South Korea)
- Silver:** Ivan Banjanac (Serbia)
- Bronze:** Alberto Prol (Spain)
- 4<sup>th</sup>:** William Yuri Rodriguez (El Salvador)
- 5<sup>th</sup>:** Gedvydas Norkevicius (Lithuania)
- 6<sup>th</sup>:** Dan Helgestad (Norway)



◀ Jaechun Lee (South Korea), World Champion in Games Tall class, at 27.



## OVERALL CHAMPION: Mohammad Yousefi (Iran)

Mohammad Yousefi (Iran) won unanimously (5 points) in Overall Games Classic Bodybuilding. ▶







▲ Ahmadreza Abdollahi (Iran; 32) World Champion in Classic Short class.



### SHORT CLASS (-168 cm)

- Gold:** Ahmadreza Abdollahi (Iran)
- Silver:** Kikwan Seol (South Korea)
- Bronze:** Cheng Chung Kuan (China Taipei)
- 4<sup>th</sup>:** Tsogtbaatar Chuluunbaatar (Mongolia)
- 5<sup>th</sup>:** Miroslav Skadra (Slovakia)
- 6<sup>th</sup>:** Bogdan Farcas (Romania)

### MIDDLE-SHORT CLASS (-171 cm)

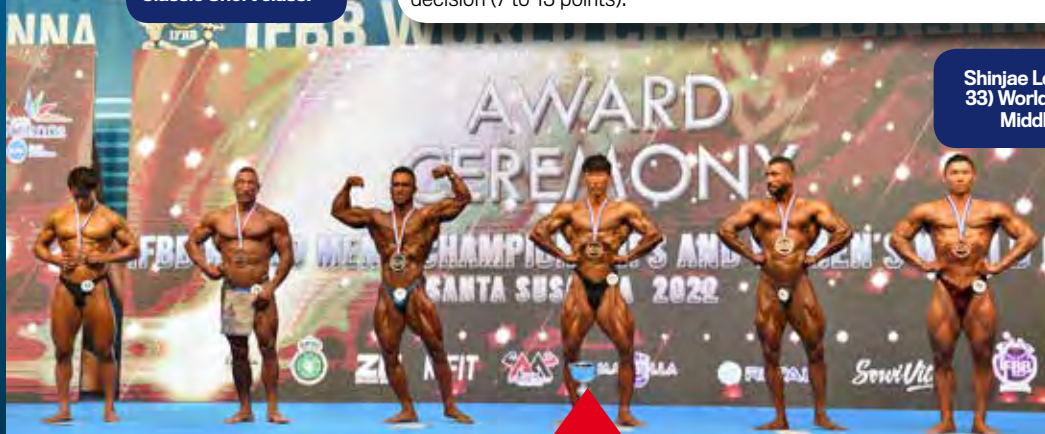
- Gold:** Shinjae Lee (South Korea)
- Silver:** Mohammad Yousefi (Iran)
- Bronze:** Stanislav Vizenher (Ukraine)
- 4<sup>th</sup>:** Chankyung Koh (South Korea)
- 5<sup>th</sup>:** Mojtaba Bahreini (Iran)
- 6<sup>th</sup>:** Ayaz Ayazoglu (Turkey)



Shinjae Lee (South Korea; 33) World Champion en la Middle-short class. ▶

## CLASSIC BODYBUILDING

Once again dominated by the Iranian and Korean athletes, the competition left us with brilliant moments. The World Champion of 2019 and 2021, the Korean Kikwan Seol, could only win silver, being defeated by the Iranian Ahmadreza Abdollah, who was bronze in 2021, albeit he was still able to overcome him in the free pose round. His overall crown went to the Iranian Mohammad Khalesihaghighi, who beat Korean Shinjae Lee in a majority decision (7 to 13 points).



### MIDDLE CLASS (-175 cm)

- Gold:** Jaehoo Lee (South Korea)
- Silver:** Seyed Karimifiroozkouhi (Iran)
- Bronze:** Behzat Edalat A. (Iran)
- 4<sup>th</sup>:** Fabrizio De Silvestro (Italy)
- 5<sup>th</sup>:** Jehyung Ryu (South Korea)
- 6<sup>th</sup>:** Ryohei Kozawa (Japan)



◀ Jaehoo Lee (South Korea; 34), World Champion in Classic Bodybuilding Middle class.

### TALL CLASS (-180 cm)

- Gold:** Ahmed Samy (Egypt)
- Silver:** Vahid Vahdat (Iran)
- Bronze:** Gabriel Villaescuza (Spain)
- 4<sup>th</sup>:** Ahmed Abdallah Mohamed Ali A. (EAU)
- 5<sup>th</sup>:** Yuri Rodriguez (El Salvador)
- 6<sup>th</sup>:** Valery Yushkevich (IFBB Flag)



Ahmed Samy (Egypt), World Champion in Classic Bodybuilding Tall class, at 44. ▶







◀ **Mohammad Khalesihaghghi (Iran)**, World Champion in Classic Bodybuilding Super Tall class, at 28.

**SUPER TALL CLASS (+180 cm)**

*Gold:* Mohammad Khalesihaghghi (Iran)  
*Silver:* Zaaim Al-Fazari (Oman)  
*Bronze:* Khalif Ali Barman Alhmoudi (UAE)  
 4<sup>th</sup>: Damian Kosiec (Poland)  
 5<sup>th</sup>: Volodymyr Andreishyn (Ukraine)  
 6<sup>th</sup>: Mohammad Darabi (Iran)

**OVERALL CHAMPION:**  
**Mohammad Khalesihaghghi (Iran)**

◀ Mohammad Khalesihaghghi (Iran) overall Classic Bodybuilding champion, by majority decision (7 points).

**Overall (Top 3):**

- 1 Mohammad Khalesihaghghi (7 points)
- 2 Shinjae Lee (13 points)
- 3 Ahmed Samy (14 points)



## CLASSIC PHYSIQUE

In the fifth edition of the discipline, Iran was once again unsurpassable, with Ali Askari and Seyed Ayoub Hosseini as the main stars. The first revalidated his title in short class and was 2 points away from taking the overall crown, behind his compatriot, who won the middle-short class. Even the very complete Teymor Aeini was the third overall classified, after winning gold in the tall class. Behind them, only Belgium and Ukraine maintained their high level and achieved gold in this Division.

**SHORT CLASS (-168 cm)**

*Gold:* Ali Askari (Iran)  
*Silver:* Yuki Tokuoka (Japan)  
*Bronze:* Andy Ramirez (Honduras)  
 4<sup>th</sup>: Cheng-Chung Kuan (Chinese Taipei)  
 5<sup>th</sup>: Omer Atilgan (Turkey)

Ali Askari (Iran), revalidated his World Champion Classic Physique (-168 cm) title at 29. ▶



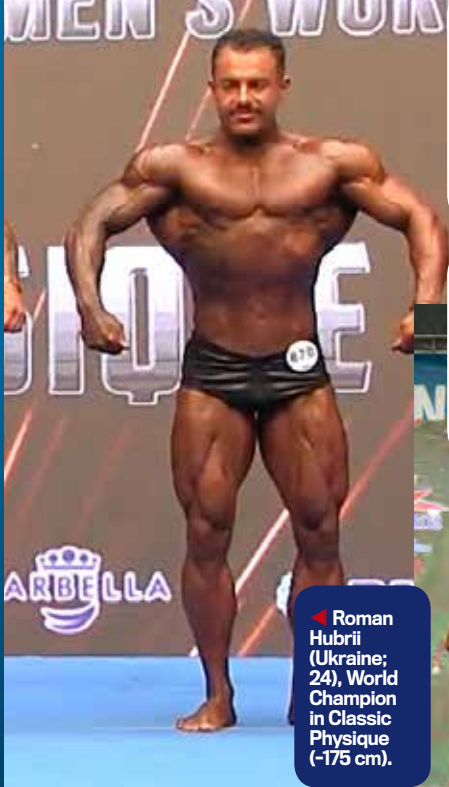




### MIDDLE-SHORT CLASS (-171 cm)

- Gold:** Seyeb Ayoub Hosseini (Iran)
- Silver:** Thibault Boisson (France)
- Bronze:** Umar Siylla (Belgium)
- 4<sup>th</sup>:** Stanislav Vizenher (Ukraine)
- 5<sup>th</sup>:** Aykut Akar (Turkey)
- 6<sup>th</sup>:** Rei Gomihara (Japan)

Seyeb Ayoub Hosseini (Iran), World Champion in Classic Physique (-171 cm) at 30. ▶



▶ Roman Hubrii (Ukraine; 24), World Champion in Classic Physique (-175 cm).

### MIDDLE CLASS (-175 cm)

- Gold:** Roman Hubrii (Ukraine)
- Silver:** Mostafa Saberi Hosseinabad (Iran)
- Bronze:** Valdir Gomes (Cape Verde)
- 4<sup>th</sup>:** Silvio Koordij (IFBB Flag)
- 5<sup>th</sup>:** Jaehoo Lee (South Korea)
- 6<sup>th</sup>:** Cuneyt Sisman (Turkey)

### TALL CLASS (-180 cm)

- Gold:** Joseph Peter (Belgium)
- Silver:** Peter Tatarka (Slovakia)
- Bronze:** Stanislav Tarailo (Serbia)
- 4<sup>th</sup>:** Jeremiah Kenney - Wright (USA)
- 5<sup>th</sup>:** Meisam Esgandari (Iran)
- 6<sup>th</sup>:** Suhail Zahran (UAE)



### SUPER TALL CLASS (+180 cm)

- Gold:** Teymor Aeini (Iran)
- Silver:** Stanislav Tarasov (Ukraine)
- Bronze:** Volodymyr Andreishyn (Ukraine)
- 4<sup>th</sup>:** Radomir Merdovic (Montenegro)
- 5<sup>th</sup>:** Kyrylo Paliuk (Ukraine)
- 6<sup>th</sup>:** Khalif Ali Barman A. (UAE)

▶ Teymor Aeini (Iran), World Champion in Classic Physique (+180 cm) at 28.



Joseph Peter (Belgium, 25), relieved Peter Tatarka (Slovakia) as World Champion de Classic Physique (-180 cm), but it was a close call. ▶





**OVERALL CHAMPION:**  
Seyeb Ayoub Hosseini (Iran)



▲ In a close battle with his compatriot Ali Askari, the Iranian Seyeb Ayoub Hosseini achieved the title of Classic Physique Overall World Champion.

**Overall (Top 3):**

- 1 Seyeb Ayoub Hosseini (9 points)
- 2 Ali Askari (11 points)
- 3 Teymor Aeni (17 points)

**MEN'S PHYSIQUE**

The 2021 champion Serhiy Royko only managed to come in 4th, and the competition offered us a new and unexpected champion: Khalid Mohamed Obaid (UAE) who, at 28, offered the best version of himself at the decisive moment. Ukraine did not achieve any gold and countries like Cape Verde or Chinese Taipei achieved the first in their history.



◀ Ming I Liu (Chinese Taipei; 34), World Champion in Short class.



◀ Evelino Rodrigues (Cape Verde; 45), one of the revelations of the championship, World Champion in Middle-short class.



**SHORT CLASS (-170 cm)**

- Gold:** Ming I Liu (Chinese Taipei)
- Silver:** Yoshitake Tamura (Japan)
- Bronze:** Ruslan Podopryhora (Ukraine)
- 4<sup>th</sup>: Kenta Kimura (Japan)
- 5<sup>th</sup>: Sebastian Jansson (Sweden)
- 6<sup>th</sup>: Halil Dalgic (Turkey)



**MIDDLE-SHORT CLASS (-173 cm)**

- Gold:** Evelino Rodrigues (Cape Verde)
- Silver:** Taghi Rezaei (Iran)
- Bronze:** Rashed Mohamed Alhebsi (UAE)
- 4<sup>th</sup>: Kensuke Kawanaka (Japan)
- 5<sup>th</sup>: Chikara Ibuki (Japan)
- 6<sup>th</sup>: Hideki Nagasawa (Japan)

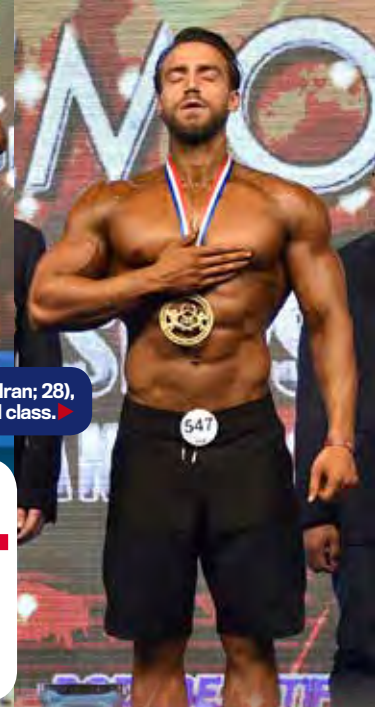




### MIDDLE CLASS (-176 cm)

- Gold:** Farid Alimardany (Iran)
- Silver:** Alvaro Andrade (Cape Verde)
- Bronze:** Fahrhan Bayat (Turkey)
- 4<sup>th</sup>:** Khaled Alsaedi (Bahrain)
- 5<sup>th</sup>:** Kenichiro Oshima (Japan)
- 6<sup>th</sup>:** Oleksii Yakushchenko (Ukraine)

Ayoub Basami (Iran; 28), gold in Middle-tall class. ▶



### MIDDLE-TALL CLASS (-179 cm)

- Gold:** Ayoub Basami (Iran)
- Silver:** Rilind Musa (Kosovo)
- Bronze:** Khaled Jamal Alblooshi (UAE)
- 4<sup>th</sup>:** Serhiy Royko (Ukraine)
- 5<sup>th</sup>:** Nikola Tomovic (Montenegro)
- 6<sup>th</sup>:** Baasandorj Batbayar (Mongolia)

▶ Farid Alimardany (Iran; 32), revalidated his World Champion title in Middle class from 2021.



Khalid Mohamed Obaid (UAE; 28), World Champion in Tall class. ▶

### TALL CLASS (-182 cm)

- Gold:** Khalid Mohamed Obaid (UAE)
- Silver:** Dejan Voloder (Serbia)
- Bronze:** Ali Gurbanli (Azerbaijan)
- 4<sup>th</sup>:** Carlos Hernández (Spain)
- 5<sup>th</sup>:** Vitalii Yusko (Ukraine)
- 6<sup>th</sup>:** Aurelian Cojoaca (Romania)







## SUPER TALL CLASS (+182 cm)

- Gold:** Hamood Al Mawali (Oman)
- Silver:** Oleksandr Muntian (v)
- Bronze:** Sergei Semeniuk (Ukraine)
- 4<sup>th</sup>:** Alexandre Ferreira (Portugal)
- 5<sup>th</sup>:** Fovgi Afandiyev (Azerbaijan)
- 6<sup>th</sup>:** Danylo Tsytko (Ukraine)

In a 2021 rematch, Hamood Al Mawali (Oman; 28 years old), was proclaimed Men's Physique World Champion in the Super Tall class, relegating the previous champion, Oleksandr Muntian from Ukraine, to the silver medal by 2 points of difference. ▶



Muneer Al Luwaihi (Oman; 28), World Champion in Muscular Men's Physique. ▶



## OVERALL CHAMPION: Khalid Mohamed Obaid (UAE)

### Overall (Top 3):

- 1 Khalid Mohamed Obaid (11 points)
- 2 Farid Alimardany (11 points)
- 3 Hamood Al Mawali (16 points)



▲ An impressive duel between two-time Iranian champion Farid Alimardany (175 cm) and the athlete from the Emirates Khalid Mohamed Obaid (182 cm), that was resolved by the minimum, since both tied on points. Only the number of judges who preferred Khalid over Farid determined the 2022 crown.

## MUSCULAR MEN'S PHYSIQUE (Open)

- Gold:** Muneer Al Luwaihi (Oman)
- Silver:** Fabiano Baptista (Brazil)
- Bronze:** Maziar Kiani (Iran)
- 4<sup>th</sup>:** Fahri Gyunesh (Turkey)
- 5<sup>th</sup>:** Yevhen Kolesniuk (Ukraine)
- 6<sup>th</sup>:** Dmitro Kliuchnyk (Ukraine)

## BEST TEAM AWARD: IRAN

A total of 45 countries managed to put athletes in the finals and score in the team competition. Iran showed its enormous superiority in the men's classes yet another year. The national team revalidated its 2021 title and continues at the top of the medal table, where they've been since Marrakech 2013, with the sole exception of 2020, in the midst of the pandemic. Ukraine, despite the country's difficulties, once again became the best European team with a third place behind South Korea, only by 4 points.

### RESULTS (TOP 10)

1 <sup>o</sup> Iran (252 points)
2 <sup>o</sup> South Korea (129 points)
3 <sup>o</sup> Ukraine (136 points)
4 <sup>o</sup> UAE (134 points)
5 <sup>o</sup> Turkey (84 points)
6 <sup>o</sup> Japan (64 points)
7 <sup>o</sup> Oman (52 points)
8 <sup>o</sup> Spain (49 points)
9 <sup>o</sup> Slovakia (47 points)
10 <sup>o</sup> Lithuania (45 points)

▲ Spain, 7<sup>th</sup> place in 2021, dropped one place, surpassed by Oman, but still ahead of Slovakia.





# 2022 WORLD FITNESS CHAMPIONSHIP: YEONGJU (SOUTH KOREA)



## UKRAINE TAKES THE CROWN BACK AHEAD OF FINLAND AND SLOVAKIA

“Aneta Ticha (Slovakia) still in Junior age, becomes the overall champion of Bikini.”

“Mariia Burlaka (Ukraine) achieves her third consecutive world title and the Bikini Master crown.”

“Kateryna Ischenko (Ukraine) prevails in the Bodyfitness discipline.”

“Jessica Pap (Sweden) new Wellness monarch, surpassing Mari Akievska (North Macedonia).”

“Ukraine dominates the mixed pairs divisions, with Ljubov Popova & Stanislav Tarasov (Bodybuilding) and Oleksandra Sumaneieva & Serhyi Royko (Fit Pairs).”

“Michal Barbier (Slovakia), regains the Men’s Fitness title.”

“Tatiana Ondruskova (Slovakia), confirms her leadership in Acrobatic Fitness.”



President Santonja and Mr. Kwon Ji Gwan (KBBF president) together with overall World Champion of Bikini, Aneta Ticha (Slovakia).



The Covid pandemic delayed the holding of the World Fitness Championship in South Korea, which was initially scheduled for 2020. It could finally be held this year in the city of Yeongju, with significant institutional support from the Korean authorities.

The event, organized by the national federation of South Korea chaired by Mr. Gwan Ji Kwon with the

support of a Committee led by Mr. Song Seok Yeong, offered a high standard of organizational quality. The 5 continents were represented in this IFBB World Cup that was held in coordination with the IFBB Bodybuilding World Cup, in which athletes from the male disciplines were present.

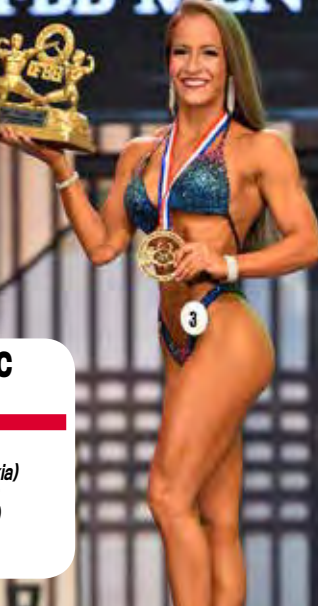


# FITNESS

As every year, the Junior disciplines present us with new stars who also shine in overall competition. The Fitness champions have an increasingly younger average age, despite the fact that many are settling down, such as Tatiana Ondruskova (19 years old), who took the overall title.

## JUNIOR ACROBATIC (16 to 23 years)

- Gold:** Eszter Balog (Hungary)
- Silver:** Tatiana Ondruskova (Slovakia)
- Bronze:** Daniela Civanova (Slovakia)
- 4<sup>th</sup>:** Nelli Novodomska (Slovakia)
- 5<sup>th</sup>:** Anna Hepnerova (Slovakia)
- 6<sup>th</sup>:** Gianina Suci (Romania)



## JUNIOR ARTISTIC (16 to 23 years)

- Gold:** Brigitta Kariko (Hungary)
- Silver:** Raluca Maria Velea (Romania)
- Bronze:** Anna Bagautdinova (Estonia)
- 4<sup>th</sup>:** Evelin Vesterinen (Estonia)
- 5<sup>th</sup>:** Iliris Romo (Finland)
- 6<sup>th</sup>:** Venla Paasonen (Finland)



Rebeka Eklund (Sweden) gold in Artistic Fitness Short class.

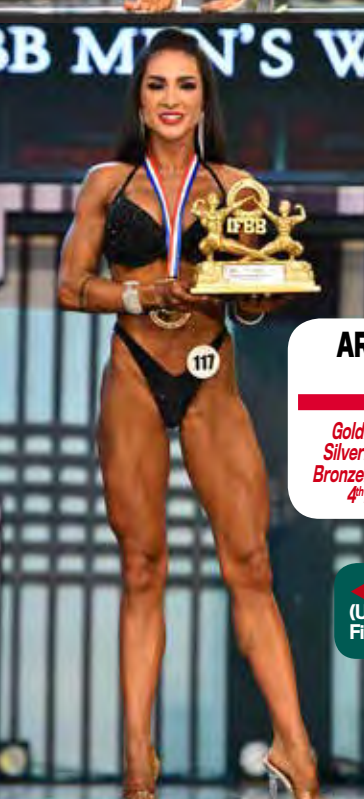
## ARTISTIC TALL CLASS (+163 cm)

- Gold:** Kateryna Spievakova (Ukraine)
- Silver:** Brigitta Kariko (Hungary)
- Bronze:** Paulina Zamora (El Salvador)
- 4<sup>th</sup>:** Evelin Vesterinen (Estonia)

Kateryna Spievakova (Ukraine) gold in Artistic Fitness Tall class.

## ARTISTIC SHORT CLASS (-163 cm)

- Gold:** Rebeka Eklund (Sweden)
- Silver:** Regina Tselik (Estonia)
- Bronze:** Raluca Maria Velea (Romania)
- 4<sup>th</sup>:** Anna Bagautdinova (Estonia)
- 5<sup>th</sup>:** Iliris Romo (Finland)
- 6<sup>th</sup>:** Venla Paasonen (Finland)





**OVERALL CHAMPION (ARTISTIC):**

**Kateryna Spievakova (Ukraine)**



◀ Although Rebecka Eklund, who was defending the 2021 title, won the physique round again thanks to her greater muscular maturity, Ukrainian Kateryna Spievakova made up the difference with her excellent routine and won the crown by 14 to 16 points.



Mr. Seok Yeong Song, director of the Organizing Committee and President Santonja, together with the versatile Kateryna Spievakova, overall champion of Artistic Fitness.

**ACROBATIC SHORT CLASS (-163 cm)**

- Gold: Tatiana Ondruskova (Slovakia)*
- Silver: Eszter Balogh (Hungary)*
- Bronze: Anna Hepnerova (Slovakia)*
- 4<sup>th</sup>: Gianina Suci (Romania)*



Slovak Fitness star Tatiana Ondruskova (19 years) renewed her gold from 2021 in Short class (-163 cm). ▶



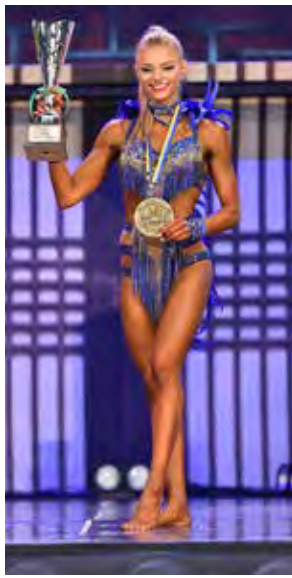
◀ Maikku Hijanen (Finland) World Fitness champion in Tall class.



**ACROBATIC TALL CLASS (+163 cm)**

- Gold: Maikku Hijanen (Finland)*
- Silver: Daniela Civanova (Slovakia)*
- Bronze: Nelli Novodomska (Slovakia)*
- 4<sup>th</sup>: Oona Ylitolonen (Finland)*
- 5<sup>th</sup>: Viktoria Nagy (Hungary)*

**OVERALL CHAMPION (ACROBATIC):**  
**Tatiana Ondruskova (Slovakia)**



◀ Unlike 2021, when she lost the title in the physical round, a more muscularly mature Tatiana Ondruskova won the overall competition, beating the Finnish Maikku Hijanen in both rounds (12 to 18 points).





## MEN'S FITNESS: Michal Barbier (Slovakia)

◀ Tremendous rematch of the 2021 final with identical protagonists: the reigning champion, Fedir Khasalov (40 years old) and two-time champion and outstanding Fitness Challenge athlete, Michal Barbier, 15 years younger. On this occasion, the Slovakian dominated the 2 rounds and achieved his third world title.

◀ Michal Barbier (Slovakia), world champion in Men's Fitness.

### MEN'S FITNESS

**Gold:** Michal Barbier (Slovakia)  
**Silver:** Fedir Khasalov (Ukraine)  
**Bronze:** Lucia Popa (Romania)  
**4<sup>th</sup>:** Stefan Ilic (Serbia)

## BODYFITNESS

Important renewal in this discipline, where Ukraine continues to be the country to beat and where Serbia presented an extraordinary generation of athletes such as Valentina Strugarevic, Andrea Pos and Dusica Dokic who achieved the gold medal in their respective disciplines. Still, the overall title went to the Ukrainian Kateryna Ischenko.



### JUNIOR OPEN

**Gold:** Valentina Strugarevic (Serbia)  
**Silver:** Hanna Rasanen (Finland)  
**Bronze:** Vivien Krusaeva (Czech Rep.)



### SHORT CLASS (-158 cm)

**Gold:** Svitlana Hordijenko (Ukraine)  
**Silver:** Mariia Maievska (Ukraine)  
**Bronze:** Misaki Otani (Japan)  
**4<sup>th</sup>:** Jenni Maenpaa (Finland)  
**5<sup>th</sup>:** Olga Novikova (Estonia)  
**6<sup>th</sup>:** Miriam Lindberg (Sweden)



Svitlana Hordijenko (Ukraine), gold in Short class (-158 cm). ▶



◀ Andrea Pos (Serbia), World champion Medium-short class (-163 cm).

### MEDIUM-SHORT CLASS (-163 cm)

**Gold:** Andrea Pos (Serbia)  
**Silver:** Jenny Karjalainen (Finland)  
**Bronze:** Katarzyna Klaman (Poland)  
**4<sup>th</sup>:** Suvi Tihinen (Finland)  
**5<sup>th</sup>:** Maikko Kaneko (Japan)  
**6<sup>th</sup>:** Chiaki Yasuda (Japan)







Kateryna Ishchenko (Ukraine), World champion in Medium class (-168 cm).

**MEDIUM CLASS (-168 cm)**

- Gold:** Kateryna Ishchenko (Ukraine)
- Silver:** Maja Stankovic (Serbia)
- Bronze:** Mira Hotti (Finland)
- 4<sup>th</sup>:** Kim Miso (South Korea)
- 5<sup>th</sup>:** Kyeonghee Yu (South Korea)
- 6<sup>th</sup>:** Jinwon Lee (South Korea)



Dusica Dokic (Serbia), went from 6th in 2021 to World champion of Tall class in 2022.



**TALL CLASS (+168 cm)**

- Gold:** Dusica Dokic (Serbia)
- Silver:** Henrikka Kemppinen (Finland)
- Bronze:** Choi Seo Young (South Korea)
- 4<sup>th</sup>:** Vanja Grubisic (Croatia)
- 5<sup>th</sup>:** Vira Gavrylenko (Ukraine)
- 6<sup>th</sup>:** Gyuree Park (South Korea)

Mariia Maievska (Ukraine), World champion Wellness in the Master division (35 to 39 years).

**MASTER BODYFITNESS (35 to 39 years)**

- Gold:** Mariia Maievska (Ukraine)
- Silver:** Misaki Otani (Japan)
- Bronze:** Kateryna Ishchenko (Ukraine)
- 4<sup>th</sup>:** Vanja Grubisic (Croatia)
- 5<sup>th</sup>:** Katarzyna Klaman (Poland)
- 6<sup>th</sup>:** Jinwon Lee (South Korea)

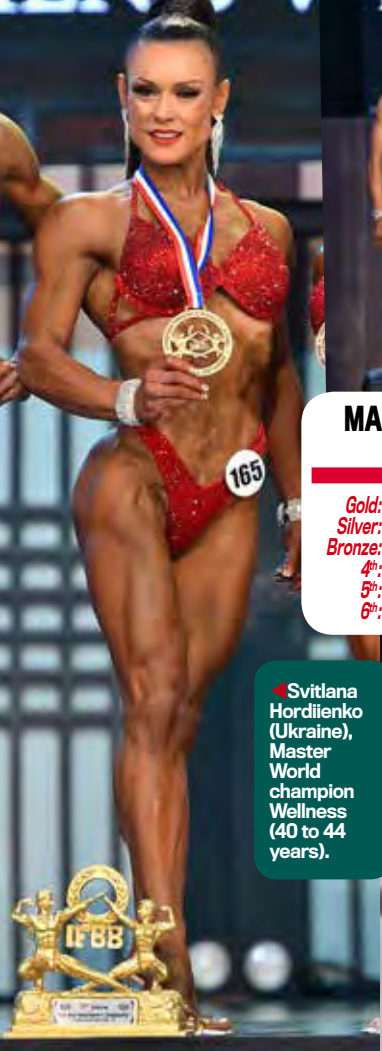
**OVERALL BODYFITNESS: Kateryna Ischenko (Ukraine)**



The duel between Ukraine and Serbia in the overall final was resolved in favour of Kateryna Ischenko, who beat her compatriot Svitlana Hordienko by only 1 point (9 to 10 points), who shortly after would take the overall in the Master Division.







**MASTER BODYFITNESS  
(40 to 44 years)**

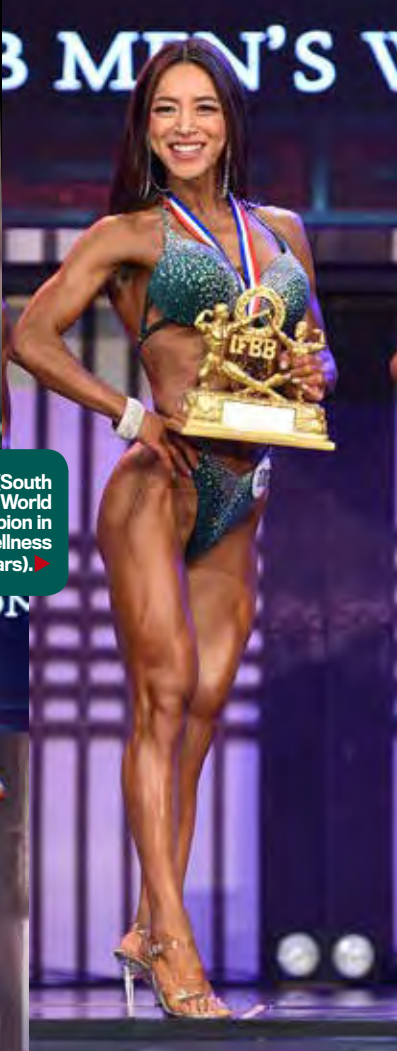
**Gold:** Svitlana Hordiienko (Ukraine)  
**Silver:** Choi Seo Young (South Korea)  
**Bronze:** Miriam Lindberg (Sweden)  
**4<sup>th</sup>:** Maikko Kaneko (Japan)  
**5<sup>th</sup>:** Kyeonghee Yu (South Korea)  
**6<sup>th</sup>:** Gyuree Park (South Korea)

**MASTER BODYFITNESS  
(+ 45 years)**

**Gold:** Miso Kim (South Korea)  
**Silver:** Tina Ninimäki (Finland)  
**Bronze:** Sanna Niemi (Finland)  
**4<sup>th</sup>:** Sari Papunen-Asumaniemi (Finland)  
**5<sup>th</sup>:** Chari Guillén (Spain)

Miso Kim (South Korea), World champion in Master Wellness (+ 45 years).

▲ Svitlana Hordiienko (Ukraine), Master World champion Wellness (40 to 44 years).



**OVERALL BODYFITNESS MASTER:  
Svitlana Hordiienko (Ukraine)**



▲ Imposing at 42 years old, the Ukrainian athlete Svitlana Hordiienko became the overall champion of Bodyfitness. Master, surpassing her partner Maria Maievskia, in a majority decision of the judges (6 points).

**BIKINI FITNESS**

The queen discipline turned out to be exciting again, with athletes who are still unbeatable, such as Mariia Burlaka, Master champion and gold in -158 cm, for the third consecutive year. The sensational Ukrainian athlete came close to the feat in the overall competition, where she reached second position behind Aneta Ticha (Slovakia), 15 years younger and with a very bright future.

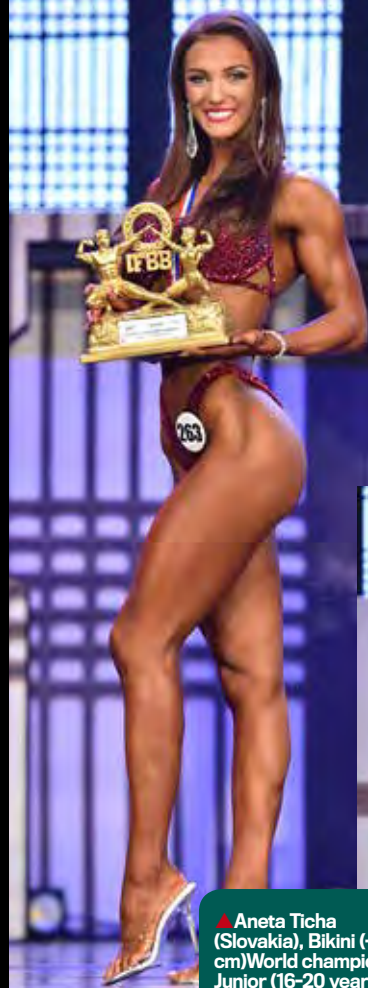
**JUNIOR (16 - 20 YEARS)  
MEDIUM CLASS (-166 cm)**

**Gold:** Lilija Utenko (Estonia)  
**Silver:** Milena Miletic (Serbia)  
**Bronze:** Carla van Zyl (South Africa)  
**4<sup>th</sup>:** Lida-Lotta Maki (Finland)  
**5<sup>th</sup>:** Anna Bagautdinova (Estonia)  
**6<sup>th</sup>:** Raluca Maria Velea (Romania)

Lilija Utenko (Estonia), Bikini (-166 cm) World champion Junior (16-20 years).







▲ Aneta Ticha (Slovakia), Bikini (-166 cm) World champion Junior (16-20 years).



**JUNIOR (16 - 20 YEARS) TALL CLASS (+166 cm)**  
Gold: Aneta Ticha (Slovakia)  
Silver: Mara Zidareescu (Romania)  
Bronze: Evelin Vesterinen (Estonia)



Zuzana Kardosova (Slovakia), Bikini (-160 cm) World champion Junior (21-23 years).

**JUNIOR (21 - 23 YEARS) SHORT CLASS (-160 cm)**  
Gold: Zuzana Kardosova (Slovakia)  
Silver: Roberta Nastase (Romania)  
Bronze: Mizuki Kunida (Japan)  
4<sup>th</sup>: Uugantsetseg Boldbaatar (Mongolia)



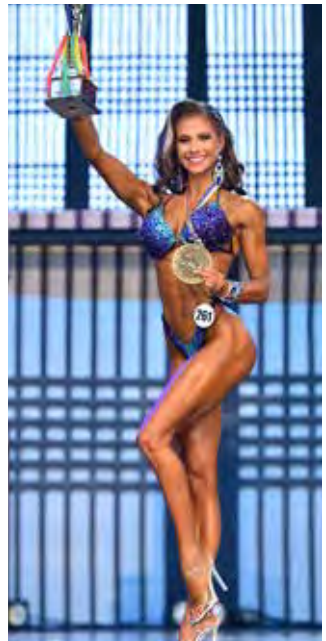
▲ Darina Vlacakova (Slovakia), Bikini (+166 cm) World champion Junior (21-23 years).

**JUNIOR (21 - 23 YEARS) MEDIUM CLASS (-166 cm)**  
Gold: Olena Kryvorochko (Ukraine)  
Silver: Marcelina Wozniak (Poland)  
Bronze: Jenna Brust (South Africa)

**JUNIOR (21 - 23 YEARS) TALL CLASS (+166 cm)**  
Gold: Darina Vlacakova (Slovakia)  
Silver: Kateryna Pozhevilova (Ukraine)  
Bronze: Rebeka Dudusova (Slovakia)  
4<sup>th</sup>: Elli Iso-Tuisku (Finland)  
5<sup>th</sup>: Ella Alanko (Finland)  
6<sup>th</sup>: Uuganchimeg Gambaatar (Mongolia)



**OVERALL BIKINI JUNIOR:**  
Lilija Utenko (Estonia)



▲ Just turned 20, the Estonian Lilija Utenko took the overall title with a 5-point advantage over Olena Kryvoruchko and Daria Vlacakova, in one of the most even finals of the championships.





► Mariia Burlaka (Ukraine) repeats for the third time as World champion of Bikini -158 cm.



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

- Gold:** Mariia Burlaka (Ukraine)
- Silver:** Zuzana Kardosova (Slovakia)
- Bronze:** Roberta Nastase (Romania)
- 4<sup>th</sup>:** Amelie Trisson (France)
- 5<sup>th</sup>:** Beata Granakova (Slovakia)
- 6<sup>th</sup>:** Kamila Pardamkova (Spain)



Maria Sava (Romania), Bikini -160 cm World champion. ►

- SHORT CLASS II  
(-160 cm)**
- Gold:** Maria Sava (Romania)
  - Silver:** Patrycja Slaby (Poland)
  - Bronze:** Azusa Dancy (Japan)
  - 4<sup>th</sup>:** Jaejin Park (South Korea)
  - 5<sup>th</sup>:** Riina Kainulainen (Finland)
  - 6<sup>th</sup>:** Lkhagvakhuu Ochirpurev (Mongolia)



- SHORT CLASS III  
(-162 cm)**
- Gold:** Natalia Hrabarchuk (Ukraine)
  - Silver:** Olena Kryvoruchko (Ukraine)
  - Bronze:** Marcelina Wozniak (Poland)
  - 4<sup>th</sup>:** Lisa Frojd (Sweden)
  - 5<sup>th</sup>:** Anastassia Toikka (Estonia)
  - 6<sup>th</sup>:** Jiyeon Kang (South Korea)

- MEDIUM-SHORT CLASS  
(-164 cm)**
- Gold:** Anna Wozniakowska (Poland)
  - Silver:** Oleksandra Sumanieieva (Ukraine)
  - Bronze:** Milena Miletic (Serbia)
  - 4<sup>th</sup>:** Venla Vierto (Finland)
  - 5<sup>th</sup>:** Rebecka Eklund (Sweden)
  - 6<sup>th</sup>:** Ella Mard (Finland)

Anna Wozniakowska (Poland), Bikini -164 cm World champion. ►







◀ Lilija Utenko (Estonia), Bikini -166 cm World champion.



### MEDIUM CLASS (-166 cm)

- Gold:** Lilija Utenko (Estonia)
- Silver:** Kateryna Spievakova (Ukraine)
- Bronze:** Khrystyna Karanhel (Ukraine)
- 4<sup>th</sup>:** Jongyun Kim (South Korea)
- 5<sup>th</sup>:** Yoko Nagase (Japan)
- 6<sup>th</sup>:** Gahee Yoon (South Korea)



Agne Kiviselg (Estonia), Bikini -169 cm World champion.

### MEDIUM-TALL CLASS (-169 cm)

- Gold:** Agne Kiviselg (Estonia)
- Silver:** Rebeka Dudusova (Slovakia)
- Bronze:** Kateryna Pozhevilova (Ukraine)
- 4<sup>th</sup>:** Darina Vlacakova (Slovakia)
- 5<sup>th</sup>:** Tuulia Aula (Finland)
- 6<sup>th</sup>:** Viktoria Lysenko (Ukraine)



◀ Aneta Ticha (Slovakia), Bikini -172 cm World champion.

### TALL CLASS (-172 cm)

- Gold:** Aneta Ticha (Slovakia)
- Silver:** Viktoria Yablonska (Ukraine)
- Bronze:** Elli Iso-Tuisku (Finland)
- 4<sup>th</sup>:** Yuri Yasui (Japan)
- 5<sup>th</sup>:** Dasom Ban (South Korea)
- 6<sup>th</sup>:** Marina Oliver (South Korea)



### SUPER TALL CLASS (+172 cm)

- Gold:** Svitlana Novytska (Ukraine)
- Silver:** Vera Salmi (Finland)
- Bronze:** Tuulia Takanen (Finland)

Svitlana Novytska (Ukraine), Bikini +172 cm World champion.







**OVERALL BIKINI:  
Aneta Ticha  
(Slovakia)**

◀ Still in junior age, Aneta Ticha (20 years old) became the Bikini overall world champion, by majority decision of the judges. Her main rival was Mariia Burlaka (37 years old), demonstrating the inclusiveness of our sport, with a 17-year difference between the two best athletes of the season.



**MASTER (35 - 39 YEARS)  
SHORT CLASS (-164 cm)**

*Gold: Mariia Burlaka (Ukraine)  
Silver: Ivette Balaz (Slovakia)  
Bronze: Regina Krukovskaja (Estonia)*

**MASTER (35 - 39 YEARS)  
TALL CLASS (+164 cm)**

*Gold: Kateryna Spievakova (Ukraine)  
Silver: Yuri Yasui (Japan)  
Bronze: Eli Valla (Estonia)  
4<sup>th</sup>: Laura Paavola (Finland)  
5<sup>th</sup>: Petronella Boshoff (South Africa)  
6<sup>th</sup>: Karolina Oksanen (Finland)*



▲ Mariia Burlaka (Ukraine), Master Bikini -164cm World champion (35-39 years).



▲ Kateryna Spievakova (Ukraine), Master Bikini +164cm World champion (35-39 years).





▲ Izette Strydom (South Africa), Master Bikini World champion (40-44 years).



**MASTER (40 - 44 YEARS)**

- Gold:** Izette Strydom (South Africa)
- Silver:** Marina Oliver (South Africa)
- Bronze:** Tomo Hashimoto (Japan)
- 4<sup>th</sup>:** Yeon Yu (South Korea)
- 5<sup>th</sup>:** Uuganzaya Sarantsetseg (Mongolia)
- 6<sup>th</sup>:** Siyoon Kim (South Korea)

**MASTER (+ 45 YEARS)**

- Gold:** Kamila Pardamkova (Spain)
- Silver:** Jongyun Kim (South Korea)
- Bronze:** Yoko Nagase (Japan)
- 4<sup>th</sup>:** Jaejin Park (South Korea)
- 5<sup>th</sup>:** Hideko Sekine (Japan)
- 6<sup>th</sup>:** Rowanne Morris (South Africa)



Kamila Pardamkova (Spain), Bikini World champion Master (+45 years).



**OVERALL BIKINI MASTER: Mariia Burlaka (Ukraine)**



Mariia Burlaka (Ukraine), celebrates her new victory together with Mr. Seok Yeong Song and President Santonja.



▲ Imposing at 37 years old, Mariia Burlaka was one of the stars of the championships. She is able to revalidate her 2021 title, in a unanimous decision of the judges. The Ukrainian athlete would later achieve her third gold medal, also winning the Short class of the overall discipline.



## FIT PAIRS

The second edition of Fit Pairs was a challenge between Europe and South Korea, where the European representatives proved to be still one step ahead. Their experience resulted in the Ukrainian couple made up of Oleksandra Sumaieva and Serhyi Royko revalidating their 2021 title, with the Swedes Lisa Frojd & Sebastian Jansson, in second position, improving their 2021 bronze.



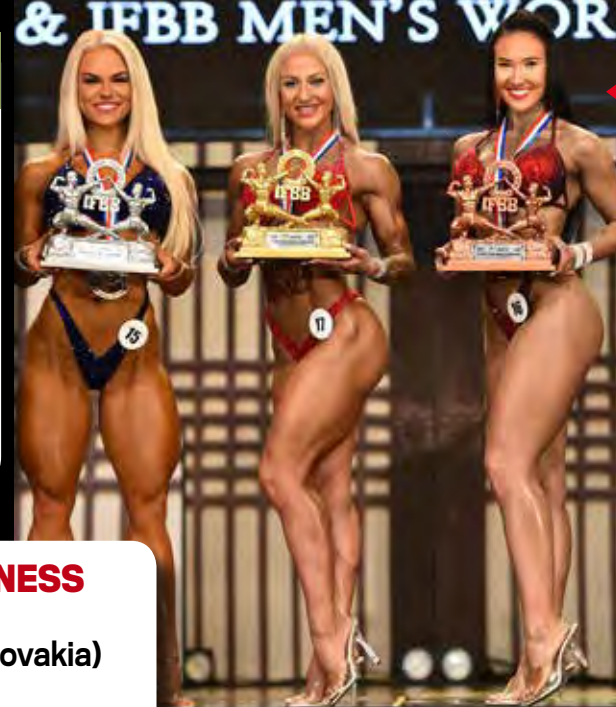
### FIT PAIRS

**Gold:** Oleksandra Sumaieva & Serhyi Royko (Ukraine)  
**Plata:** Lisa Frojd & Sebastian Jansson (Sweden)  
**Bronze:** Narcisa Martin & Lucian Popa (Romania)  
**4<sup>th</sup>:** Jiyeon Kang & Chul Hyung Bae (South Korea)  
**5<sup>th</sup>:** Minjung Kim & Jin Woo Lee (South Korea)

▲ Oleksandra Sumaieva and Serhyi Royko (Ukraine), Fit Pairs world champions once again.

## WELLNESS

Again with 4 classes, as in 2021, 3 names stood out: among the veterans, Gentiana Beqa who dominated the Master competition, on her return, representing Albania. Among the young generation, Natalia Propocka (Slovakia) who beat Meri Akievska (North Macedonia) in the Junior competition and, above all, the imposing Jessica Pap (Sweden) who has one of the most harmonious physiques in the Division. She is, without a doubt, a star for the Elite Pro Division, if she wants to make the leap.



### JUNIOR SHORT CLASS (-163 cm)

**Gold:** Meri Akievska (North Macedonia)  
**Plata:** Merilis Tamm (Finland)  
**Bronze:** Kaisa Lepik (Estonia)

### OVERALL WELLNESS JUNIOR:

**Natalia Propocka (Slovakia)**



◀ Only 1 point separated the Macedonian star Meri Akievska from the overall title that went to the very complete Natalia Propocka, who also won the gold in her discipline by only 1 point. Overall equality in the Junior discipline.



### JUNIOR TALL CLASS (+163 cm)

**Gold:** Natalia Propocka (Slovakia)  
**Plata:** Ana Maria Medak (Croatia)  
**Bronze:** Sara Maria Nevaranta (Finland)







Merilis Tamm (Finland), Wellness Short class (-158 cm) World champion.



**SHORT CLASS (-158 cm)**

- Gold:** Merilis Tamm (Finland)
- Silver:** Elin Liewendhal (Finland)
- Bronze:** Tetiana Moskalenko (Ukraine)
- 4<sup>th</sup>:** Lkhamnorjmaa Badmaadorj (Mongolia)
- 5<sup>th</sup>:** Oyungurel Gantogtokh (Mongolia)



Jessica Pap (Sweden), Wellness Medium-Short class World champion (-163 cm).



**MEDIUM-SHORT CLASS (-163 cm)**

- Gold:** Jessica Pap (Sweden)
- Silver:** Meri Akievska (North Macedonia)
- Bronze:** Johanna Keikko (Finland)
- 4<sup>th</sup>:** Anne Kvemmo (Norway)
- 5<sup>th</sup>:** Ida Salminen (Finland)
- 6<sup>th</sup>:** Kaisa Lepik (Estonia)



**MEDIUM-TALL CLASS (-168 cm)**

- Gold:** Natalia Propocka (Slovakia)
- Silver:** Caroline Dambo (Sweden)
- Bronze:** Gentiana Beqa (Albania)
- 4<sup>th</sup>:** Ana Maria Medak (Croatia)
- 5<sup>th</sup>:** Sara Pascual (Spain)
- 6<sup>th</sup>:** Satu Kaleva (Finland)

Natalia Propocka (Slovakia), Wellness Medium-tall class World champion (-168 cm).







▲ Miljana Ferenc (Serbia) Tall class Wellness world champion.



### TALL CLASS (+168 cm)

**Gold:** Miljana Ferenc (Serbia)  
**Silver:** Simona Babicova (Slovakia)  
**Bronze:** Tuuli Tyrvaänen (Finland)



▲ Gentiana Beqa (Albania), Master World champion in Wellness (+35 years).

### MASTER WELLNESS OPEN

**Gold:** Gentiana Beqa (Albania)  
**Silver:** Tetiana Moskalenko (Ukraine)  
**Bronze:** Sugarsuren Batbuyan (Mongolia)  
**4<sup>th</sup>:** Monique Cronje (South Africa)  
**5<sup>th</sup>:** Paula Koskenheimo (Finland)  
**6<sup>th</sup>:** Jennifer van Niekerk (South Africa)



### OVERALL WELLNESS:

Jessica Pap (Sweden)



▲ Imposing throughout the season, the beautiful Swedish athlete completed a sensational participation in the World Cup, taking the title by majority decision of the judges (7 points), ahead of Junior champion Natalia Propocka.

## MIXED PAIRS BODYBUILDING

Ljubov Popova's impressive return to competition, after recently becoming a mother, was topped by achieving a double gold accompanied by the aesthetic Stanislav Tarasov. After prevailing in Women's Physique, the elegant athlete and her partner gave the Korean challengers no choice.

### MIXED PAIRS BODYBUILDING

**Gold:** Ljubov Popova & Stanislav Tarasov (Ukraine)  
**Silver:** Jeong Hyeweon & Kim Hyeongtaek (South Korea)  
**Bronze:** Heeja Cheon & Woohyung Lee (South Korea)

Ljubov Popova & Stanislav Tarasov (Ukraine), Mixed pairs Bodybuilding world champions. ▼





2022  
IFBB FITNESS WOMEN'S WORLD CHAMPIONSHIP  
& IFBB MEN'S WORLD CUP

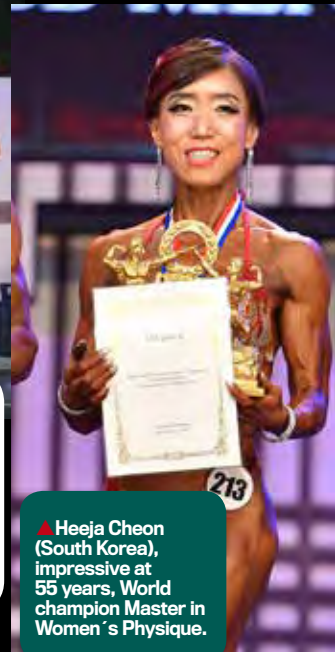


**WOMEN'S PHYSIQUE OPEN**

- Gold:** Liubov Popova (Ukraine)
- Silver:** Raluca Elena Biro (Romania)
- Bronze:** Megumi Sawada (Japan)
- 4<sup>th</sup>:** Marieta Ferencova (Slovakia)
- 5<sup>th</sup>:** Heeja Cheon (South Korea)
- 6<sup>th</sup>:** Naoko Oosawa (Japan)

**MASTER WOMEN'S PHYSIQUE OPEN**

- Gold:** Heeja Cheon (South Korea)
- Silver:** Josefina Galiamoutsu (Sweden)
- Bronze:** Eriko Shimizu (Japan)
- 4<sup>th</sup>:** Naoko Oosawa (Japan)
- 5<sup>th</sup>:** Hyeweon Jeong (South Korea)
- 6<sup>th</sup>:** Hatsue Numata (Japan)



▲ Heeja Cheon (South Korea), impressive at 55 years, World champion Master in Women's Physique.



▲ Liubov Popova (Ukraine), renewed as World champion in Women's Physique (+163 cm).



**WOMEN'S PHYSIQUE**

Imposing return to competition for Liubov Popova (Ukraine) after her maternity. She was unattainable for her rivals. Good general level of the Asian athletes, with Heeja Cheon (South Korea) prevailing in the Master competition.

**BEST TEAM AWARD: UKRAINE**



▲ Left to right: Mrs. Aino-Maja Laurila (Finland), Mr. Viktor Kozhushko (Ukraine) and Mr. Boris Mlsna (Slovakia), on the podium of the national federations."

Ukraine, who was champion in 2018 and 2020, recovered the title they gave up in 2021 and demonstrated their enormous potential, despite the difficult circumstances the country is going through. Behind, Slovakia gave up its second place in 2021 against Finland, by only 1 point, demonstrating the growth of the Scandinavian countries in the Fitness disciplines.

**RESULTS (TOP 6)**

- 1<sup>st</sup> Ukraine (104 points)
- 2<sup>nd</sup> Finland (89 points)
- 3<sup>rd</sup> Slovakia (82 points)
- 4<sup>th</sup> South Africa (64 points)
- 5<sup>th</sup> South Korea (63 points)
- 6<sup>th</sup> Japan (58 points)





# 2022 IFBB MASTER BODYBUILDING WORLD CHAMPIONSHIPS



## IFBB'S VETERAN MALE ATHLETES OFFER THE BEST EXAMPLE OF BODYBUILDING MEETS HEALTHY LIFESTYLE

“Slovakia wins by teams, ahead of Romania (silver) and Sweden (bronze). Spain in 4th position, 2 points from the bronze medal.”

“Japan continues to dominate in Men's Physique but the title goes to Evelino Rodrigues (Cape Verde).”

“Nicola Barlotta (Italy), revalidates his title of Bodybuilding World Master Champion by 1 point.”

“Peter Tatarka (Slovakia) extends his legend in Classic Physique and his compatriot Radovan Bezo wins 4 medals, including the Games Classic Bodybuilding overall.”

Completing the programme of the Bodybuilding World Championships, Santa Susanna also hosted the World Bodybuilding Men's Masters, which was the perfect

complement to a spectacular edition. The women's competition had been held in full in Gyengoju (South Korea) two weeks before and was represented by a World Cup this time.

The overall champion of Classic Physique, Ahmed Samy (Egypt), celebrates his victory together with the president of the IFBB, Dr. Santonja and his Executive Assistant, Dr. Adel Fahim El Sayed.



COMPLETE PHOTO GALLERY



▲ Nicola Barlotta (Italy) celebrates his overall victory in Bodybuilding together with his national president Mr. Benedetto Mondello (left) and IFBB vice president for Asia, H.E. Sheikh Abdullah bin Hamad Al Sharqui.”



# BODYBUILDING

With 1 more class than in 2021, as a result of the growth of participating athletes, there were many outstanding images in this edition. One of them was the revenge of Carlos Pereda (Spain) against Tomasz

Kornalewski (Poland), repeating their fight in the Heavyweights from 2021.

A similar struggle occurred in the 45 to 49 years class, with Nicola Barlotta (Italy) and Jan Fotmeijer (Sweden) repeating

their personal battle. Once again, it was resolved in favour of the Italian, who achieved his third consecutive gold (2020/21/ 22) and revalidated the overall crown achieved in the last edition.

## 40-44 years LIGHTWEIGHT (-70 kilos)

**Gold:** Akbar Shirvani (Iran)  
**Silver:** Naoyuki Kato (Japan)  
**Bronze:** Takashi Okada (Japan)



◀ Akbar Shirvani (Iran; 43 years)

Akbar Shirkhani (Iran)

## 40-44 years MIDDLEWEIGHT (-80 kilos)

**Gold:** Khalid Alfalasi (EAU)  
**Silver:** Jorge Matute (Ecuador)  
**Bronze:** Valter Da Silva (Brazil)



Khalid Alfalasi (EAU; 43 years) revalidated his 2021 gold. ▶

Khalid Alfalasi (UAE)

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

**Gold:** Jan Sotak (Slovakia)  
**Silver:** Marcel Manea (Romania)  
**Bronze:** Rok Tomazin (Slovenia)



Jan Sotak (Slovakia; 40 years) took Marcel Manea (Romania) place as champion of this class. ▶

Jan Sota (Slovakia)

## 40-44 years HEAVYWEIGHT (+90 kilos)

**Gold:** Carlos Pereda (Spain)  
**Silver:** Tomasz Kornalewski (Poland)  
**Bronze:** Ahmed Taha Ghorab (Egypt)



Carlos Pereda (Spain; 42 years) took Tomasz Kornalewski's (Poland) place at the top of the podium. ▶

Carlos Pereda (Spain)

## 45-49 years MIDDLEWEIGHT (-80 kilos)

**Gold:** Nicola Barlotta (Italy)  
**Silver:** Jan Fotmeijer (Sweden)  
**Bronze:** Mohamed Abdelmohsen N. (Egypt)



◀ Nicola Barlotta (Italia; 47 years) revalidated his 2021 gold, again before Jan Fotmeijer (Sweden).

Nicola Barlotta (Italy)

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

**Gold:** Zbynek Ceradsky (Czech Rep.)  
**Silver:** Vugar Verdiyev (Azerbaijan)  
**Bronze:** Krzysztof Skryplonek (Poland)



Zbynek Ceradsky (Czech Rep., 47 years), gold medal. ▶

Zbynek Ceradsky (Czech Republic)

## 45-49 years HEAVYWEIGHT (+90 kilos)

**Gold:** Michal Mokos (Slovakia)  
**Silver:** Arne Lundell (Sweden)  
**Bronze:** Mindaugas Giedris (Lithuania)



Michal Mokos (Slovakia; 48 years), gold medal. ▶

Michal Mokos (Slovakia)

## 50-54 years MIDDLEWEIGHT (-80 kilos)

**Gold:** Eddy Nfeme N'guema (Gabon)  
**Silver:** Roberto Casavecchia (Italy)  
**Bronze:** Mariusz Balazinski (Poland)



Eddy Nfeme N'guema (Gabon; 50 years), gold medal. ▶

Eddy Nfene Nguema (Gabon)





◀ Odilon Batista (Brazil; 53 years), gold medal.

Pascal Garnier (France; 56 years), gold medal. ▶

José Quiñones (España; 60 años). ▶

Miguel Angel López (Spain; 55 years) took the gold and left 2021 champion Ionut Caracuda (Romania), the silver. ▶

Odilon Batista (Brazil)

Miguel-Angel Lopez (Spain)

Pascal Garnier (France)

Jose Quinones (Spain)

**50-54 years HEAVYWEIGHT (+80 kilos)**  
**Gold:** Odilon Batista (Brazil)  
**Silver:** Piotr Wierzbachowski (Poland)  
**Bronze:** Ralf Szesny (Germany)

**55-59 years WELTERWEIGHT (-75 kilos)**  
**Gold:** Miguel Angel López (Spain)  
**Silver:** Ionut Caracuda (Romania)  
**Bronze:** Philippe Durieux (France)

**55-59 years SUPER WELTERS (+75 kilos)**  
**Gold:** Pascal Garnier (France)  
**Silver:** Stefan Hammerschmied (Germany)  
**Bronze:** Anselmo Cortado (Spain)

**+60 years (Open)**  
**Gold:** José Quiñones (Spain)  
**Silver:** Thomas Scheu (Germany)  
**Bronze:** Ioannis Vasalos (Greece)

**OVERALL BODYBUILDING MASTER:**  
**Nicola Barlotta (Italy)**  
 Since re-qualifying as an amateur athlete, Nicola Barlotta has led the Division thanks to his excellent balance of density, definition and aesthetics. The Italian revalidated his title of World Master Bodybuilding Champion achieved in 2021, just 1 point ahead of Spanish Carlos Pereda and the Slovakian Michal Mokos.



**CLASSIC PHYSIQUE**  
 The 2019 and 2021 champion, Peter Tatarka, wrote another page in his history of European Bodybuilding legend. At 45 years, the Slovakian is the best master athlete in history in the Division. Along with him, his compatriot Radovan Bezo and the Serbian Aleksandar Lekic, who defeated Jerzy Pisulski, the winner in 2021, completed the list of 2022 champions.

**OVERALL CLASSIC PHYSIQUE MASTER:**  
**Peter Tatarka (Slovakia)**

Peter Tatarka (Slovakia) Master Classic Physique world champion with perfect score, as in 2021.

**40-44 years (Open)**  
**Gold:** Radovan Bezo (Slovakia)  
**Silver:** Valery Yushkevich (IFBB Flag)  
**Bronze:** Albert C. Mufturel (Romania)

**45-49 years (Open)**  
**Gold:** Peter Tatarka (Slovakia)  
**Silver:** Ihar Sidarchuk (Ireland)  
**Bronze:** Zbynek Ceradsky (Czech Rep.)

**+50 years (Open)**  
**Gold:** Aleksandar Lekic (Serbia)  
**Silver:** Jerzy Pisulski (Poland)  
**Bronze:** Andrei Pop (Romania)

Radovan Bezo (Slovakia)

Peter Tatarka (Slovakia)

Aleksandar Lekic (Serbia)



Radovan Bezo (Slovakia, 40 years). ▶

Peter Tatarka (Slovakia) gold medal with perfect score. ▶

Aleksandar Lekic (Serbia; 51 years) took his gold over Jerzy Pisulski (Poland), 2021 champion. ▶



# CLASSIC BODYBUILDING

Egyptian Ahmed Samy won gold against Albert Mufurel, the winner of 2021, and Radovan Bezo, who was gold in Classic Physique. The great expectation was in the +50 years class, with the

battle between Fabrizio de Silvestro and Alexandar Lekic, gold in Classic Physique. The Italian had a perfect score from the judges and took the victory, although he had to leave the overall title

to Ahmed Samy, who gave his rivals no options.

A special mention to Radovan Bezo, who won a second gold in Games, in addition to the overall title.

## GAMES CLASSIC 40-44 years (Open)

**Gold:** Radovan Bezo (Slovakia)  
**Silver:** Dragos Enuta (Romania)  
**Bronze:** Tuukka Heikkinen (Finland)



◀ Radovan Bezo (Slovakia; 40 years), took his second gold.

## GAMES CLASSIC +45 years (Open)

**Gold:** Soonchul Hwang (South Korea)  
**Silver:** Aleksandar Lekic (Serbia)  
**Bronze:** Miroslav Skadra (Slovakia)



Soonchul Hwang (South Korea; 45 years). ▶

## OVERALL GAMES CLASSIC BODYBUILDING: Radovan Bezo (Slovakia)



Radovan Bezo managed to further boost Slovakia on the medal table by winning the overall title by the slightest difference: 7 to 8 points.

## CLASSIC 40-44 years (Open)

**Gold:** Ahmed Samy (Egypt)  
**Silver:** Radovan Bezo (Slovakia)  
**Bronze:** Albert C. Mufurel (Romania)



Ahmed Samy (Egypt; 44 years), gold medal with perfect score. ▶

Ahmed Samy (Egypt)

## CLASSIC 45-49 years (Open)

**Gold:** Robert Wahlander (Sweden)  
**Silver:** Ehsayed Ehsayed (Egypt)  
**Bronze:** Patrik Sery (Czech Rep.)



Robert Wahlander (Sweden; 48 years), gold medal with perfect score. ▶

Robert Wahlander (Sweden)

## CLASSIC +50 years (Open)

**Gold:** Fabrizio de Silvestro (Italy)  
**Silver:** Alexandar Lekic (Serbia)  
**Bronze:** Inoue Hiroaki (Japan)



## OVERALL CLASSIC BODYBUILDING: Ahmed Samy (Egypt)



Completing his excellent participation, the formidable Ahmed Samy (Egypt) took the overall title, also by unanimous decision of the judges (5 points).

◀ Fabrizio de Silvestro (Italy; 50 years), gold medal with perfect score.

Fabrizio De Silvestro (Italy)



# MEN'S PHYSIQUE

Once again, there was important renewal among the medallists, except for the formidable Yoshitake Tamura, who,

at 50, revalidated the gold, now in a new division. The overall title went to the Cape Verdean Evelino Rodrigues,

comfortably, confirming the setback of Europe in this discipline.

## 40-44 años (Open)

**Gold:** Kenichiro Oshima (Japan)  
**Silver:** Saeed Reza Beyke (Germany)  
**Bronze:** Daniel Pérez (Spain)



Kenichiro Oshima (Japan, 42 years), gold medal. ▶

## 45-49 years (Open)

**Gold:** Evelino Rodrigues (Cabo Verde)  
**Silver:** Chris Harnell (Sweden)  
**Bronze:** Takao Sekiguchi (Japan)



Evelino Rodrigues from Cape Verde; 45 years) took gold with 1 point advantage over Chris Harnell (Sweden). ▶

## +50 years (Open):

**Gold:** Yoshitake Tamura (Japan)  
**Silver:** Florentin Corbeanu (Romania)  
**Bronze:** Arnaud Salmon (France)



Yoshitake Tamura (Japan; 50 years), gold with perfect score. ▶

## OVERALL MASTER MEN'S PHYSIQUE: Evelino Rodrigues (Cape Verde)



Completing his excellent participation in the Championships, the African Evelino Rodrigues achieved the overall title of Men's Physique, defeating the Japanese champions.

## BEST TEAM AWARD: Slovakia

Without the presence of the women's teams, the Master competition was based solely on the scores of the men's teams this time, providing a list of 41 countries that managed to place athletes in the finals.

Slovakia's team made an impressive leap from their 8th place finish in 2021 to claiming team victory, ahead of Romania who also improved their 3rd place from last year. The good work of these two sports federations was joined by that of Sweden, who was able to reach bronze, improving its 6th

place from 2021 and beating Spain by a short margin of 2 points. The Spanish federation also progressed from its 10th place in 2021, to a 4th place, ahead of Japan (5th, 2 points difference) and Egypt (6th with 7 points difference), the best non-European federations.

Position	Country	Points
1 <sup>o</sup>	Slovakia	118
2 <sup>o</sup>	Romania	108
3 <sup>o</sup>	Sweden	81
4 <sup>o</sup>	Spain	79
5 <sup>o</sup>	Japan	77
6 <sup>o</sup>	Egypt	72



# IFBB WORLD CHILDRENS FITNESS CHAMPIONSHIPS



## Fireworks of Emotions, Beauty and Strength of Children's Fitness Sports in Serbia

### FITNESS BOYS 9 YEARS

**Gold:** Mirza Yildiz (Turkey)  
**Silver:** Zoran Kiric (Serbia)  
**Bronze:** Ali Sobay (Turkey)

**ON JUNE 16<sup>th</sup>-19<sup>th</sup>, 2023**, all IFBB eyes were focused on Cacak, where the World Children Fitness Championships have been traditionally held. The IFBB President Santonja was present at the event which was perfectly organized by the Serbian National Federation chaired by Goran Ivanovic and supported by the Serbian Ministry of Sports. Children's and youth fitness continues to grow unstopably, and the Serbian Federation plays a fundamental role in the worldwide development of the categories for young people, such as fitness and the new Fitness Challenge disciplines.

Over 300 participants and visitors from twelve National federations

spent an incredible and unforgettable weekend enjoying indoor and outdoor sports events.

The growing number of competitors every year shows that IFBB sports have their beginning in a family where the foundation of an athlete's future sports career is set.

The World Children Fitness Championships was a real success with so many talented young athletes competing. The judges were impressed by the stunning presentations of individual routines, unforgettable visual styles, high-level choreography, and aesthetical body lines of the young athletes.

Children were divided into categories by age and gender. At the

same time, countries had a chance to demonstrate their skills and strengths in the Team Fitness category which has always been the most awaited and spectacular part of the competitions.

The best national team awards were divided between Hungary (1<sup>st</sup> place), Slovakia (2<sup>nd</sup> place), and Poland (3<sup>rd</sup> place).

The top winners in the fitness categories were the athletes from traditionally strong teams, such as Hungary, Slovakia, Turkey, and Poland.

This year, the teams of Romania, Mexico, and Serbia have joined the group of medalists which is proof that children's fitness is expanding worldwide.

### FITNESS GIRLS UP TO 7 YEARS

**Gold:** Ema Poljacekova (Slovakia)  
**Silver:** Melania Vavrova (Slovakia)  
**Bronze:** Elif Tasali (Turkey)



### FITNESS GIRLS 8 YEARS

**Gold:** Kornelia Motyl (Poland)  
**Silver:** Katya Madarasz (Hungary)  
**Bronze:** Maja Koterska (Poland)







**FITNESS GIRLS 9 YEARS**

- Gold:** Gabriela Babony (Slovakia)
- Silver:** Greta Gyozo (Hungary)
- Bronze:** Oliwia Slowinska (Poland)



**FITNESS GIRLS 10 YEARS**

- Gold:** Milena Wasiuta (Poland)
- Silver:** Laura Bakova (Slovakia)
- Bronze:** Nela Vasatova (Slovakia)

COMPLETE PHOTO GALLERY



**FITNESS GIRLS 11 YEARS**

- Gold:** Julianna Vamos (Hungary)
- Silver:** Eliska Revayova (Slovakia)
- Bronze:** Zsofia Bali (Hungary)



**FITNESS GIRLS 12 YEARS**

- Gold:** Abigel Took (Hungary)
- Silver:** Milica Poljacekova (Slovakia)
- Bronze:** Titanilla Kezdi (Hungary)



**FITNESS GIRLS 13 YEARS**

- Gold:** Alexandra Uhrinova (Slovakia)
- Silver:** Julia Matera (Poland)
- Bronze:** Hana Franova (Slovakia)



**FITNESS GIRLS 14 YEARS**

- Gold:** Karina Baranyay (Hungary)
- Silver:** Milica Grubor (Serbia)
- Bronze:** Nikolett Csepányi (Hungary)





**FITNESS GIRLS 15 YEARS**

- Gold:** Patricia Toth (Hungary)
- Silver:** Hana Mukova (Slovakia)
- Bronze:** Dominika Sirgelova (Slovakia)



**FITNESS BOYS 10-11 YEARS**

- Gold:** David Bolvari-Takacs (Hungary)
- Silver:** Mihai Onofrei (Romania)
- Bronze:** Mustafa Gulec (Turkey)



**FITNESS BOYS 12-13 YEARS**

- Gold:** Gokturk Karaguzel (Turkey)
- Silver:** Filip Bodjan (Slovakia)
- Bronze:** Daniel Kapusta (Slovakia)



**FITNESS BOYS 14-15 YEARS**

- Gold:** Martin Koleda (Slovakia)
- Silver:** Filip Borowski (Poland)
- Bronze:** Botond Gyuris (Hungary)



**FITNESS TEAM**

- Gold:** MAMBO (Hungary)
- Silver:** LE CIRQUE (Hungary)
- Bronze:** SHOWMAN (Slovakia)





COMPLETE PHOTO GALLERY



# IFBB FIT MODEL WORLD CHAMPIONSHIPS



**THE CITY** of Vilnius, Lithuania has been filled with color, brightness and elegance, on the occasion of the Fitmodel World Championship! Organized by the Lithuanian federation and its president Sandra Martinkiene, the championship, which was also broadcast via streaming, was attended by numerous athletes, resulting World Champion in the female category, Kateryna Myroniuk from Ukraine and Raul Sapataru in the open category of Male fit model. In the team classification, the first place went to Lithuania, followed by Ukraine and Latvia.

Fit model is undoubtedly a category of the IFBB, which combines glamor and fitness, and which participation increase every year!











# X CENTRAL AMERICAN BODYBUILDING AND FITNESS CHAMPIONSHIP



## THE X CENTRAL AMERICAN

Bodybuilding and Fitness Championship was held in San Salvador, El Salvador from May 26 to 28. It was organized by the Salvadoran Federation of Bodybuilding and Related Sports under the leadership of President Fabrizzio Hernandez.

The event was attended by the Central American countries: Guatemala, Honduras, Costa Rica, Nicaragua and the host El Salvador. It was held at the Teatro Presidente, a beautiful and appropriate facility for this type of event that has been used in previous years for other international championships.

Within the agenda, a seminar of regional and national judges was held, which had the most experienced

speakers in the area such as Eng. Eduardo Abdalah, president of the Central American and Pan-American Confederation of Bodybuilding and Fitness, as well as international judge, Mr. Fabrizzio Hernandez international judge and the national speakers Lic. Melvin Zepeda and Rene Gálvez.

The final results within the competition placed Honduras as first place, El Salvador as runner-up and Nicaragua in third place. The presidents of Honduras and Costa Rica, Francis Lara Smart and Edgar Sánchez, were pleased with the development of the event. El Salvador enjoys being the safest country in the Americas and is a great enhancer of sport through future.

The championship was made possible due to the efforts of the

Salvadoran Federation before the National Institute of Sports (INDES), the Organizing Committee of the XXIV Central American and Caribbean Games (COSSAN) with the recognition of the Olympic Committee of El Salvador. The Salvadoran Federation of Bodybuilding and Related Sports is grateful for the leadership of national sports entities such as Lic. Yamil Bukele, president of INDES and COSSAN and Lic. Armando Bruni, president of COES.

During the event, Professor Rene Santos González received a recognition medal for his hard and long work with the FSFC. Alma Vásquez from Mexico also received a recognition medal for her support as an international judge, who was in charge of the technical direction of the championship.



### OVERALL BIKINI FITNESS:

Jeannette López Ramírez (El Salvador "gold"), Katherine Jasmin Viera (Honduras "silver").



### OVERALL BODYBUILDING:

Melvin Rigoberto Rivera (El Salvador "Silver"), Maswell David Vallegos (Nicaragua "Bronze"), Andy Josué Ramírez (Honduras "gold").



### BIKINI FITNESS 160 CM:

Tania Sofia Santos (Guatemala 4<sup>th</sup>.), Sindy Sarai Claros (El Salvador "silver"), Katherine Jasmin Viera (Honduras "gold"), Amalia Fernanda Araniva (El Salvador "bronze").



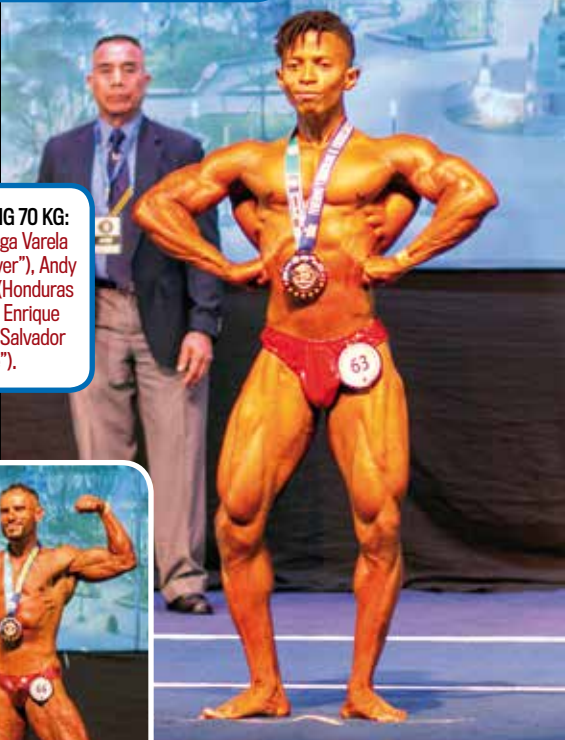




**BIKINI FITNESS OVER 160 CM:**  
 Valeria Tamara Colocho (Costa Rica 5<sup>th</sup>), Milixa Fabiola Millón (Costa Rica 4<sup>th</sup>), Jeannette López Ramírez (El Salvador "gold"), Alma Emerita Lemus (El Salvador "bronze"), Gianinna Dabdoub Fiallos (Honduras 6<sup>th</sup>), María Mercedes Hernández (Honduras "silver").



**BODYBUILDING 70 KG:**  
 Leonardo Alizaga Varela (Costa Rica "silver"), Andy Josué Ramírez (Honduras "gold"), Jorge Enrique Hernández (El Salvador "bronze").



**BODYBUILDING 75 KG:**  
 Alfonso Samuel Molina (El Salvador "silver"), Masswell David Vallegos (Nicaragua "gold"), Bryan Rojas Vega (Costa Rica "bronze").



**BODYBUILDING 85 KG:**  
 Alex Miranda Huerta (Nicaragua "silver"), Melvin Rigoberto Rivera (El Salvador "gold").





**CLASSICAL PHYSIQUE OPEN:**  
Francisco Orlando Flores (El Salvador "silver"), Andy Josué Ramírez (Honduras "gold"), Cristopher Deleon Ramírez (El Salvador "bronze").



**OPEN GAMES CLASSIC BODYBUILDING:**  
Cristopher Deleon Ramírez (El Salvador "silver"), Francisco Orlando Flores (El Salvador "gold"), Bryan Rojas Vega (Costa Rica "bronze").



**MEN'S PHYSIQUE UP TO 174 CM:**  
Oscar Ernesto Mendieta (Honduras "silver"), Héctor David León (El Salvador "gold"), Elmer Martínez Granados (El Salvador "bronze").

**OPEN CLASSIC PHYSIQUE:**  
Alfonso Samuel Molina (El Salvador "silver"), Andy Josué Ramírez (Honduras "gold"), Maxwell David Vallegos (Nicaragua "bronze").



**MEN'S PHYSIQUE OVER 174 CM:**  
Roger Alexander Chamul (El Salvador "silver"), Cesar Lizardo Sánchez (Honduras "gold"), Cesar Lombardo Escobar (El Salvador "bronze").







**OPEN BODYFITNESS:**  
Katherin Chavarria Ruiz (Costa Rica 4<sup>th</sup>), María De Lourdes Pacas (El Salvador "gold") Gloria Silvia Portillo (Honduras "bronze"), Verónica Cortez (El Salvador "silver"), Jovana Campos Aguilar (Nicaragua 5<sup>th</sup>).



**ARTISTIC FITNESS:**  
Valeria Tamara Camacho (Costa Rica "silver"), Amalia Fernanda Araniva (El Salvador "gold"), Daniela Echeverria González (El Salvador "bronze").



**OPEN WELLNESS:**  
Luisa Catalina Rodríguez (El Salvador "silver"), Laura De Los Angeles parada (El Salvador "gold").



**FIT MODEL:**  
Milixa Fabiola Millón (Costa Rica "bronze"), Paulina Zamora (El Salvador "silver"), Gianina Dabdoub Fiallos (Honduras 4<sup>th</sup>), Linda Maya Sibrián (El Salvador "gold").







# 2023 EUROPEAN CHAMPIONSHIPS

Continuing its role from the past years, Santa Susanna proved to be the top efficient host city for the continental biggest physique sports event!

COMPLETE PHOTO GALLERY



**AFTER DIFFICULT TIME** of the Covid-19 pandemic, European physique sports fully “recovered”, showing unexpected progress in popularity and attendance.

With 1,030 entries from 44 countries, it was the largest European Championships in history, with a slightly higher attendance than in 2018 and 2019, so before the Covid-19 pandemic. And it happened without national teams from Russia and Belarus, which – according to the

decision of the EFBB Executive Council – cannot participate in the European Championships (but can enter the World Championships). They usually registered an additional 150 or more athletes for continental championships.

Finland and France entered the biggest teams (80+) but most of the medals went to Romania, Spain and Ukraine. Taking into account previous years, these Championships took one day more and it was a perfect decision, enabling to finish the battle on the

stage well before midnight each day. European Fitness and Bodybuilding Federation (new name and logo!) headed by Dr. Rafael Santonja and Santa Susanna Mayor, Mr. Joan Campolier, did their best to create the best possible conditions for athletes, officials and spectators and they perfectly know how to do it and what is needed. Moreover, there was a very interesting Expo at the venue, with the biggest number of exhibitors ever seen at this event!

## 2023 EUROPEAN BODYBUILDING CHAMPIONSHIPS

All bodybuilding divisions have also fully “recovered” from the pandemic, showing significantly more athletes than in 2022. Three Overall titles went to Ukraine, two to Azerbaijan and one to Serbia, so athletes from Eastern Europe dominated this division. Despite so many titles in the Overall, Ukraine didn’t win the Best Team Classification, taking 2nd place, just behind Spain, with a narrow distance of 3 points.

### OVERALL WINNERS

Men's Bodybuilding	Yusif Nurullayev (Azerbaijan)
Men's Classic Physique	Stanislav Vizenher (Ukraine)
Men's Classic Bodybuilding	Dmytro Simak (Ukraine)
Men's Games Classic Bodybuilding	Ivan Banjanac (Serbia)
Men's Physique	Yevhenii Moskovtsev (Ukraine)
Muscular Men's Physique	Hidayat Maharramli (Azerbaijan)

### MEN'S BODYBUILDING

Three gold medals were won by Spanish athletes, the rest went to Romania, Kosovo, Azerbaijan and Turkey. Emil Giurgiu of Romania (70 kg) was the only champion to win for the second time in a row. The Overall winner, graduated from the Baku University Yusif Nurullayev (90 kg), took part in the continental championships for the first time.

#### BODYBUILDING UP TO 70 KG

**Gold:** Emil Giurgiu (Romania)  
**Silver:** Francisco Castillo (Spain)  
**Bronze:** John O'Donnell (Ireland)







**BODYBUILDING UP TO 75 KG**  
**Gold:** Timoteo Boza (Spain)  
**Silver:** Betim Krasniqi (Kosovo)  
**Bronze:** Hillary Nambwaya (Sweden)



**BODYBUILDING UP TO 80 KG**  
**Gold:** Gerard Balleste (Spain)  
**Silver:** Domantas Cemerka (Lithuania)  
**Bronze:** Murad Isayev (Azerbaijan)



**BODYBUILDING UP TO 85 KG**  
**Gold:** Kushtrim Bajraktaraj (Kosovo)  
**Silver:** Mansur Sharifov (Azerbaijan)  
**Bronze:** Alexandr Plekhanov (Kazakhstan)



**BODYBUILDING UP TO 90 KG**  
**Gold:** Yusif Nurullayev (Azerbaijan)  
**Silver:** Dmitry Paraskev (Cyprus)  
**Bronze:** Yevhen Ponomaryov (Ukraine)



**BODYBUILDING UP TO 95 KG**  
**Gold:** Sjarhei Yurkevich (Spain)  
**Silver:** Carlos Pereda (Spain)  
**Bronze:** Dmytro Hrabarchuk (Ukraine)



**BODYBUILDING OVER 95 KG**  
**Gold:** Samet Yurul (Turkey)  
**Silver:** Vuk Rankovic (Serbia)  
**Bronze:** Andrius Talacka (Lithuania)





▲ The Overall battle (from L): Yusif Nurullayev (Azerbaijan - 1st place); Kushtrim Bajraktaraj (Kosovo - 3rd place); Samet Yurul (Turkey - 2nd place).

**MEN'S BODYBUILDING OVERALL**  
**Yusif Nurullayev (Azerbaijan)**

◀ The bodybuilding Overall winner Yusif Nurullayev (Azerbaijan) congratulated by President Santonja and President of the Azerbaijani Federation, Eng. Rauf Bunyataliyev (right).



**MEN'S CLASSIC PHYSIQUE**

The Overall battle was an "internal matter" of Ukraine, with 3 of their athletes in the top 3 places. After a long and successful career in Classic Bodybuilding (his first European title in 2016, World title in 2021) Stanislav Vizenher decided to move to Classic Physique and first dethroned by 1 point the last year champion Oumar Sylla (Belgium) in the 171 cm category, then winning by 1 point the Overall title over his team-mate and 2021 European Overall Champion Stanislav Tarasov.

**MEN'S CLASSIC PHYSIQUE UP TO 171 CM**

**Gold:**  
 Stanislav Vizenher (Ukraine)

**Silver:**  
 Oumar Sylla (Belgium)

**Bronze:**  
 Yevhenii Yakymenko (Ukraine)







**MEN'S CLASSIC PHYSIQUE UP TO 175 CM**  
**Gold:** Roman Hubrii (Ukraine)  
**Silver:** Safier Koorndijk (Romania)  
**Bronze:** Ivan Delgado (Spain)



**MEN'S CLASSIC PHYSIQUE UP TO 180 CM**  
**Gold:** Ivica Janev (North Macedonia)  
**Silver:** Edmond Met'Hasani (Albania)  
**Bronze:** Konstantin Bublikov (Spain)



**MEN'S CLASSIC PHYSIQUE OVER 180 CM**  
**Gold:** Stanislav Tarasov (Ukraine)  
**Silver:** Michal Okla (Poland)  
**Bronze:** Khizri Shahriyar (Azerbaijan)



**MEN'S CLASSIC PHYSIQUE OVERALL**  
**Stanislav Vizenher (Ukraine)**



▲ Classic Physique Overall winner Stanislav Vizenher (Ukraine) congratulated by the EFBB Technical Committee Chairman Eng. Andrew Michalak (Poland) and EFBB Executive Director, Mr. Jose Ramos (right).

The Overall battle (from L): Stanislav Vizenher (Ukraine - 1st place); Roman Hubrii (Ukraine - 3rd place); Ivica Janev (North Macedonia - 4th place). ▶





## MEN'S CLASSIC BODYBUILDING

Three gold and one silver medals went to Spain but the Overall title to Ukraine. Following his bronze medals at the 2020 Continental and 2021 World Championships, Dmytro Simak (Ukraine) won the Overall unanimously, receiving 5 points from the judges. Cosmin Iancu (Romania) finishes with his third silver medal in a row! Jose Saura (Spain) moved up to the top, following his 6 place in 2020.



**MEN'S CLASSIC BODYBUILDING UP TO 168 CM**

**Gold:** Sebastian Araque (Spain)  
**Silver:** Farhad Guliyev (Azerbaijan)  
**Bronze:** Bejdar Celik (Turkey)



**MEN'S CLASSIC BODYBUILDING UP TO 171 CM**

**Gold:** Cristian Berenguer (Spain)  
**Silver:** Cosmin Iancu (Romania)  
**Bronze:** Jerome Pachura (France)



**MEN'S CLASSIC BODYBUILDING UP TO 175 CM**

**Gold:** Jose Saura (Spain)  
**Silver:** Herab Jodeiri (Azerbaijan)  
**Bronze:** Aleksandar Cvetkovic (Serbia)



**MEN'S CLASSIC BODYBUILDING UP TO 180 CM**

**Gold:** Dmytro Simak (Ukraine)  
**Silver:** Ivica Janev (North Macedonia)  
**Bronze:** Alexandr Polyakov (Czech Republic)

**MEN'S CLASSIC BODYBUILDING OVER 180 CM**

**Gold:** Ivan Dmitriyev (Kazakhstan)  
**Silver:** Ruben Prieto (Spain)  
**Bronze:** Lazam Abras (Malta)







▲ The Overall battle (from L): Dmytro Simak (Ukraine - 1st place); Ivan Dmitriyev (Kazakhstan - 2nd place); Jose Saura (Spain - 4th place).



**MEN'S CLASSIC BODYBUILDING OVERALL**  
Dmytro Simak (Ukraine)

Classic Bodybuilding Overall winner Dmytro Simak (Ukraine) congratulated by the EFBB General Secretary, Mr. Ralph Decelis (Malta) and EFBB Executive Director, Mr. Jose Ramos (right). ▶

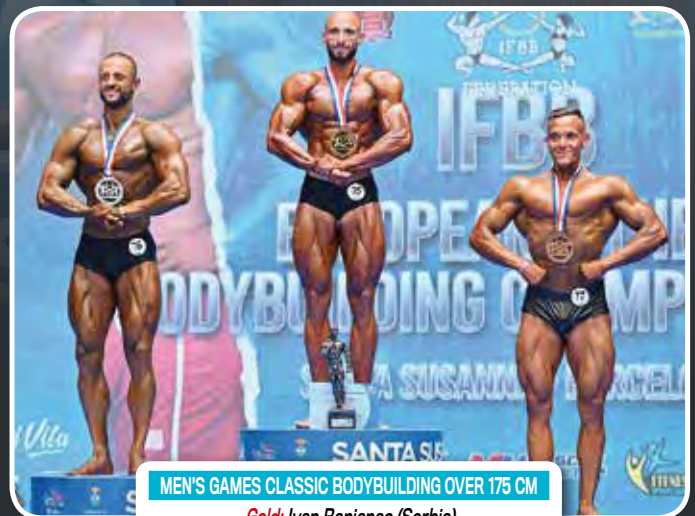


## MEN'S GAMES CLASSIC BODYBUILDING

This division was dominated by Serbian athletes, who won both categories. 2022 Continental Championships silver medal winner Aleksandar Cvetkovic met 2022 World Championships silver medal winner Ivan Banjanac and this time Banjanac was unanimously declared the Overall Champion by the judging panel.



**MEN'S GAMES CLASSIC BODYBUILDING UP TO 175 CM**  
*Gold: Aleksandar Cvetkovic (Serbia)*  
*Silver: Michal Benes (Czech Republic)*  
*Bronze: Maxime Piron (Belgium)*



**MEN'S GAMES CLASSIC BODYBUILDING OVER 175 CM**  
*Gold: Ivan Banjanac (Serbia)*  
*Silver: Djordjije Radonjic (Montenegro)*  
*Bronze: Vladimir Komorovsky (Slovakia)*





▲ Games Classic Bodybuilding Overall winner Ivan Banjanac (Serbia) with the Serbian Team Manager, Mr. Zoran Stojic

The Overall battle between two Serbian athletes (from L): Aleksandar Cvetkovic (2nd place) and Ivan Banjanac - 1st place). ▶

**MEN'S GAMES CLASSIC BODYBUILDING OVERALL**  
**Ivan Banjanac (Serbia)**



**MEN'S WHEELCHAIR BODYBUILDING**

There is a small circle of wheelchair bodybuilders in Europe, who have participated each year and only change places. This year Bahovic and Verho moved one place up, pushing down Cimpan from the top last year to the 3rd position now.



**MEN'S WHEELCHAIR BODYBUILDING**  
*Gold: Almedin Bahovic (Montenegro)*  
*Silver: Artturi Verho (Finland)*  
*Bronze: Andrei Cimpan (Romania)*



**WHEELCHAIR BODYBUILDING GOLD MEDAL WINNER**  
**Almedin Bahovic (Montenegro)**



## MEN'S PHYSIQUE

Once again 3 gold medals for Ukraine. Oleksandr Muntian has the most impressive list of successes, winning the 2021 European Overall and the World title in his class (+182 cm). This time he dominated his category once again but in the Overall battle had to accept 3rd place, behind his team-mate Yevhenii Moskovtsev (182 cm class champion) and Spanish athlete Antonio Moreno (179 cm class champion).



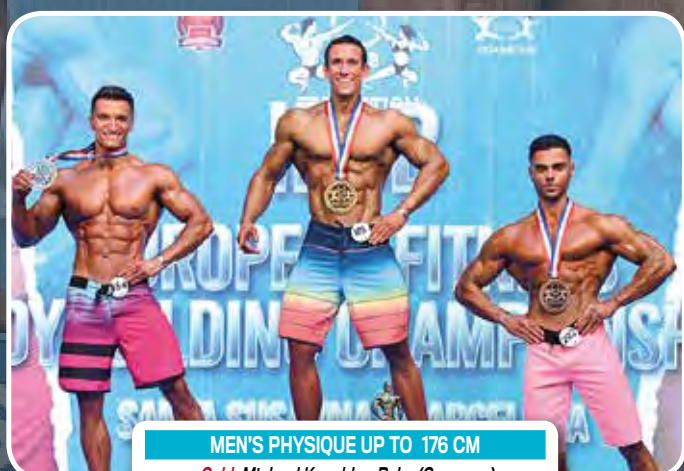
### MEN'S PHYSIQUE UP TO 170 CM

**Gold:** Viktor Danilov (Ukraine)  
**Silver:** Cosmin Antonescu (Romania)  
**Bronze:** Vladimir Fedotov (Czech Republic)



### MEN'S PHYSIQUE UP TO 173 CM

**Gold:** Ciprian Borcan (Romania)  
**Silver:** Youssef Gharegozlu (Austria)  
**Bronze:** Oskar Miszta (Norway)



### MEN'S PHYSIQUE UP TO 176 CM

**Gold:** Michael Keuchler-Palm (Germany)  
**Silver:** Ionut Lepadatu (Romania)  
**Bronze:** Fahrıcan Bayat (Turkey)



### MEN'S PHYSIQUE UP TO 179 CM

**Gold:** Antonio Moreno (Spain)  
**Silver:** Tabriz Tarverdiyev (Azerbaijan)  
**Bronze:** Sebastian Tomala (Slovakia)



### MEN'S PHYSIQUE UP TO 182 CM

**Gold:** Yevhenii Moskovtsev (Ukraine)  
**Silver:** Ahmed Alan (Turkey)  
**Bronze:** Raul Sapataru (Romania)



### MEN'S PHYSIQUE OVER 182 CM

**Gold:** Oleksandr Muntian (Ukraine)  
**Silver:** Vladyslav Barsukov (Ukraine)  
**Bronze:** Srbslav Lazic (Serbia)





▲ Men's Physique Overall winner Yevhenii Moskovtsev (Ukraine) congratulated by the Arnold Classic Europe General Manager, Mrs. Nieves Santonja (Spain) and IFBB Vice-President, Prof. Gabriel Toncean (Romania, right).

The Overall battle (from L): Antonio Moreno (Spain - 2nd place); Yevhenii Moskovtsev (Ukraine - 1st place); Oleksandr Muntian (Ukraine - 3rd place). ▶



**MEN'S  
PHYSIQUE  
OVERALL**  
Yevhenii  
Moskovtsev  
(Ukraine)



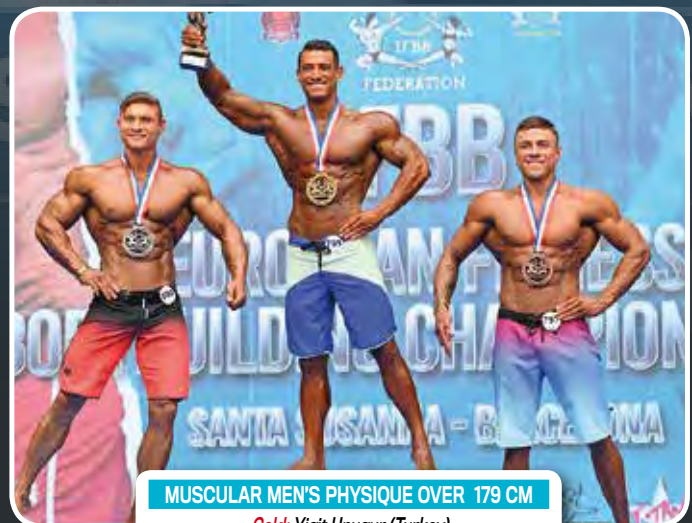
## MUSCULAR MEN'S PHYSIQUE

For the first time two body height categories were included in the program as the result of the IFBB Rules changes. Azerbaijani athletes won this class in the past 2 years and they continued but with a new star, Hidayat Maharramli, who was at the top in his category (179 cm) and in the Overall, beating by 1 point (7:8) Turkish champion Yigit Unugur.



**MUSCULAR MEN'S PHYSIQUE UP TO 179 CM**

**Gold:** Hidayat Maharramli (Azerbaijan)  
**Silver:** Vladyslav Katsko (Ukraine)  
**Bronze:** Aleksandar Zivkovic (Serbia)



**MUSCULAR MEN'S PHYSIQUE OVER 179 CM**

**Gold:** Yigit Unugur (Turkey)  
**Silver:** Yevhen Kolesnyk (Ukraine)  
**Bronze:** Artem Bekhtgold (Kazakhstan)





▲ Muscular Men's Physique Overall winner Hidayat Maharramli (Azerbaijan) congratulated by the IFBB Technical Committee Chairman, Mr. Jose Maria Garcia (Spain) and IFBB Vice-President, Mr. Jose Ramos (Spain, right).

The Overall battle (from L): Hidayat Maharramli (Azerbaijan - 1st place); Yigit Unugur (Turkey - 2nd place). ▶



**MUSCULAR MEN'S PHYSIQUE OVERALL**  
Hidayat Maharramli (Azerbaijan)



**BEGINNER MEN'S PHYSIQUE**  
**Gold:** Thomas Cuevas (Belgium)  
**Silver:** Filip Mikolajewski (Poland)  
**Bronze:** Samuel Koskela (Finland)

**2023 EUROPEAN BODYBUILDING CHAMPIONSHIP THE BEST TEAMS**

<b>1 SPAIN</b>	175 puntos
<b>2 UKRAINE</b>	172 puntos
<b>3 ROMANIA</b>	125 puntos
<b>4 AZERBAIJAN</b>	105 puntos
<b>5 TURKEY</b>	100 puntos
<b>6 SERBIA</b>	84 puntos



# 2023 EUROPEAN FITNESS CHAMPIONSHIPS

Commonly known as “The World Capital of Fitness”, Santa Susanna hosted the best European senior, junior and masters athletes in all fitness divisions, included Women’s and Men’s Fit-Model for the first time, having previously a separate continental championships. This made the Fitness Championships more attractive and stylish, taking into account the final round in evening gowns. Half of the Overall titles went to the well-known, famous stars, current or former world title holders, like Aneta Ticha (Bikini), Kristina Juricova (Acrobatic Fitness), Michal Barbier (Men’s Fitness) or Alla Matsehora (Bodyfitness). But others went to the young, rising stars like Nicol Celerikova (Artistic Fitness), Regina Mandrika (Fit-Model) or Malin Nilsson (Women’s Physique). In the IFBB a fast rotation of the stars can be seen as many medal winners from the top international competitions have constantly been moving to the

Elite Pro division. Ukraine holds the Best Team title second time in a row, with Romania changing Finland in the 2nd position. Slovakia firmly remains in the 3rd place. 31 countries have been classified.

## OVERALL WINNERS

Women's Bikini	Aneta Ticha (Slovakia)
Women's Bodyfitness	Alla Matsehora (Ukraine)
Women's Wellness	Gentiana Beqa (Albania)
Women's Physique	Malin Nilsson (Sweden)
Women's Artistic Fitness	Nicol Celerikova (Slovakia)
Women's Acrobatic Fitness	Kristina Juricova (Slovakia)
Men's Fitness	Michal Barbier (Slovakia)
Women's Fit-Model	Regina Mandrika (Latvia)
Men's Fit-Model	Ciprian Borcan (Romania)

## WOMEN'S BIKINI

Very successful division for Estonia and Slovakia. Both countries won 2 gold medals each but Slovakia added the Overall title, which went to their new superstar Aneta Ticha (also 2022 World Overall Champion). But this time Ticha had to run a very tough battle against the new Swedish star Linn Von Bar and finally they were tied 11:11 in the Overall, with Taru Partanen of Finland just 1 point behind them. Other 2022 World Champion Svitlana Novytska (Ukraine) won the silver medal this time, being tied 12:12 with Linn Von Bar in the tallest class.







**WOMEN'S BIKINI UP TO 166 CM**

**Gold:** Taru Partanen (Finland)  
**Silver:** Jana Stachova (Slovakia)  
**Bronze:** Olha Odina (Ukraine)



**WOMEN'S BIKINI UP TO 169 CM**

**Gold:** Rebeka Dudusova (Slovakia)  
**Silver:** Siiri Mannerheimo (Finland)  
**Bronze:** Ioana Birsan (Romania)



**WOMEN'S BIKINI UP TO 172 CM**

**Gold:** Aneta Ticha (Slovakia)  
**Silver:** Daryna Kutsyrina (Ukraine)  
**Bronze:** Valeria Kopajeva (Estonia)



**WOMEN'S BIKINI OVER 172 CM**

**Gold:** Linn Von Bar (Sweden)  
**Silver:** Svitlana Novytska (Ukraine)  
**Bronze:** Yevgeniya Onyshchenko (Ukraine)



Women's Bikini Overall winner Aneta Ticha (Slovakia) accompanied by President Santonja and Santa Susanna Mayor, Mr. Joan Campolier (right).

**WOMEN'S BIKINI OVERALL**  
**Aneta Ticha (Slovakia)**

The Overall battle (from L): Linn Von Bar (Sweden - 2nd place); Aneta Ticha (Slovakia - 1st place); Rebeka Dudusova (Slovakia - 5th place) and Taru Partanen (Finland - 3rd place).





**BEGINNER WOMEN'S BIKINI**

**Gold:**  
Siiri Mannerheimo  
(Finland)  
**Silver:**  
Moona Hirvonen  
(Finland)  
**Bronze:**  
Sonja Trofin  
(Finland)



**WOMEN'S BODYFITNESS**

Over 60 impressive ladies on the stage, with many top stars. Gold medals went to four different countries. 2019 World Bodyfitness Champion and 2021 European Women's Physique Champion Alla Matsehora (Ukraine) won her first European Bodyfitness title in 168 cm class as well as the Overall. Following her 2021 World Junior Overall title and Arnold Classic Europe Overall, Alina Wilhelm (Germany) added her first European Championships gold medal, finishing 3rd on the Overall, just 1 point behind Micaela Salvati of Italy.

**WOMEN'S BODYFITNESS UP TO 153 CM**

**Gold:**  
Hanna Dastavalava  
(Spain)  
**Silver:**  
Kseniia Yatsevych  
(Ukraine)  
**Bronze:**  
Laura Hackova  
(Slovakia)



**WOMEN'S BODYFITNESS UP TO 163 CM**

**Gold:**  
Alina Wilhelm  
(Germany)  
**Silver:**  
Mira Ahola  
(Finland)  
**Bronze:**  
Ava Ahkami  
(Finland)



**WOMEN'S BODYFITNESS UP TO 168 CM**

**Gold:**  
Alla Matsehora  
(Ukraine)  
**Silver:**  
Silvia Silvester  
(Slovakia)  
**Bronze:**  
Heidi Koi (Norway)



**WOMEN'S BODYFITNESS OVER 168 CM**

**Gold:**  
Micaela Salvati  
(Italy)  
**Silver:**  
Yevheniia Prutskova  
(Ukraine)  
**Bronze:**  
Henriikka Kempinen  
(Finland)



**WOMEN'S BODYFITNESS OVERALL  
Alla Matsehora  
(Ukraine)**

Women's Bodyfitness Overall winner Alla Matsehora (Ukraine) accompanied by the EFBB General Secretary, Mr. Ralph Decelis and EFBB Executive Director, Mr. Jose Ramos (right).



◀ The Overall battle (from L): Alina Wilhelm (Germany - 3rd place); Alla Matsehora (Ukraine - 1st place); Micaela Salvati (Italy - 2nd place).



## WOMEN'S WELLNESS

Two gold medals for Ukraine but the biggest star was Albanian athlete, 2022 World Championships bronze medal winner, Gentiana Beqa, who won her category (163 cm) and then the Overall title (by 1 point over Yuliia Hornushkina (Ukraine)). By this she regained the European title first won in 2017 (representing Kosovo at that time). Marketa Hartl (Czech Republic) showed impressive improvements, winning the 158 cm class after her 9 place at the 2021 World Championships.

### WOMEN'S WELLNESS UP TO 158 CM

**Gold:**  
Marketa Hartl  
(Czech Republic)  
**Silver:**  
Zeynep Yilmaz  
(Turkey)  
**Bronze:**  
Ewelina  
Hrynkiwicz-  
Kucybala (Ireland)



### WOMEN'S WELLNESS UP TO 163 CM

**Gold:**  
Gentiana Beqa  
(Albania)  
**Silver:**  
Oana Belea  
(Romania)  
**Bronze:**  
Anastassia Toikka  
(Estonia)



### WOMEN'S WELLNESS UP TO 168 CM

**Gold:**  
Alina Zinevych  
(Ukraine)  
**Silver:**  
Anastasiia  
Martynova  
(Ukraine)  
**Bronze:**  
Monika Pagoje  
(Lithuania)



### WOMEN'S WELLNESS OVER 168 CM

**Gold:**  
Yuliia Hornushkina  
(Ukraine)  
**Silver:**  
Lena Kain  
(Germany)  
**Bronze:**  
Natalia Kormiuk  
(Czech Republic)



Women's Wellness Overall winner Gentiana Beqa (Albania) accompanied by President Santonja and EFBB Executive Director, Prof. Gabriel Toncean (right).

### WOMEN'S WELLNESS OVERALL Gentiana Beqa (Albania)



The Overall battle (from L): Yuliia Hornushkina (Ukraine - 2nd place); Alina Zinevych (Ukraine - 4th place), Gentiana Beqa (Albania - 1st place).



## WOMEN'S PHYSIQUE

Brand new faces at the top of both categories. 2022 World Championships runner-up, Raluca-Elena Biro (Romania) took the 5th position, just behind the well-known master athlete from Ukraine, Yana Shyrokykh. Other Ukrainian, Olena Kushnirova, moved up from 8th place at the 2021 Worlds to the runner-up position now. Gold medals went to new stars: Ivana Vuckovic from Bosnia & Herzegovina and Malin Nilsson from Sweden, who definitely won the Overall title as well.

### WOMEN'S PHYSIQUE UP TO 163 CM

**Gold:**  
Malin Nilsson  
(Sweden)  
**Silver:**  
Assna Hassani  
(France)  
**Bronze:**  
Julia Cabarcos  
(Spain)



### WOMEN'S PHYSIQUE OVER 163 CM

**Gold:**  
Ivana Vuckovic  
(Bosnia & Herzegovina)  
**Silver:**  
Olena Kushnirova  
(Ukraine)  
**Bronze:**  
Alexandra Krabbat  
(Germany)



Women's Physique Overall winner Malin Nilsson (Sweden) congratulated by EFBB Executive Director, Mr. Jose Ramos and EFBB Technical Committee Chairman, Eng. Andrew Michalak (right).

### WOMEN'S PHYSIQUE OVERALL Malin Nilsson (Sweden)



The Overall battle (from L): Malin Nilsson (Sweden - 1st place); Ivana Vuckovic (Bosnia & Herzegovina - 2nd place).



## WOMEN'S FIT-MODEL

There was a mixture of new stars and well-known stars. 2022 world champion Diana Skukauske (Lithuania) dropped to the 2nd place in 164 cm category, 2022 European champion Julia Kogan (Estonia) failed to win any medal, finishing in 4th place. On the other hand, Hanna Tunik (Ukraine) advanced from 4th place to the top in 168

cm class. Martyna Pietryszyn (Poland) regained her bronze medal in the shortest class, following her victory at the 2022 World Cup. But the most happy athlete was the new Latvian star Regina Mandrika, winning the tallest class and the Overall title (by 1 point over Hanna Tunik).



**WOMEN'S  
FIT - MODEL  
UP TO 160 CM**

**Gold:**  
Ariana Toplicianu  
(Romania)  
**Silver:**  
Kristina Mickiene  
(Lithuania)  
**Bronze:**  
Martyna Pietrzymyn  
(Poland)



**WOMEN'S  
FIT - MODEL  
UP TO 164 CM**

**Gold:**  
Iryna Hrabovska  
(Ukraine)  
**Silver:**  
Diana Skukauske  
(Lithuania)  
**Bronze:**  
Daria Boiko  
(Ukraine)



**WOMEN'S  
FIT - MODEL  
UP TO 168 CM**

**Gold:**  
Hanna Tunik  
(Ukraine)  
**Silver:**  
Andreea Frandes  
(Romania)  
**Bronze:**  
Lilla Csasztyvan  
(Hungary)



**WOMEN'S  
FIT - MODEL  
OVER 168 CM**

**Gold:**  
Regina Mandrika  
(Latvia)  
**Silver:**  
Anna Bezradna  
(Ukraine)  
**Bronze:**  
Jelizaveta Ivanova  
(Estonia)



Women's  
Fit-Model  
Overall  
winner Regina  
Mandrika  
(Latvia)  
accompanied  
by President  
Santonja and  
Lithuanian  
Federation  
President,  
Mrs. Sandra  
Martinkiene.

**WOMEN'S  
FIT - MODEL  
OVERALL  
Regina  
Mandrika  
(Latvia)**



▲ The Overall battle (from L): Hanna Tunik (Ukraine - 2nd place); Regina Mandrika (Latvia - 1st place); Ariana Toplicianu (Romania - 3rd place).

**MEN'S  
FIT - MODEL  
OPEN**

**Gold:**  
Ciprian Borcan  
(Romania)  
**Silver:**  
Raul Sapataru  
(Romania)  
**Bronze:**  
Cristian Casciaro  
(Italy)





# WOMEN'S ACROBATIC FITNESS

Both categories full of the former continental and world medal winners with a long contest history in the Children Fitness division. Five of six medals went to Slovakia, so their domination in this sport is undisputable. Both European champions won the physique assessment rounds but not the routine rounds. The only non-Slovak medal winner was Natalia Bugajska (Poland) who placed 2nd in the short class. The winner was extremely talented new Slovak star Olivia Heckova. Both 16 years old! The tall class gold medal and the Overall title went to 23-years-old Kristina Juricova, who already has won every possible medal and title in this division, including 2021 World Overall title.



**WOMEN'S ACROBATIC FITNESS UP TO 163 CM**  
**Gold:**  
 Olivia Heckova (Slovakia)  
**Silver:**  
 Natalia Bugajska (Poland)  
**Bronze:**  
 Paulina Bajerlova (Slovakia)



**WOMEN'S ACROBATIC FITNESS OVER 163 CM**  
**Gold:**  
 Kristina Juricova (Slovakia)  
**Silver:**  
 Daniela Civanova (Slovakia)  
**Bronze:**  
 Nelli Novodomska (Slovakia)



Women's Acrobatic Fitness Overall winner Kristina Juricova (Slovakia) congratulated by President Santonja and EFBB Vice-President, Prof. Gabriel Toncean (right).



**WOMEN'S ACROBATIC FITNESS OVERALL**  
 Kristina Juricova (Slovakia)



The Overall battle between two Slovak champions (from L): Olivia Heckova (2nd place) and Kristina Juricova (1st place).



## WOMEN'S ARTISTIC FITNESS

All top girls have already participated in the international championships in the past years. Short class winner Raluca-Maria Velea (Romania) won 2022 European Championships and 2022 Arnold Classic Europe. Nicol Celerikova (Slovakia) has 2 bronze medals: from 2022 European and 2021 World Championships. Now climbed up to the top in 168 cm class, dethroning Evi Seikkula (Finland) and easily grasped the Overall title. 2022 World Championships runner-up, Brigitta Kariko (Hungary) displayed further progress, winning the tall class.

### WOMEN'S ARTISTIC FITNESS UP TO 163 CM

**Gold:**  
Raluca-Maria Velea  
(Romania)  
**Silver:**  
Aleksandra  
Kubinska (Poland)  
**Bronze:**  
Szofia Bogdan  
(Hungary)



### WOMEN'S ARTISTIC FITNESS UP TO 168 CM

**Gold:**  
Nicol Celerikova  
(Slovakia)  
**Silver:**  
Eevi Seikkula  
(Finland)  
**Bronze:**  
Claudia Nastrut  
(Romania)



### WOMEN'S ARTISTIC FITNESS OVER 168 CM

**Gold:**  
Brigitta Kariko  
(Hungary)  
**Silver:**  
Evelin Vesterinen  
(Estonia)  
**Bronze:**  
Valeria Kopajeva  
(Estonia)



### WOMEN'S ARTISTIC FITNESS OVERALL Nicol Celerikova (Slovakia)



▲ Women's Artistic Fitness Overall winner Nicol Celerikova (Slovakia) congratulated by President Santonja and EFBB Vice-President, Prof. Gabriel Toncean (right).

The Overall battle (from L): Raluca-Maria Velea (Romania - 2nd place); Nicol Celerikova (Slovakia - 1st place) and Brigitta Kariko (Hungary - 3rd place). ▶





## MEN'S FITNESS OPEN

Two competitors only but both top international stars with the World Championships gold medals in their dossier. This time Michal Barbier (Slovakia) slightly won both rounds adding one more European title to his set of achievements. He is also extremely fit and strong winning the gold medal in Fitness Challenge Gold Standard category!

### MEN'S FITNESS OPEN

**Gold:** Michal Barbier (Slovakia)  
**Silver:** Fedir Khashalov (Ukraine)



## MIXED-PAIRS OPEN

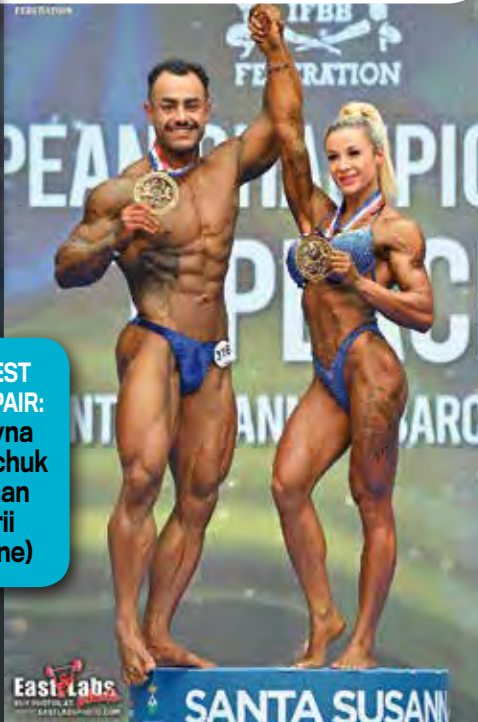
As usual, most of pairs in new combinations. Gold medal went to Ukrainian couple composed of Bodyfitness athlete Kateryna Bortnychuk and Classic Physique continental champion Roman Hubrii. They won the physique assessment round but slightly lost the routine round to the Polish couple included Bodyfitness competitor Olga Kelm and Master Bodybuilding multiple champion Mariusz Balazinski. In the 3rd place couple from Romania composed of Women's Physique athlete Iuliana Giurgiu and bodybuilder Marcel Manea (90 kg class).



### MIXED-PAIRS OPEN

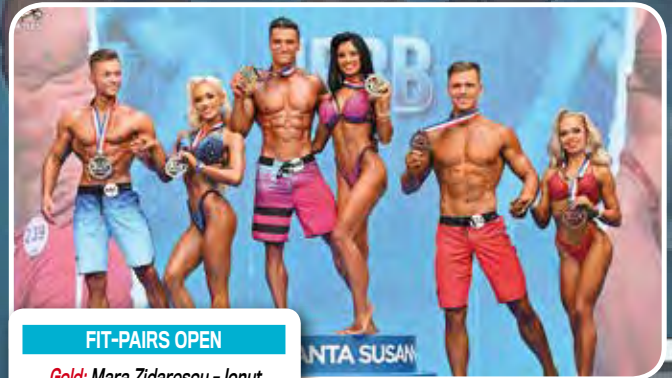
**Gold:**  
Kateryna Bortnychuk - Roman Hubrii (Ukraine)  
**Silver:**  
Olga Kelm - Mariusz Balazinski (Poland)  
**Bronze:**  
Iuliana Giurgiu - Marcel Manea (Romania)

**THE BEST MIXED-PAIR:**  
Kateryna Bortnychuk - Roman Hubrii (Ukraine)



## FIT-PAIRS OPEN

These pairs must be composed of Women's Bikini and Men's Physique athletes. Top two places went to Romanian couples. The best two couples included only the medal winners in their individual categories. Mara Zidarescu (bronze medal in Bikini 162 cm) and Ionut Lepadatu (silver medal in Men's Physique 176 cm) was assessed as the best arranged and performed fit-pair.



### FIT-PAIRS OPEN

**Gold:** Mara Zidarescu - Ionut Lepadatu (Romania)  
**Silver:** Ariana Toplicianu - Ciprian Borcan (Romania)  
**Bronze:** Elisabeth Atamanski - Hendrik Kalme (Estonia)

**FIT-PAIRS OPEN:**  
The best Mixed-Pair:  
Mara Zidarescu - Ionut Lepadatu (Romania)

## 2023 EUROPEAN FITNESS CHAMPIONSHIP THE BEST TEAMS

1 UKRAINE	225 puntos
2 ROMANIA	190 puntos
3 SLOVAKIA	148 puntos
4 FINLAND	120 puntos
5 ESTONIA	118 puntos
6 POLAND	91 puntos





# 2023 EUROPEAN JUNIORS & MASTERS CHAMPIONSHIPS

Taking into account the number of categories, these are the biggest IFBB championships, with 19 Overall titles to be distributed among the bests. Also the number of participating athletes are usually the biggest. These European Championships attracted 177 juniors and 304 masters what gives 481 competitors in total. We have seen many multi medalists, who won medals in more than one category. For example, Siiri Mannerheimo (Finland) won Beginners Bikini class then Junior Bikini Overall title and silver medal in Senior Bikini. Very impressive achievements like for a beginner! Valeria Kopajeva (Estonia) won the Junior Artistic Fitness Overall title as well as two bronze medals in senior classes (Artistic Fitness + Bikini). This is an example of a successful crossover. Nonna Prokopjuk (Estonia) won 2 gold medals (in senior and master Bikini + Overall). Oumar Sylla (Belgium) was the only champion who won the Overall title 2 years in a row (in Junior Men's Classic Physique), adding silver medal in senior category. Dragos Enuta (Romania) won 2 Overall titles in different masters divisions: Classic Bodybuilding and Games Classic Bodybuilding. Extraordinary achievement! But no one could surpass Ukrainian Bodyfitness star Alla Matsehora who won Overall titles in senior and masters Bodyfitness!

## OVERALL WINNERS

Junior Women's Bikini	Siiri Mannerheimo (Finland)
Junior Women's Bodyfitness	Ava Ahkami (Finland)
Junior Women's Wellness	Anastasiia Martynova (Ukraine)
Junior Women's Artistic Fitness	Valeria Kopajeva (Estonia)
Junior Women's Acrobatic Fitness	Nelli Novodomska (Slovakia)
Junior Men's Bodybuilding	Georgi Kolev (Bulgaria)
Junior Men's Classic Physique	Oumar Sylla (Belgium)
Junior Men's Classic Bodybuilding	Simon Silzer (Germany)
Junior Games Classic Bodybuilding	Lukas Furler (Czech Republic)
Junior Men's Physique	Batuhan Shen (Turkey)
Master Women's Bikini	Nonna Prokopjuk (Estonia)
Master Women's Bodyfitness	Alla Matsehora (Ukraine)
Master Women's Wellness	Liza Wicander (Sweden)
Master Women's Physique	Eva Synkova (Czech Republic)
Master Men's Bodybuilding	Carlos Pereda (Spain)
Master Men's Classic Physique	Javier Perez (Spain)
Master Men's Classic Bodybuilding	Dragos Enuta (Romania)
Master Games Classic Bodybuilding	Dragos Enuta (Romania)
Master Men's Physique	Julian Laserna (Spain)

## JUNIOR WOMEN'S BIKINI

Many Bikini juniors were also very successful among seniors, what is only an evidence of their top sport quality. And some results may be really astonishing. Most impressive examples: further senior Bikini Overall Champion, Aneta Ticha (Slovakia) lost by 1 point to Linn Von Bar (Sweden), who later on won senior over 172 cm class. 2022 Junior Bikini European Overall winner Viktorija Volodkovic (Lithuania) lost to the new Estonian star Elisabeth Atamanski. Finally, the Overall title went to 20-years-old Siiri Mannerheimo of Finland (later on won silver medal among seniors). In general, juniors were amazing and played an important role in battles against top seniors. This is only possible in a division where muscle development played a secondary role but overall body lines being the key factor of assessment.

### JUNIOR WOMEN'S BIKINI 16-20 YEARS UP TO 160 CM

**Gold:**  
Moona Hirvonen (Finland)  
**Silver:**  
Ariana Toplicianu (Romania)  
**Bronze:**  
Zaira Calvo (Spain)



### JUNIOR WOMEN'S BIKINI 16-20 YEARS UP TO 166 CM

**Gold:**  
Mara Zidarescu (Romania)  
**Silver:**  
Viktoria Duricova (Slovakia)  
**Bronze:**  
Lilien Pasztor (Hungary)



### JUNIOR WOMEN'S BIKINI 16-20 YEARS OVER 166 CM

**Gold:**  
Siiri Mannerheimo (Finland)  
**Silver:**  
Alica Svabikova (Slovakia)  
**Bronze:**  
Valeria Kopajeva (Estonia)



### JUNIOR WOMEN'S BIKINI 21-23 YEARS UP TO 160 CM

**Gold:**  
Elisabeth Atamanski (Estonia)  
**Silver:**  
Viktoria Volodkovic (Lithuania)  
**Bronze:**  
Viktoria Chernenko (Ukraine)





**JUNIOR WOMEN'S BIKINI 21-23 YEARS UP TO 166 CM**

**Gold:**  
Zuzanna Jedrzejczak (Ireland)  
**Silver:**  
Aleksandra Kubinska (Poland)  
**Bronze:**  
Eevi Seikkula (Finland)



**JUNIOR WOMEN'S BIKINI 21-23 YEARS OVER 166 CM**

**Gold:**  
Linn Von Bar (Sweden)  
**Silver:**  
Aneta Ticha (Slovakia)  
**Bronze:**  
Kateryna Pozhevilova (Ukraine)



◀ Junior Women's Bikini Overall winner Siiri Mannerheimo (Finland) accompanied by President Santonja and Prof. Toncean (right).



◀ The Overall battle (from L): Siiri Mannerheimo (Finland - 1st place); Elisabeth Atamanski (Estonia - 2nd place) and Zuzanna Jedrzejczak (Ireland - 6th place).

**JUNIOR WOMEN'S BIKINI OVERALL**  
**Siiri Mannerheimo (Finland)**

**JUNIOR WOMEN'S BODYFITNESS**

Both gold medals went to Finland what is a proof of great popularity of this division among Finnish women. Ava Ahkami won the younger class, ahead of the Women's Acrobatic Fitness champion Olivia Heckova (Slovakia). Crossovers are really counting! Later on, 17-years-old Ahkami placed 3rd among seniors (163 cm class).

**JUNIOR WOMEN'S BODYFITNESS 16-20 YEARS OPEN**

**Gold:**  
Ava Ahkami (Finland)  
**Silver:**  
Olivia Heckova (Slovakia)  
**Bronze:**  
Hilla Partanen (Finland)



**JUNIOR WOMEN'S BODYFITNESS 21-23 YEARS OPEN**

**Gold:**  
Maria Virtanen (Finland)  
**Silver:**  
Michaela Sourkova (Czech Republic)  
**Bronze:**  
Larisa Glavina (Croatia)







▲ Junior Women's Bodyfitness Overall winner Ava Ahkami (Finland) accompanied by EFBB Bodybuilding Committee Chairman, Mr. Jose Maria Garcia and EFBB Executive Director, Mr. Jose Ramos (right).

The Overall battle between two champions from Finland (from L): Ava Ahkami (1st place) vs. Maria Virtanen (2nd place). ▼



**JUNIOR WOMEN'S BODYFITNESS OVERALL**  
Ava Ahkami (Finland)



## JUNIOR WOMEN'S WELLNESS

23-years-old Anastasiia Martynova (Ukraine) had the last chance to win a medal at the junior championships and she used up this opportunity perfectly, finishing 1st in her class (+163 cm) and taking the Overall title. Moreover, she also finished 2nd in the senior 168 cm category. Apoline Ledru (France) also won the gold medal and will be as senior next year. Laura Lazar (Hungary) placed 3rd second year in a row in the younger class.

**JUNIOR WOMEN'S WELLNESS 16-20 YEARS OPEN**  
**Gold:** Snejana Gutue (Romania)  
**Silver:** Maria Oiegas (Romania)  
**Bronze:** Laura Lazar (Hungary)



The Overall battle (from L): Snejana Gutue (Romania - 2nd place); Apoline Ledru (France - 3rd place), Anastasiia Martynova (Ukraine - 1st place). ▼

**JUNIOR WOMEN'S WELLNESS OVERALL**  
Anastasiia Martynova (Ukraine)



**JUNIOR WOMEN'S WELLNESS 21-23 YEARS UP TO 163 CM**  
**Gold:** Apoline Ledru (France)  
**Silver:** Tamara Kajlova (Slovakia)  
**Bronze:** Ida Wallenius (Finland)



**JUNIOR WOMEN'S WELLNESS 21-23 YEARS OVER 163 CM**  
**Gold:** Anastasiia Martynova (Ukraine)  
**Silver:** Lena Kain (Germany)  
**Bronze:** Erica Makinen (Finland)



▲ Junior Women's Wellness Overall winner Anastasiia Martynova (Ukraine) accompanied by EFBB Bodybuilding Committee Chairman, Mr. Jose Maria Garcia and IFBB Medical Commission Chairman, Dr. Alfonso Moran (right).





## JUNIOR WOMEN'S ACROBATIC FITNESS

Three gold medals went to 3 Slovak girls. Congratulations! The only sensation was the overall winner, former multiple Children Fitness world champion Nelli Novodomska, who defeated the World Fitness Championships overall winner Kristina Juricova, who later on... grasped the European Women's Overall title. So close is the competition between the elite amateur athletes.

### JUNIOR WOMEN'S ACROBATIC FITNESS 16-20 YEARS UP TO 163 CM

**Gold:**  
Olivia Heckova  
(Slovakia)  
**Silver:**  
Natalia Bugajska  
(Poland)  
**Bronze:**  
Paulina Bajerlova  
(Slovakia)



### JUNIOR WOMEN'S ACROBATIC FITNESS 16-20 YEARS OVER 163 CM

**Gold:**  
Nelli Novodomska  
(Slovakia)  
**Silver:**  
Daniela Civanova  
(Slovakia)  
**Bronze:**  
Linda Tomsits  
(Hungary)



### JUNIOR WOMEN'S ACROBATIC FITNESS 21-23 YEARS OPEN

**Gold:**  
Kristina Juricova  
(Slovakia)  
**Silver:**  
Virag Vago  
(Hungary)  
**Bronze:**  
Cemre Olguncayir  
(Turkey)



### JUNIOR WOMEN'S ACROBATIC FITNESS OVERALL Nelli Novodomska (Slovakia)



▲ Junior Women's Acrobatic Fitness Overall winner Nelli Novodomska (Slovakia) congratulated by President Santonja and French Federation President, Mr. Mario Valero (right).

The Overall battle between three champions from Slovakia (from L): Kristina Juricova (2nd place); Nelli Novodomska (1st place), Olivia Heckova (3rd place).▶





## JUNIOR WOMEN'S ARTISTIC FITNESS

It was necessary to combine both age categories as most of athletes entered the younger class (16-20 years) and only 2 were registered in the older category. Valeria Kopajeva (Estonia) and Brigitta Kariko (Hungary) were running a very close battle, finally been tied 27:27. Closer analysis of the scores gave gold medal to Kopajeva.

### JUNIOR WOMEN'S ARTISTIC FITNESS 16-23 YEARS OPEN

**Gold:**  
Valeria Kopajeva  
(Estonia)  
**Silver:**  
Brigitta Kariko  
(Hungary)  
**Bronze:**  
Eevi Seikkula  
(Finland)



JUNIOR WOMEN'S ARTISTIC FITNESS WINNER  
**Valeria Kopajeva**  
(Estonia)



## JUNIOR MEN'S BODYBUILDING

Both champions are new athletes from Bulgaria. Both in good shape but Georgi Kolev displayed better definition and bigger muscles. 2022 World Championships runner-up in Classic Physique, Mihai Fratila (Romania), moved to Bodybuilding and also won the silver medal.

### JUNIOR MEN'S BODYBUILDING 16-20 YEARS OPEN

**Gold:**  
Maksim Stoykov  
(Bulgaria)  
**Silver:**  
Mihai Fratila  
(Romania)  
**Bronze:**  
Vladut Corciu  
(Romania)



### JUNIOR MEN'S BODYBUILDING 21-23 YEARS OPEN

**Gold:**  
Georgi Kolev  
(Bulgaria)  
**Silver:**  
Ebrar Akgun  
(Turkey)  
**Bronze:**  
Remigiu Partac  
(Ireland)



▲ Junior Men's Bodybuilding Overall winner Georgi Kolev (Bulgaria) congratulated by President Santonja and IFBB Women's Committee Head, Mrs. Gabriela Mlsnova.



▲ The Overall battle between two Slovak champions (from L): Olivia Heckova (2nd place) and Kristina Juricova (1st place).

JUNIOR MEN'S BODYBUILDING OVERALL  
**Georgi Kolev**  
(Bulgaria)





## JUNIOR MEN'S CLASSIC PHYSIQUE

Oumar Sylla (Belgium) regained the gold medal in younger class and the Overall title. Excellently prepared, he perfectly knows how to pose not only during the routine but also in the other moments like the awarding ceremony. Wonderful body structure and predisposition to be a great champion in the upcoming years!

### JUNIOR MEN'S CLASSIC PHYSIQUE 16-20 YEARS OPEN

**Gold:**  
Oumar Sylla  
(Belgium)  
**Silver:**  
Maksim Stoykov  
(Bulgaria)  
**Bronze:**  
Mihai Fratila  
(Romania)



### JUNIOR MEN'S CLASSIC PHYSIQUE OVERALL Oumar Sylla (Belgium)

The Overall battle (from L): Oumar Sylla (Belgium - 1st place); Haluk Algin (Turkey - 2nd place). ▼



### JUNIOR MEN'S CLASSIC PHYSIQUE 21-23 YEARS OPEN

**Gold:**  
Haluk Algin  
(Turkey)  
**Silver:**  
David Hranocik  
(Czech Republic)  
**Bronze:**  
Kaan Ozek  
(Turkey)



## JUNIOR MEN'S GAMES CLASSIC BODYBUILDING

### JUNIOR MEN'S GAMES CLASSIC BODYBUILDING 16-20 YEARS OPEN

**Gold:**  
Mihai Fratila  
(Romania)  
**Silver:**  
Vladut Corciu  
(Romania)  
**Bronze:**  
Martin Poprocky  
(Slovakia)



2022 World Junior Championships runner-up, Mihai Fratila (Romania), won his first continental title in addition to his silver medal in Junior Bodybuilding younger class. But the overall title went to one year older new rising star from the Czech Republic, Lukas Furle.

### JUNIOR MEN'S GAMES CLASSIC BODYBUILDING OVERALL Lukas Furle (Czech Republic)

The Overall battle (from L): Mihai Fratila (Romania - 2nd place), Lukas Furle (Czech Republic - 1st place). ▼



### JUNIOR MEN'S GAMES CLASSIC BODYBUILDING 21-23 YEARS OPEN

**Gold:**  
Lukas Furle  
(Czech Republic)  
**Silver:**  
Vladimir Komorovsky  
(Slovakia)  
**Bronze:**  
Pavel Dostal  
(Czech Republic)





## JUNIOR MEN'S CLASSIC BODYBUILDING

Amazingly successful at these Championships Mihai Fratila (Romania) added the second gold medal to his achievements, reaching 3 medals in total! The Overall title went to the taller class winner, 2 years older German junior Simon Silzer.



**JUNIOR MEN'S CLASSIC BODYBUILDING  
16-20 YEARS OPEN**

**Gold:** Mihai Fratila (Romania)  
**Silver:** Martin Poprocky (Slovakia)  
**Bronze:** Vladut Corciu (Romania)



**JUNIOR MEN'S CLASSIC BODYBUILDING  
21-23 YEARS OPEN**

**Gold:** Simon Silzer (Germany)  
**Silver:** Vladimir Komorovsky (Slovakia)  
**Bronze:** Lukas Furler (Czech Republic)



◀ The Overall battle (from L): Mihai Fratila (Romania - 2nd place), Simon Silzer (Germany - 1st place).

**JUNIOR MEN'S CLASSIC  
BODYBUILDING OVERALL  
Simon Silzer (Germany)**

Junior Men's Classic Bodybuilding Overall winner Simon Silzer (Germany) congratulated by President Santonja and Prof. Toncean. ▶





## JUNIOR MEN'S PHYSIQUE

Turkey brought a team of new juniors who won 2 of 3 gold medals. Already the beginning of their careers looks unusually promising. The younger class was dominated by Albanian athlete. Only 6 countries entered juniors in this division, so bigger attendance could be expected as this sport is very suitable and not so demanding for young boys.



**JUNIOR MEN'S PHYSIQUE  
16-20 YEARS OPEN**

**Gold:** Marjan Hoxha (Albania)  
**Silver:** Jonathan Modig (Sweden)  
**Bronze:** Andrei Dumitru (Romania)



**JUNIOR MEN'S PHYSIQUE  
21-23 YEARS UP TO 178 CM**

**Gold:** Mehmet Nazli (Turkey)  
**Silver:** Marian Priadka (Slovakia)  
**Bronze:** Selim Vainikka (Finland)



**JUNIOR MEN'S PHYSIQUE  
21-23 YEARS OVER 178 CM**

**Gold:** Batuhan Shen (Turkey)  
**Silver:** Jan Vesely (Czech Republic)  
**Bronze:** Raul Sapataru (Romania)

**JUNIOR MEN'S  
PHYSIQUE  
OVERALL  
Batuhan  
Shen  
(Turkey)**



▲ Junior Men's Physique Overall winner Batuhan Shen (Turkey) with President Santonja and EFBB General Secretary, Mr. Ralph Decelis (right).

The Overall battle (from L): Marjan Hoxha (Albania - 2nd place); Mehmet Nazli (Turkey - 3rd place), Batuhan Shen (Turkey - 1st place).▶





# MASTERS WOMEN'S BIKINI

Still very popular division with long list of participants (over 70 athletes!). In two categories the Elimination Round were needed. In 3 (of 4) categories double win of athletes from one country. Two doublets for Ukraine, one for Estonia. Among medal winners, most athletes are new in this division, only Marjorie Picard (France) and Virginia Blanco (Spain) were successful in the past. Both won bronze medals this year. The overall title went to Nonna Prokopjuk (Estonia), 3 points ahead of the tallest Bikini athlete at these Championships (182 cm) - Mariia Shevchenko (Ukraine). Later on, Prokopjuk also won the second gold medal in seniors Bikini up to 162 cm category.

**MASTER WOMEN'S BIKINI 35-39 YEARS UP TO 164 CM**  
**Gold:** Nonna Prokopjuk (Estonia)  
**Silver:** Maria Popova (Estonia)  
**Bronze:** Virginia Blanco (Spain)



**MASTER WOMEN'S BIKINI 35-39 YEARS OVER 164 CM**  
**Gold:** Mariia Shevchenko (Ukraine)  
**Silver:** Ganna Prokopovych (Ukraine)  
**Bronze:** Martina Gromova (Czech Republic)



**MASTER WOMEN'S BIKINI 40-44 YEARS OPEN**  
**Gold:** Ioana Gradinariu (Romania)  
**Silver:** Larisa Stefanidou (Cyprus)  
**Bronze:** Jasmin Ecker (Spain)



**MASTER WOMEN'S BIKINI 45 YEARS & OVER OPEN**  
**Gold:** Olga Boldusieva (Ukraine)  
**Silver:** Kseniia Skorokhod (Ukraine)  
**Bronze:** Marjorie Picard (France)



Master Women's Bikini Overall winner Nonna Prokopjuk (Estonia) accompanied by IFBB Executive Director, Mr. Jose Ramos and IFBB General Secretary, Mr. Ralph Decellis (right).

**MASTER WOMEN'S BIKINI OVERALL**  
**Nonna Prokopjuk (Estonia)**

The Overall battle (from L): Olga Boldusieva (Ukraine - 3rd place), Nonna Prokopjuk (Estonia - 1st place) and Mariia Shevchenko (Ukraine - 2nd place).





## MASTER WOMEN'S BODYFITNESS

Unfortunately, two biggest stars met in one category (40-44 years) and both represented Ukraine. Former World Bodyfitness champion Alla Matsehora was challenged by 2021 Arnold Classic champion and 2022 IFBB World Cup Overall winner Anastasiya Voskresenska. Unexpectedly, the third top athlete with not so impressive contest history, Hanna Batynska, joined this game and it was a very close battle with the final result 10:11:11! Then, Matsehora won the Masters Overall and later on, the Seniors Overall. By this, she won everything she could win at this event. 100% accuracy!

### MASTER WOMEN'S BODYFITNESS 35-39 YEARS OPEN

**Gold:**  
Heidi Koi  
(Norway)  
**Silver:**  
Barbora Seckarova  
(Slovakia)  
**Bronze:**  
Helena Huikkala  
(Finland)



### MASTER WOMEN'S BODYFITNESS 40-44 YEARS OPEN

**Gold:**  
Alla Matsehora  
(Ukraine)  
**Silver:**  
Anastasiya Voskresenska  
(Ukraine)  
**Bronze:**  
Hanna Batynska  
(Ukraine)



### MASTER WOMEN'S BODYFITNESS 45 YEARS & OVER OPEN

**Gold:**  
Ann De Meulenaere  
(Belgium)  
**Silver:**  
Jeanette Engerby  
(Sweden)  
**Bronze:**  
Marika Gunnarsson  
(Sweden)



### MASTER WOMEN'S BODYFITNESS OVERALL Alla Matsehora (Ukraine)



▲ Master Women's Bodyfitness Overall winner Alla Matsehora (Ukraine) accompanied by EFBB Executive Director, Mr. Jose Ramos and EFBB Bodybuilding Committee Chairman, Mr. Jose Maria Garcia (right).

The Overall battle (from L): Heidi Koi (Norway - 2nd place); Alla Matsehora (Ukraine - 1st place); Ann De Meulenaere (Belgium - 3rd place). ▶





## MASTER WOMEN'S WELLNESS

This division is still growing, attracting more and more athletes. Two gold medals went to the Czech Republic, the other one – to Sweden and the Swedish athlete Liza Wicander appeared to be the best in the Overall. Also Eva Budina (Czech Republic) was very happy, winning her category after 2nd place at the 2022 European Championships and 3rd place at 2022 Arnold Classic Europe. Following her bronze medal in senior division, Anastassia Toikka (Estonia) added the silver trophy to her collection.

### MASTER WOMEN'S WELLNESS 35-39 YEARS OPEN

**Gold:**  
Liza Wicander  
(Sweden)  
**Silver:**  
Anastassia Toikka  
(Estonia)  
**Bronze:**  
Monika Pajoje  
(Lithuania)



### MASTER WOMEN'S WELLNESS 40-44 YEARS OPEN

**Gold:**  
Eva Budina  
(Czech Republic)  
**Silver:**  
Jaana Seppa  
(Finland)  
**Bronze:**  
Ewelina  
Hrynkiewicz-  
Kucybala (Ireland)



### MASTER WOMEN'S WELLNESS 45 YEARS & OVER OPEN

**Gold:**  
Marcela Kotkova  
(Czech Republic)  
**Silver:**  
Isabelle Abassi  
(France)  
**Bronze:**  
Marianne Korvo  
(Finland)



### MASTER WOMEN'S WELLNESS OVERALL Liza Wicander (Sweden)

The Overall battle (from L):  
Marcela Kotkova  
(Czech Republic - 3rd place);  
Eva Budina  
(Czech Republic - 2nd place);  
Liza Wicander  
(Sweden - 1st place). ▼



▲ Master Women's Wellness Overall winner Liza Wicander (Sweden) accompanied by EFBB Bodybuilding Committee Chairman, Mr. Jose María García and IFBB Medical Commission Chairman, Dr. Alfonso Moran (right).





## MASTER WOMEN'S PHYSIQUE

The gold medal winner Eva Synkova (Czech Republic) participated in Bodyfitness up to 2021. Recently changed to Women's Physique and it was a good move as she won her first continental title.



**MASTER WOMEN'S PHYSIQUE 35 YEARS & OVER OPEN**

**Gold:**  
Eva Synkova  
(Czech Republic)  
**Silver:**  
Olena Kushnirova  
(Ukraine)  
**Bronze:**  
Yana Shyrokykh  
(Ukraine)

**MASTER WOMEN'S PHYSIQUE CHAMPION**  
**Eva Synkova**  
(Czech Republic)



## MASTER MEN'S BODYBUILDING 40-44 YEARS

In this age group of master bodybuilders the most famous athletes are 2021 world champion Marcel Manea (Romania), who after his bronze medal at the 2021 European Championships and gold in 2020, now regained the top trophy. Similarly, Carlos Pereda (Spain): following his silver medal at 2021 Worlds, this time he was unbeatable. Andrius Talacka (Lithuania) second time second in the +90 kg class.

**MASTER MEN'S BODYBUILDING 40-44 YEARS UP TO 80 KG**

**Gold:**  
Dragos Enuta  
(Romania)  
**Silver:**  
Hillary Nambwaya  
(Sweden)  
**Bronze:**  
Nizami  
Yarmammadov  
(Azerbaijan)



**MASTER MEN'S BODYBUILDING 40-44 YEARS UP TO 90 KG**

**Gold:**  
Marcel Manea  
(Romania)  
**Silver:**  
Murat Belen  
(Turkey)  
**Bronze:**  
Jorge Fernandez  
(Spain)



**MASTER MEN'S BODYBUILDING 40-44 YEARS OVER 90 KG**

**Gold:**  
Carlos Pereda  
(Spain)  
**Silver:**  
Andrius Talacka  
(Lithuania)  
**Bronze:**  
Jan Kral (Slovakia)



## MASTER MEN'S BODYBUILDING 45-49 YEARS

Three winners – three top stars with a very long contest history and list of titles. Emil Giurgiu was the 2021 world champion and 2019 European champion but in 2021-22 second place winner in Europe. Now regained the throne. Alex Zuccaro (Italy) was the 2019 world champion and 2022 Arnold Classic Europe winner (and many more in the past) but probably won his first European masters title. Vugar Verdiyev was a bodybuilding pioneer in Azerbaijan (18 national titles!) and from 2002 on the European Championships stage. In 2022 in 2nd place, now moved up to the top.

**MASTER MEN'S BODYBUILDING 45-49 YEARS UP TO 70 KG**

**Gold:**  
Emil Giurgiu  
(Romania)  
**Silver:**  
Jose Legazpi  
(Spain)  
**Bronze:**  
Vittorio Pace  
(Italy)



**MASTER MEN'S BODYBUILDING 45-49 YEARS UP TO 80 KG**

**Gold:**  
Alex Zuccaro  
(Italy)  
**Silver:**  
Impraim Emin  
(Germany)  
**Bronze:**  
Umut Isik  
(Turkey)



**MASTER MEN'S BODYBUILDING 45-49 YEARS OVER 80 KG**

**Gold:**  
Vugar Verdiyev  
(Azerbaijan)  
**Silver:**  
Lorenzo Fernandez  
(Spain)  
**Bronze:**  
Otakar Hrdlicka  
(Czech Republic)





## MASTER MEN'S BODYBUILDING 50-54 YEARS OPEN

Mariusz Balazinski (Poland) won all possible continental and world masters titles but in 2022 finished in the 2nd position. Now returned to the top and placed 2nd in the Mixed Pairs division.



MASTER MEN'S BODYBUILDING  
50-54 YEARS OPEN

**Gold:** Mariusz Balazinski (Poland)  
**Silver:** Ilario Rongioletti (Luxembourg)  
**Bronze:** Peter Simonic (Slovakia)

## MASTER MEN'S BODYBUILDING 55-59 YEARS OPEN

Following his 3rd place in 2020 and 2nd in 2021, Onita Caracuda (Romania) climbed to the top in 2022 and regained this position now.



MASTER MEN'S BODYBUILDING  
55-59 YEARS OPEN

**Gold:** Onita Caracuda (Romania)  
**Silver:** Alfredo Remigio (Spain)  
**Bronze:** Krzysztof Kazmierczak (Poland)

## MASTER MEN'S BODYBUILDING 60 YEARS & OVER OPEN

Now 78 years old Rafael Vera (Spain) managed to capture the European master title in 2021-22 but this time took the 4th position. New champion, Florian Dumitru, came from Romania. He just turned 60, so appeared first time in this class and grasped the gold medal at once.



MASTER MEN'S BODYBUILDING  
60 YEARS & OVER OPEN

**Gold:** Florian Dumitru (Romania)  
**Silver:** Andres Blasco (Spain)  
**Bronze:** Eric Burle (France)

Master Men's Bodybuilding Overall winner Carlos Pereda (Spain) accompanied by President Santonja and EFBB Children Commission Secretary, Mrs. Gabriela Misnova. ▶

The Overall battle (from L): Marcel Manea (Romania - 2nd place); Carlos Pereda (Spain - 1st place); Vugar Verdiyev (Azerbaijan - 3rd place). ▼



MASTER MEN'S BODYBUILDING  
OVERALL  
Carlos Pereda (Spain)



## MASTER MEN'S CLASSIC PHYSIQUE

Two gold medals for Spain and one for Czech Republic. Unexpectedly, the overall winner, Javier Perez (Spain), came from the oldest class, over 50 years old! It only confirms his top body quality and shape.



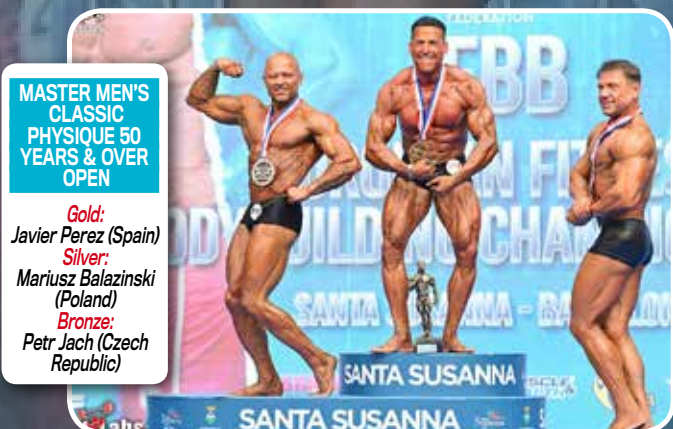
**MASTER MEN'S CLASSIC PHYSIQUE  
40-44 YEARS OPEN**

**Gold:** Richard Bilik (Czech Republic)  
**Silver:** Mykhail Mokrenko (Ukraine)  
**Bronze:** Lukasz Zakuszewski (Ireland)



**MASTER MEN'S CLASSIC PHYSIQUE  
45-49 YEARS OPEN**

**Gold:** Ivan Delgado (Spain)  
**Silver:** Lubomir Lukac (Slovakia)  
**Bronze:** Manuel Marco (Spain)



**MASTER MEN'S CLASSIC PHYSIQUE 50 YEARS & OVER OPEN**

**Gold:** Javier Perez (Spain)  
**Silver:** Mariusz Balazinski (Poland)  
**Bronze:** Petr Jach (Czech Republic)

**MASTER MEN'S CLASSIC PHYSIQUE OVERALL  
Javier Perez (Spain)**



▲ Master Men's Classic Physique Overall winner Javier Perez (Spain) accompanied by President Santonja.

The Overall battle (from L): Richard Bilik (Czech Republic - 3rd place); Ivan Delgado (Spain - 2nd place); Javier Perez (Spain - 1st place).▶





# MASTER MEN'S CLASSIC BODYBUILDING

Only Doru Pescaru (Romania) came from among 2022 medal winners and he successfully regained the title in the oldest class. The Overall title went to Dragos Enuta (Romania), who won by 1 point only over Lubomir Lukac (Slovakia).



**MASTER MEN'S CLASSIC BODYBUILDING  
40-44 YEARS OPEN**  
*Gold: Dragos Enuta (Romania)  
Silver: Jim Ivars (Sweden)  
Bronze: Richard Bilik (Czech Republic)*



**MASTER MEN'S CLASSIC BODYBUILDING  
45-49 YEARS OPEN**  
*Gold: Lubomir Lukac (Slovakia)  
Silver: Alex Guzman (Spain)  
Bronze: Ruben Prieto (Spain)*



**MASTER MEN'S CLASSIC BODYBUILDING  
50 YEARS & OVER OPEN**  
*Gold: Doru Pescaru (Romania)  
Silver: Petr Jach (Czech Republic)  
Bronze: Bo Granat (Sweden)*



**MASTER MEN'S CLASSIC BODYBUILDING OVERALL  
Dragos Enuta (Romania)**



▲ Master Men's Classic Bodybuilding Overall winner Dragos Enuta (Romania) accompanied by President Santonja.

The Overall battle (from L): Doru Pescaru (Romania - 3rd place); Lubomir Lukac (Slovakia - 2nd place); Dragos Enuta (Romania - 1st place). ▶





## MASTER MEN'S GAMES CLASSIC BODYBUILDING

His next start and next set of trophies. Dragos Enuta (Romania) had an incredible sequence of victories at these Championships! Now added one more gold medal and one more overall trophy. The next gold medal winner, German Villarroya (Spain), decided to be back on stage after his victory at the 2018 Arnold Classic Europe when he won Masters Classic Bodybuilding >40 years open category.



**MASTER MEN'S GAMES CLASSIC BODYBUILDING 40-44 YEARS OPEN**

**Gold:** Dragos Enuta (Romania)  
**Silver:** Richard Bilik (Czech Republic)  
**Bronze:** Jindrich Suchy (Czech Republic)



**MASTER MEN'S GAMES CLASSIC BODYBUILDING 45 YEARS & OVER OPEN**

**Gold:** German Villarroya (Spain)  
**Silver:** David Cerny (Czech Republic)  
**Bronze:** Andrei Pop (Romania)



▲ Master Men's Games Classic Bodybuilding Overall winner Dragos Enuta (Romania) receives the Overall trophy from the hands of the EFBB General Secretary, Mr. Ralph Decelis, in the presence of President Santonja.



**MASTER MEN'S GAMES CLASSIC BODYBUILDING OVERALL Dragos Enuta (Romania)**



The Overall battle (from L): Dragos Enuta (Romania - 1st place) and German Villarroya (Spain - 2nd place).



## MASTER MEN'S PHYSIQUE

Julian Laserna (Spain) just turned 40, so made his debut as a master athlete and it was a successful inauguration as he won gold medal in his category as well as the overall title. 53 years old Florentin Corbeanu (Romania) won the oldest class second time in a row, after his silver medal in 2021. Cedric Prieur (France) has been moving up each year, winning silver medal after his bronze in 2022 and 7th place in 2021.



**MASTER MEN'S PHYSIQUE  
40-44 YEARS OPEN**

**Gold:** Julian Laserna (Spain)  
**Silver:** Volker Haubrichs (Germany)  
**Bronze:** Erkan Bal (Turkey)



**MASTER MEN'S PHYSIQUE  
45-49 YEARS OPEN**

**Gold:** Eddy Walczyna (France)  
**Silver:** Cedric Prieur (France)  
**Bronze:** Laurentiu Barzila (Romania)



**MASTER MEN'S PHYSIQUE  
50 YEARS & OVER  
OPEN**

**Gold:** Florentin Corbeanu (Romania)  
**Silver:** Fredrik Age (Sweden)  
**Bronze:** Zdenek Vrana (Czech Republic)

**MASTER MEN'S PHYSIQUE  
OVERALL  
Julian Laserna (Spain)**



Master Men's Physique Overall winner Julian Laserna (Spain) accompanied by President Santonja. ▶



### 2023 EUROPEAN JUNIOR & MASTERS CHAMPIONSHIPS THE BEST TEAMS

<b>1 ROMANIA</b>	325 puntos
2 CZECH REPUBLIC	241 puntos
3 SPAIN	227 puntos
4 SLOVAKIA	205 puntos
5 FINLAND	173 puntos
6 SWEDEN	151 puntos

The Overall battle (from L): Julian Laserna (Spain - 1st place); Eddy Walczyna (France - 2nd place); Florentin Corbeanu (Romania - 3rd place). ▶







# 2023 West Asian Championships in Bahrain



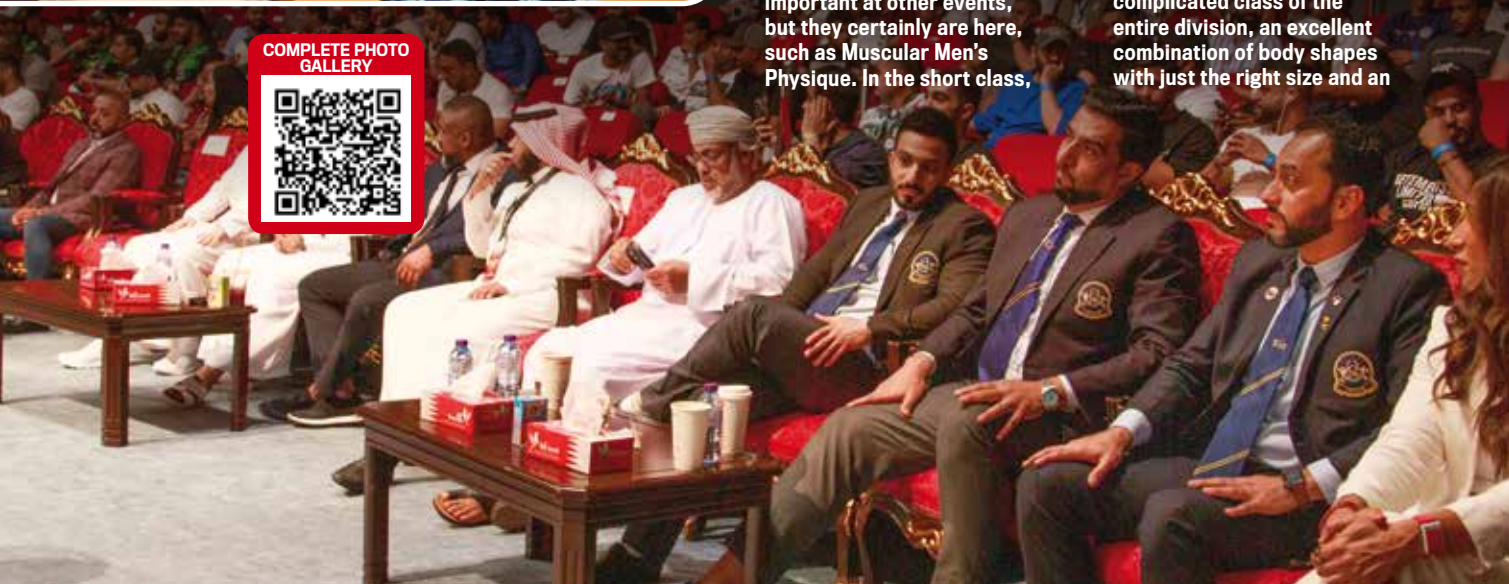
**THE 2023 WEST ASIAN** Championships will go down in history not only for being in Bahrain and for its great organization in an excellent setting of the island's University, but also for the two hundred athletes that competed in more than 30 classes. The numbers were large, both in terms of participants and quality. Manar Maikel, Chairman of the West Asian Championships, and Sami Al Haddad, president of the Bahrain federation, produced a great event with the members of the Bahrain national federation as the main protagonists thanks to their incessant work.

In purely sporting terms, it is worth highlighting some disciplines that are not so important at other events, but they certainly are here, such as Muscular Men's Physique. In the short class,

local athlete Ali Ebrahim Mohamed took the victory against some very difficult opponents, all with great physiques. In the tall class, 23-year-old Omani Omran Abdullah also won gold, brilliantly. The winner of the Overall and new PRO Elite athlete was the Bahraini Ali Ebrahim Mohamed, thanks to his great combination of muscular quality and V shape. In the most competitive of the disciplines we must mention Men's Physique once again, where in 170 cm Ganem Salim Al Mamari of Oman won against his compatriot Nser Marhoon Al Wahaibi in a close fight. In up to 173 cms Omar Almasoudi from Oman also had a really difficult time in what was the most complicated class of the entire division, an excellent combination of body shapes with just the right size and an



COMPLETE PHOTO GALLERY







outstanding pose. In 176 cm, the local athlete Ahmed Abdulla Al-Thawadi won the gold in a very tough fight with Omani Malik Issa Alkasbi, whom he ended up beating by a meagre 1-point difference. In 179 cm, the representative of the United Arab Emirates Sultan Ali Al Shamsi was the champion in a class that wasn't easy, either. The 182 cm category had the athlete from Bahrain Abdel Rahman Bushaqer as undisputed gold winner. In the tall class, the Emirati Ali Dawi

Alnapdi won as he had done previously. As for the Overall, it went to short champion Ganem Salim Al Mamari.

In classic Physique, in the size of up to 171 cm, popular local athlete Mohammed Najji Ali won the gold. He was not the largest, but he was the best poser and the one with the most shredded and proportionate physique. At 175 cm, Syrian Tawfik Alaboud did not leave a single flank neglected, he won and convinced, as he also did, once again, in the Overall. In

more than 175 cm, the Palestinian Suhail Alsasaad surprised everyone against his compatriot Maher S N Haboush. They were both very excited when the national anthem played.

In Classic Bodybuilding up to 171 cm, the representative of UAE Hassan Ali A Dhanhani won for his aesthetic, balanced, ripped physique and good pose. In up to 175 cm, Thani Khamis Saeed Alhamadi, also from UAE, had a difficult time winning, but he did so due to his great

competition shape and a good display of his best poses. In up to 180 cm, the Syrian Mohammad Al Refai did not have an easy time, but his muscular quality, size and, above all, his competitiveness beat the good form of the Emirati Ahmed Abdalla Alhammadi, who showed the most aesthetic of physiques. At over 180, the Lebanese athlete Hassan Imad Abdallah imposed his physique: tall, but with acceptable size and good muscle definition. In the







Overall, the Syrian winner of up to 180 cm, Mohammad Al Rafai, was the fair winner.

In 65 kilo Bodybuilding, the competitor from Oman, Sami Khalifa Hasan taught us all that the issue of weight has nothing to do with what you do with it. Very few physiques like this were seen in Damascus: legs to dream of, small waist, excellent V shape, yet big and proportionate, he left no one in any doubt who was going to

win. In 70 kilos, the athlete from Bahrain Ahmed Ebrahim Alsayyad was the one who took the gold. At 75 kilos and coming from UAE, Ahmad Ali Mohammed Mulla did not have an easy time at all in this tough category. In less than 80 kilos, another UAE representative, Ahmed Rustom, also won unanimously thanks to his structure, leg size, body shape, big arms and excellent pose. In less than 85 kilos, the

athlete from Oman Ali Salim Ali Al Mamari won and convinced; it was impossible to be bigger at his height and those 85 kilos did not give an inch of margin to his opponents, so much so that he won the overall title. At less than 90 kilos, the beautiful shape and muscular quality and separation of the Bahraini Muslem Abdulla Ali made him win the gold fairly. In less than 95 kilos, the representative of Iran, Hossein Pashazaedegh,

won, although he did not have an easy time against his rival from Oman, Mohammed Ali Alajmi, who with his superb condition only left room for the Persian to beat him fairly. At more than 95 kilos, the other Iranian Mohamed Reza Tayebi, with 118 kg on the scale, did not give anyone room to discussing the title, tall but with a lot of size (and well proportioned), only in the definition he did not go to the maximum.







COMPLETE PHOTO GALLERY



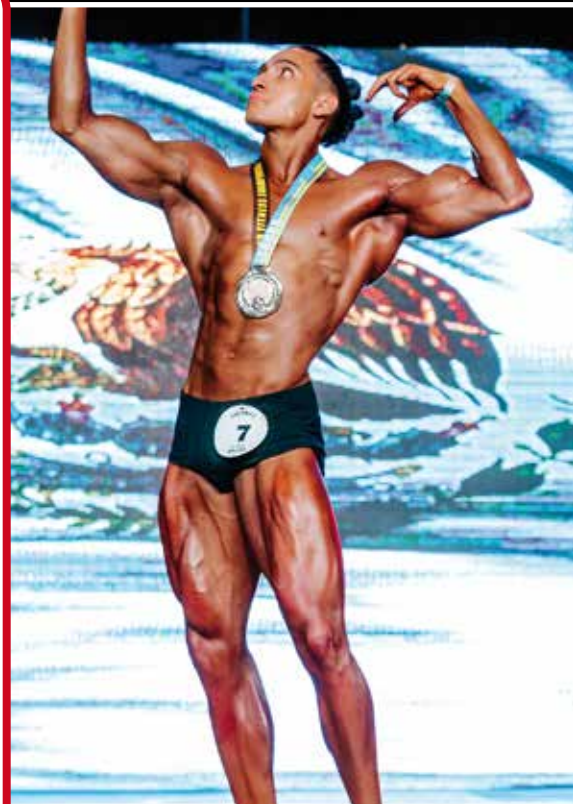
# Central American and Caribbean Championship (CAC)



## THE FIFTIETH ANNIVERSARY

of the Central American and Caribbean Championships (CAC) is a date we will remember thanks to the number of participants (around 200 athletes), the number of participating countries (21, no less) and the outstanding quality of all of them. The federation of the beautiful island of Aruba, just a few miles from the Venezuelan coast, directed by Giovani Arendz, did an excellent job, taking good care of all the details that athletes like: a large quality hotel with all the kitchen equipment any competitor would look for, transportation to the venue and a huge stage with a screen that elevated the show to new levels of quality.

In purely sporting terms, we would like to highlight the overall champion of Classic Bodybuilding, the Salvadoran Yuri Rodríguez, who has been the true winner of the weekend, as he won in several Master divisions, and also senior winner of various disciplines, in addition to overall Classic Bodybuilding and Masters Bodybuilding champion. This is an event he is sure to remember

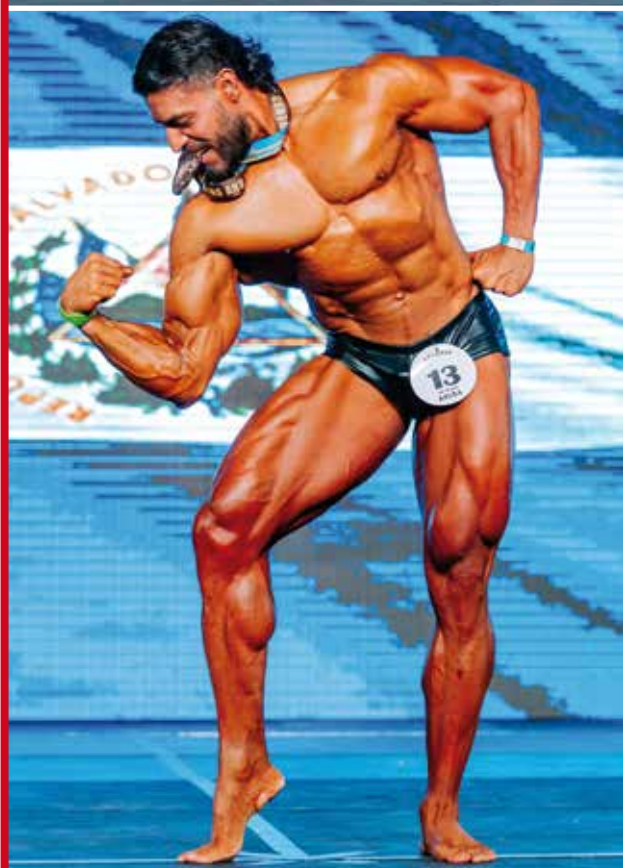






throughout his life. The reason as to why Yuri triumphed is simple: he came in better than ever. Good size even for Classic Bodybuilding, proportioned from head to toe and back to front, full and with an excellent point of definition aside from being an excellent poser, both in the obligatory poses and in the free choreographies.

The Muscular Men's Physique medallists should also be highlighted for their quality of athletes. All three showed excellent body structures, perhaps the first two had better condition and a little more experience in the pose, but honestly one of the best classes in this discipline that I have seen in an American championship. Champion Leonardo Varela from Costa Rica will go quite far, I'm sure. In Bodyfitness, Katherine Chavarría from Costa Rica imposed her good shape, correct condition and great presentation and movements on stage. In Classic Physique, the overall champion was Jonathan Aubry from Antigua & Barbuda, who did not have an easy time winning his class nor the overall against the Salvadoran star Yuri Rodríguez; nonetheless, his muscular balance, his good shape and structure and a correct leanness gave him the overall victory.







The Wellness division, which is always spectacular in America, was a quality show due to the good number of athletes and the completeness of their physiques. The representative of Antigua & Barbuda Ahjanya King imposed her law, without a doubt flaunting the best definition of the entire division, but just within the parameters of Wellness. With an adequate muscle size in both legs and buttocks, she was invincible.

The overall victory of Men's Physique was for the representative of the Bahamas, Terrion Kemp, who was also the winner of the Junior Men's Physique. However, it didn't seem so clear in his fight against the representative of Guyana Emmerson Campbell, who appeared with a resounding physique, some good abs and very good aesthetics. Terrion, on his side, presented a very tall physique with a very small waist and correct size, adequate definition and, above all, a lively and brave pose for a boy of Junior age. So, he ended up as the winner of the overall Men's Physique.

Zairelys Gomez from Venezuela was the overall Bikini champion, another discipline that was certainly not easy at all, but her physique stood out for her balance, pose and correct condition. The most numerous of all women's divisions and with increasing quality every year in this region, Bikini does not stop growing throughout the world. In Bodybuilding, we had the surprise of seeing the most numerous of all the male divisions. The overall winner, Mexican Josué Mata Mendes, is a compendium of what Bodybuilding should be: full size, but with excellent rippedness and great muscular balance along with a powerful frame and good pose. When all of these qualities come together, it's almost impossible to beat.





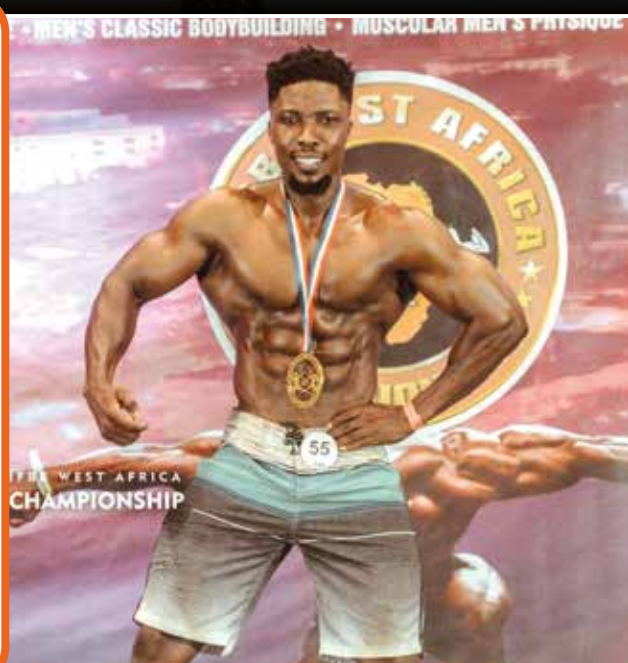


# IFBB WEST AFRICAN CHAMPIONSHIPS 2023

COMPLETE PHOTO GALLERY



**GHANA** has hosted the 2023 IFBB West African Championships, organized by the Ghanaian Federation and its President Mr. Abdul Hayye Yartey. Francis Nanaberg and Christopher Nton from Ghana emerged as winners in the Classic Physique and Men's Physique categories respectively. Ibrahim Olalekan from Nigeria obtained the first position in the Bodybuilding category. In the female categories; Nomathamsanqu Phiri from Zimbabwe was the winner in the Bikini Fitness category and Compaore Safoura from Burkina Faso in Wellness.





# EURASIAN

## OPEN



## IFBB EURASIAN CHAMPIONSHIPS



**THE 2023 IFBB Eurasian Open Championships**, a highly anticipated bodybuilding and fitness competition, concluded in the city of Almaty, Kazakhstan which proved to be a perfect host city.

The event showcased some of the most talented athletes from Europe and Asia, all competing for the prestigious title of IFBB

Eurasian Open Champion. The competition was fierce, and the Overall winners were:

- Vitalii Guliaev in Bodybuilding
- Artem Krysin in Mens Physique
- Luiza Valieva in Women's Bodyfitness

- Anastassiya Zhdanovich in Bikini
- Angelina Erivantseva in FitModel

Congratulations to all the winners and participants and we look forward to the next edition of the Eurasian Open Championships.



COMPLETE PHOTO GALLERY





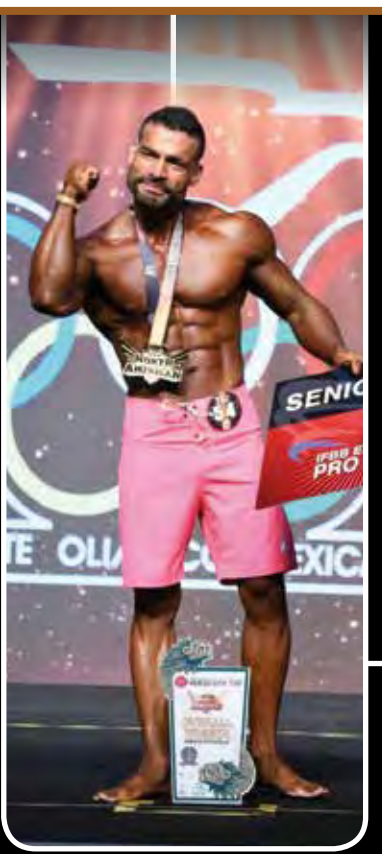


# IFBB NORTH AMERICAN CHAMPIONSHIPS

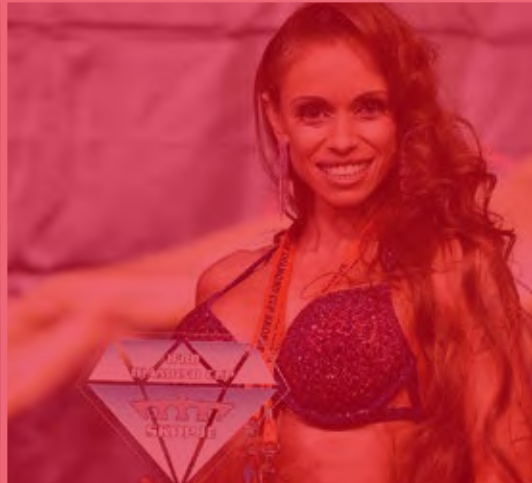
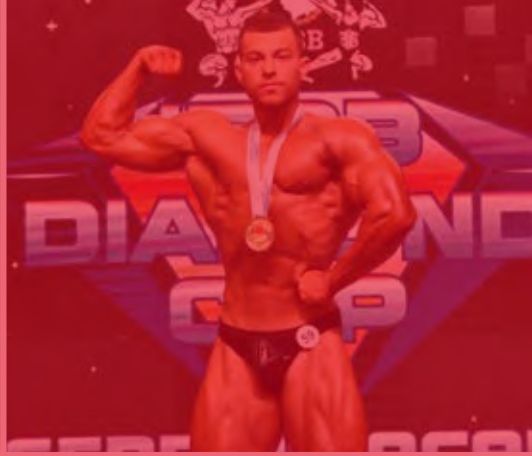
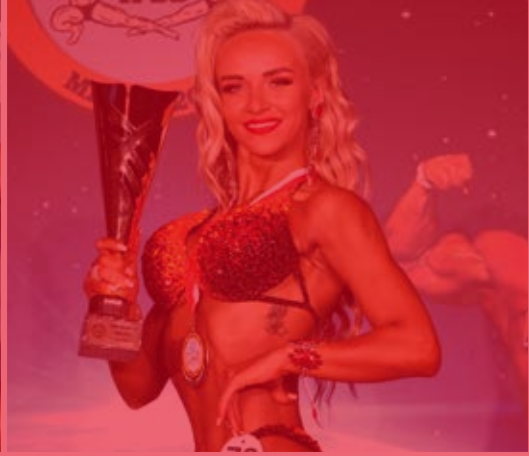
**ORGANIZED** by the president of the Mexican Federation, Mr. Francisco Cabezas, the North American Championship was held from

Mexico City! With a large presence of competitors from Mexico and the United States, they obtained first place; Juan Jose Reyes Alegria in the Men's

Physique category, Luis Fernando Barajas Arenas in Bodybuilding and Maria Magdalena Mosqueda Saavedra in Bikini Fitness among many others.











# 2023 IFBB DIAMOND CUP MALTA & IFBB ELITE PRO MALTA SHOW



**“THE BEAUTIFUL ISLAND OF MALTA WAS THE PLACE TO BE ON SUNDAY 14<sup>TH</sup> MAY FOR THE 2023 IFBB DIAMOND CUP MALTA AND IFBB ELITE PRO MALTA SHOW.”**



**MALTA** has become one of the favorite locations on IFBB’s calendar of events, thanks to the prestigious events organized by the Malta Federation of Bodybuilding and Fitness the affiliate to the IFBB Federation in Malta.

MFBBF President Ralph Decelis, who is also IFBB’s General Secretary, and his dedicated committee, always make sure the event is of the highest standards. As with every international event held in Malta, all the athletes enjoy their experience.

The Diamond Cup Malta event was an IFBB Elite Pro qualifier, and an IFBB World Tour Ranking Event.

The Diamond Cup Malta was organized just a few weeks after the IFBB European Championships, meaning the athletes that competed were at the highest level.

Over 100 athletes registered for the event, with approximately 30 competing in more than one division.

The highlight of the evening was when Wellness athlete, Gentiana Beqa, won the Overall Women’s Wellness event, and then went on to win the IFBB Elite Pro Wellness event on the same evening in Malta.

Gentiana Beqa is rated as one of IFBB’s best Wellness athletes in the world.

Czech Republic’s Lumir Stefek, went on to win the IFBB Elite Pro Men’s Classic Physique Open event. The fans loved Lumir’s posing routine, and especially when he posed in front of the crowd during the pose down together with the other classic physique athletes.

The season is not over for the MFBBF, as they still have a number

of prestigious events scheduled for 2023.

On 24 September, 2023, the MFBBF will be organizing three events during one weekend.

The Battle is a National qualifier for the Arnold Classic Europe. The best male and Female athletes will have free flights and accommodation.

The second event on schedule is the The IFBB Malta International Grand Prix, which is an IFBB Elite Pro cards up for grabs and also a World Tour Ranking qualifier.

Finally, the main event will be the IFBB Elite Pro Masters World Championships. The best Master Pro athletes will have the opportunity to compete for IFBB Masters Elite Pro’s most prestigious title.



Men’s  
Bodybuilding  
Overall.  
**TIMO STOCKL**  
(Germany)

COMPLETE PHOTO  
GALLERY





**Men's Classic Physique Podium.**

**WINNERS - 2023 IFBB DIAMOND CUP MALTA**

**Men's Physique Up To 170cm:**  
Damiano Farfarelli - Italy

**Men's Physique Up To 176cm:**  
Levan Gobejshvili - IFBB Flag

**Men's Physique Up To 182cm:**  
Quentin Caillot - France

**Men's Physique Over 182cm:**  
Matthieu Carpaye - France

**Men's Physique Overall:**  
Levan Gobejshvili - IFBB Flag

**Muscular Men's Physique Open:**  
Maxime Lemaire - France

**Men's Classic Bodybuilding Open:**  
Lazam Abras - Malta

**Master Men's Classic Bodybuilding 40 Years & Over:**  
Richard Bilik - Czech Republic

**Men's Classic Physique Open:**  
Aminu Nhammed - Germany

**Master Men's Classic Physique 40 Years & Over:**  
Richard Bilik - Czech Republic

**Men's Bodybuilding Up To 85kg:**  
Sebastiano Chiaramida - Italy

**Men's Bodybuilding Over 85kg:**  
Timo Stockl - Germany

**Men's Bodybuilding Overall:**  
Timo Stockl - Germany

**Master Men's Bodybuilding 40-49 Years:**  
Jorge Fernandez - Spain

**Fit-Pairs:**  
Pina De Rosa & Christian Cafasso - Italy

**Women's Fit-Model Open:**  
Adina Ivascu - Romania

**Junior Women's Bikini 16-23 Years:**  
Zuzanna Jedrzejczak - Ireland

**Women's Bikini Up To 160cm:**  
Falon Vargas - Italy

**Women's Bikini Up To 164cm:**  
Christine Holmen - Norway

**Women's Bikini Up To 169cm:**  
Zuzanna Jedrzejczak - Ireland

**Women's Bikini Over 169cm:**  
Evelin Vesterinen - Estonia

**Women's Bikini Overall:**  
Zuzanna Jedrzejczak - Ireland

**Master Women's Bikini 35-39 Years, Open:**  
Pina De Rosa - Italy

**Master Women's Bikini 40 Years & Over, Open:**  
Christina Luhamets - Estonia

**Master Women's Bikini Overall:**  
Christina Luhamets - Estonia

**Women's Bodyfitness Open:**  
Alina Wilhelm - Germany

**Women's Physique Open:**  
Tania Donati - Italy

**Women's Wellness Open:**  
Gentiana Beqa - Albania

**Master Women's Wellness 35 Years & Over:**  
Anastassia Toikka - Spain

**WINNERS - IFBB ELITE PRO MALTA**

**Women's Wellness Open:**  
Gentiana Beqa - Albania

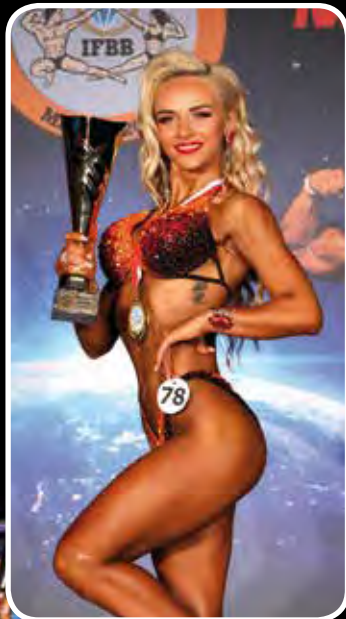
**Men's Classic Physique:**  
Lumir Stefek - Czech Republic



**Women's Bikini Overall. Zuzanna Jedrzejczak (Ireland).**

**Women's Wellness Open. Gentiana Beqa (Albania).**

**Men's Physique overall. Levan Gobejshvili (IFBB Flag).**

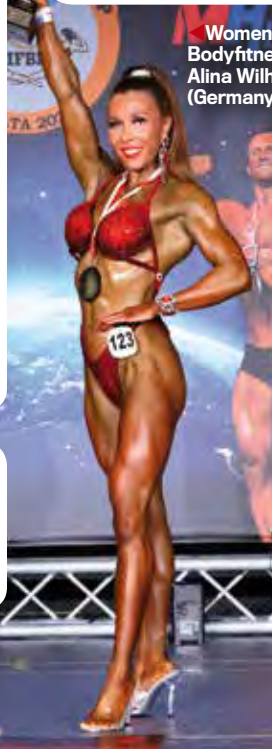


**Women's Bodyfitness Open. Alina Wilhelm (Germany).**

**Women's Fit Model. Adina Ivascu (Romania).**

**Women's Physique Open. Tania Donati (Italy).**

**Men's Classic Physique. Lumir Stefek (Czech Republic).**





# 2023 III DIAMOND CUP HUNGARY

## BUDAPEST CONSOLIDATES ITSELF IN THE EUROPEAN CALENDAR



▲ The Bodybuilding competition, won by the Slovakian Ales Cebin, who was light heavyweight winner in 2022, was spectacular.

"Fitness Challenge makes its Diamond Cup debut."

"Hungary shows its potential in women's disciplines, with stars like Fruzsina Lengyel (Acrobatic Fitness), Brigitta Kariko (Artistic Fitness), Vivien Simo (Bikini Master) and Lilien Pasztor (Fit Model)."

"Ales Cebin (Slovenia) revalidates his Bodybuilding title."

"Gellert Molnar (Hungary), prevails in Men's Physique."

"Jana Vojtiskova (Czech Rep.), dominates in Wellness."

"Isabell Wicke (Germany) leads in Bodyfitness."

"Sofia Korinkova (Slovakia) wins the Bikini title."

### THE APPOINTMENT

in Budapest, in the warm month of June, is already a goal for many European athletes who see how the Diamond Cup in Hungary is surpassed in organization, comfort, glamour and show year after year. Organized by the international promoter Mr. Csaba Bara, with the support of the Hungarian Federation (MTFSZ) chaired by Mr. Istvan Huber, the competition is part of a dynamic Expo dedicated to Fitness and held in the impressive Laszlo Papp

Arena, giving athletes the feeling of being sports stars.

A total of 16 countries participated in this edition that took place from June 3 to 5, in which Elite Pro Cards were distributed, as well as points for the IFBB World Ranking. The event showed that the female disciplines, together with Men's Physique are on the rise.

Among the outstanding athletes of the competition, we have to highlight the Slovenian Ales Cebin who was gold in -90 Kilos in 2022, and now returned to Budapest to win the overall

title, ahead of the Spanish Lorenzo Fernández. On his side, Gellert Molnar became the star of Men's Physique, winning the overall over another Spaniard, David Dosuna, and displaying fantastic potential at 24 years of age.

In the women's draw, the absence of the winner in 2022, Evelin Szalai, who's resting for the end of the season, made Hungary find its most outstanding figure in Lilien Pasztor, together with the new winners in Fitness, Fruzsina Lengyel (acrobatic) and Brigitta Kariko (artistic).



◀ The Fitness Challenge competition debuted in a Diamond Cup. In the image, the male finalists of the Gold modality.

COMPLETE PHOTO GALLERY







▲ Fruzsina Lengyel (Hungary), Acrobatic Fitness champion.



▲ Brigitta Kariko (Hungary), Artistic Fitness Champion.

**BODYBUILDING**

Open:  
Ales Cebin (Slovenia)

**CLASSIC BODYBUILDING**

Open:  
Robert Nagy (Hungary)

**CLASSIC PHYSIQUE**

Open:  
Robert Stefaneac (Slovakia)

**MEN'S PHYSIQUE**

Junior:  
Barnabas Toth (Hungary)

Middle class (-182 cm):  
David Dosuna (Spain)

Tall class (+182 cm):  
Gellert Molnar (Hungary)

Master:  
Istvan Koleszar (Hungary)

**BODYFITNESS**

Open:  
Isabell Wicke (Germany)

Master:  
Therese Thorin (Sweden)

**FITNESS**

Artistic:  
Brigitta Kariko (Hungary)

Acrobatic:  
Fruzsina Lengyel (Hungary)

**BIKINI FITNESS**

Junior:  
Tereza Kovarikova (Czech Rep.)

Short class (-160 cm):  
Sofia Korinkova (Slovakia)

Middle class (-164 cm):  
Anna Belova (Estonia)

Middle- tall class (-169 cm):  
Vendela Rosengren (Sweden)

Tall class (-172 cm):  
Tereza Kovarikova (Czech Rep.)

Super tall class (+172 cm):  
Jana Remiasova (Slovakia)

Master:  
Vivien Simo (Hungary)

**WELLNESS**

Open:  
Jana Vojtiskova (Czech Rep.)

**FIT MODEL**

Short class (-163 cm):  
Lilien Pasztor (Hungary)

Tall class (+163 cm):  
Natalia Martynenko (Spain)

Master:  
Orsolya Letavec (Hungary)



▲ Ales Cebin (Slovenia), winner in Bodybuilding.



▲ The Wellness podium, won by Jana Vojtiskova (Czech Rep.).



▲ The Men's Physique +182 cm podium, where Gellert Molnar (Hungary), overall champion, prevailed.



▲ David Dosuna (Spain), Men's Physique champion -182 cm.

**OVERALL BIKINI FITNESS:**  
Sofia Korinkova (Slovakia)

**OVERALL FIT MODEL:**  
Lilien Pasztor (Hungary)

**OVERALL MEN'S PHYSIQUE:**  
Gellert Molnar (Hungary)



▲ Isabell Wicke (Germany), winner in Bodyfitness, wearing her Elite Pro card.

The presidents of the Austrian (Mr. Jorg Kapfer) and Romanian (Mr. Gabriel Toncean) federations, at the Bikini -160 medal ceremony, won by Sofia Korinkova (Slovakia), overall champion.





# IFBB DIAMOND CUP SERBIA



**THE IFBB DIAMOND CUP SERBIA** took place in the city of Cacak! Ivica Janev from Macedonia won in Bodybuilding, Radostina Radeva from Bulgaria won in Bikini Fitness, and Emre Kara from Turkey won in Men's Physique, among others!

We look forward to the upcoming IFBB World Championships in Children's Fitness, which will take place in this amazing venue in June!



COMPLETE PHOTO GALLERY







# IFBB DIAMOND CUP SKOPJE



## THE IFBB DIAMOND CUP

championship in Skopje was held, organized by the North Macedonia federation and its president, Mr. Boban Gjoroskiel. Athletes like Karim Boyraz from Turkey, Elizabet Mihaylova from Bulgaria, Alpcan Karagoz from Turkey were crowned winners in the Men's Physique, Bikini Fitness and Bodybuilding categories respectively.



COMPLETE PHOTO GALLERY







# IFBB DIAMOND CUP AUSTRIA



**ORGANIZED** by the Austrian Federation and its president Mr. Jörg Kapfer, the IFBB Diamond Cup of Austria has been held in Hitzendorf, Graz, a town near the birthplace

of Arnold Schwarzenegger. Retransmitted openly by streaming, the championship has been a success in which the winners have been Michelle Reis from Germany in the

Bikini fitness category, Nadine Reinhardt also of German origin in Bodyfitness and Florian Weber from Austria in the bodybuilding category.





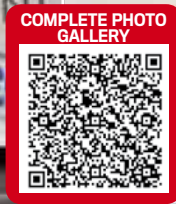


# IFBB DIAMOND CUP CZECHIA



## AT THE IFBB DIAMOND CUP CZECHIA,

several athletes stood out, with Karolina Judasova winning the Bikini Fitness category, Matej Vaigl taking the top spot in Bodybuilding, and Filip Krocek emerging victorious in Men's Physique, among others.









# 12<sup>TH</sup> ARNOLD CLASSIC EUROPE SPORT FESTIVAL 2022



"The long a waited Arnold Classic Europe and its 12th Edition took place this year again in beautiful city of Seville.



The Mayor of Seville, Mr Antonio Muñoz Martínez, took part in the inauguration of the event and showed great empathy for fitness and sports in general. ▽

COMPLETE PHOTO GALLERY



Arnold Classic Europe & Fitness Sport Games Opening ceremony.



Rafael and Nieves Santonja together with the Councilor for Tourism of Seville, Mr. Francisco Javier Paez, during the press conference that was held a few days before the event to present it to the media. ▶



**M**ore than 20,000 people attended the event, including the visit of the mayor of Seville, Mr. Antonio Muñoz Martínez, who toured the fair accompanied by the organizers, the President of the IFBB Rafael Santonja and his wife Nieves Lopez.

The event included a wide program with more than 40 different modalities and the participation of more than 6,000 athletes from all over the world. Among the

activities of Powerlifting, boxing, wrestling, fitness challenge, Zumba seminars, strongman.

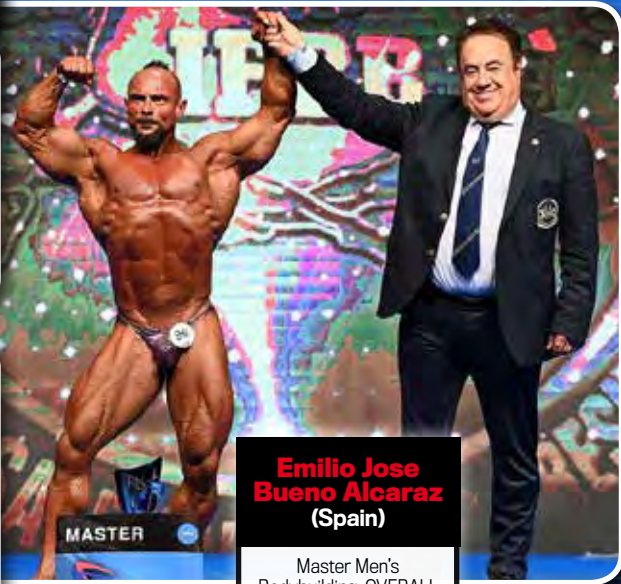
Bodybuilding as expected Arnold Classic Europe event with more than 800 amateur and professional participants from all over the world.

Among the winners Stanimir Gasarov in Bodybuilding, Emilio Jose Bueno in Master bodybuilding, Natalia Hrabarchuk in Bikini, Kateryna Myroniuk in Fit Model, Diego Rodriguez in Men's Physique among others.





# MASTER MENS BODYBUILDING



**Emilio Jose  
Bueno Alcaraz  
(Spain)**  
Master Men's  
Bodybuilding OVERALL





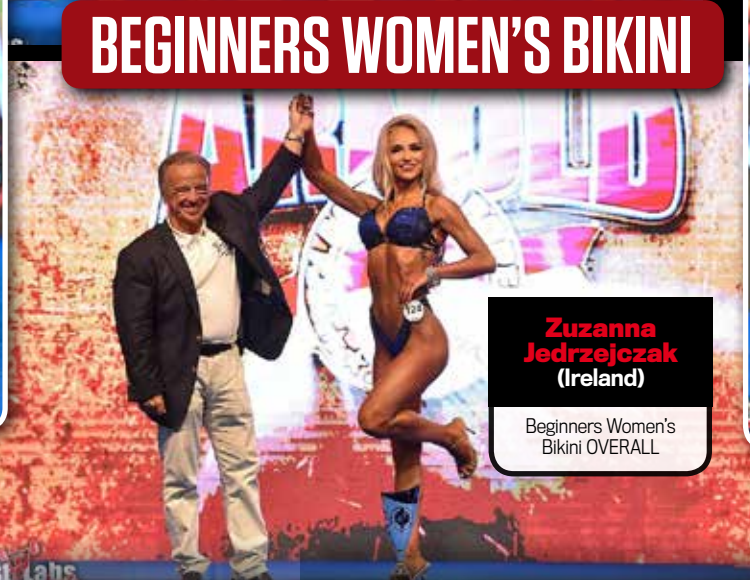


**Hugo Barajas**  
(Mexico)

Junior Men's  
Bodybuilding 16-23 yrs  
Open



**WOMEN'S PHYSIQUE**



**BEGINNERS WOMEN'S BIKINI**

**Zuzanna Jedrzejczak**  
(Ireland)

Beginners Women's  
Bikini OVERALL



**Oest Saute**  
(Germany)

Women's Physique  
OVERALL



**BODYFITNESS**

**Kateryna Ishchenko**  
(Ukraine)

BODYFITNESS  
OVERALL



▲ **WOMEN'S BODYFITNESS UP TO 163 CM.**  
Svitlana Hordiienko (Ukraine, 147).



◀ **WOMEN'S BODYFITNESS UP TO 168 CM.**  
Kateryna Ishchenko (Ukraine, 154).



◀ **WOMEN'S BODYFITNESS OVER 168 CM.**  
Sonja Tvanov (Germany, 169).



## MASTER WOMEN'S BIKINI



**Kateryna Spievakova**  
(Ukraine)

Master Women's Bikini  
OVERALL



## MASTER MEN'S PHYSIQUE



**Bright Eze**  
(Belgium)

Master Men's Physique  
OVERALL

## JUNIOR WOMEN'S BIKINI



**Viktorija Volodkovic**  
(Lithuania)

Junior Women's Bikini  
OVERALL





# WELLNESS

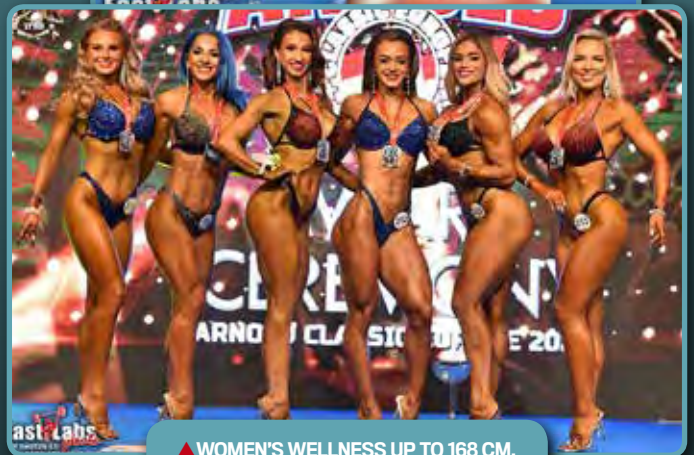


**Anamaria Medak**  
(Croatia)

WELLNESS  
OVERALL



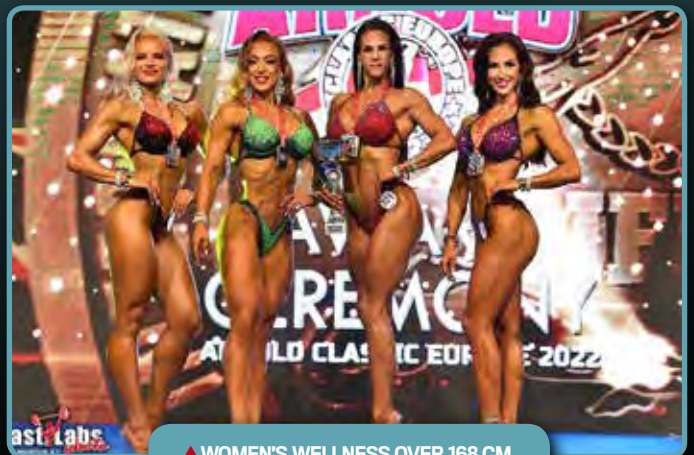
▲ WOMEN'S WELLNESS UP TO 158 CM.  
Meri Akievska (North Macedonia, 296).



▲ WOMEN'S WELLNESS UP TO 168 CM.  
Anamaria Medak (Croatia, 312).



▲ WOMEN'S WELLNESS UP TO 163 CM.  
Jessica Pap (Sweden, 306).



▲ WOMEN'S WELLNESS OVER 168 CM.  
Eva Budina (Czech Republic, 321).





# CLASSIC BODYBUILDING

**Agustin Frias Nivar**  
(Dominican Republic)

**MENS CLASSIC BODYBUILDING OVERALL**



SENIOR



▲ MEN'S CLASSIC BODYBUILDING UP TO 180 CM. Agustin Frias Nivar (Dominican Republic, 323).



▲ MEN'S CLASSIC BODYBUILDING OVER 180 CM. Serhii Melnyk (Ukraine, 347).

# MEN'S CLASSIC PHYSIQUE



**Joseph Peter**  
(Belgium)

**MENS CLASSIC PHYSIQUE OVERALL**



▲ MEN'S CLASSIC PHYSIQUE UP TO 171 CM. Thibault Boisson (France, 13).

MEN'S CLASSIC PHYSIQUE UP TO 175 CM. Roman Hubrii (Ukraine, 21). ▼

MEN'S CLASSIC PHYSIQUE OVER 180CM. Dzmitry Maksimovich (IFBB Flag, 39). ▼



MEN'S CLASSIC PHYSIQUE UP TO 180CM. Joseph Peter (Belgium, 27). ▼

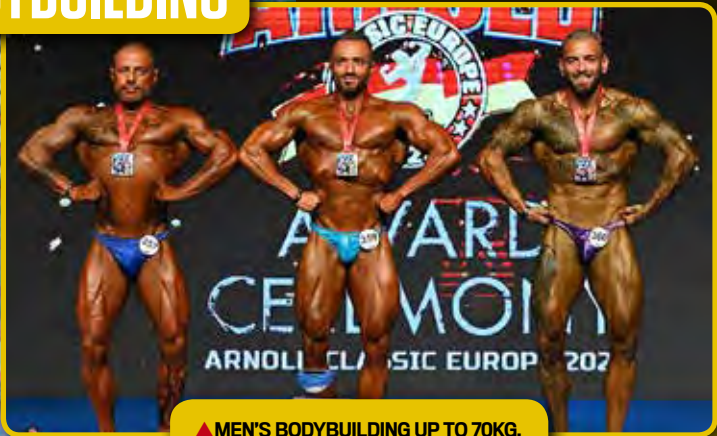




# BODYBUILDING



**Stanimir Gaserov**  
(Germany)  
**MEN'S BODYBUILDING OVERALL**



▲ **MEN'S BODYBUILDING UP TO 70KG.**  
Bruno Amateis (Italy, 359).



▲ **MEN'S BODYBUILDING UP TO 75KG.**  
Ludovic Robert (France, 366).



▲ **MEN'S BODYBUILDING UP TO 80KG.**  
Peter Socha (Slovakia, 371).



▲ **MEN'S BODYBUILDING UP TO 85KG.**  
Yevhen Ponomaryov (Ukraine, 380).



◀ **MEN'S BODYBUILDING OVER 90KG.**  
Stanimir Gaserov (Germany, 407).



◀ **MEN'S BODYBUILDING UP TO 90KG.**  
Dmytro Hrabarchuk (Ukraine, 395).





**FIT MODEL**

**Kateryna Myroniuk**  
(Ukraine)  
**WOMENS FIT MODEL OVERALL**



▲ **WOMEN'S FIT-MODEL UP TO 164 CM.**  
Karyna Nikolaieva (Ukraine, 481).



▲ **WOMEN'S FIT-MODEL UP TO 172CM.**  
Samanta Sneliute (Lithuania, 489).



▲ **WOMEN'S FIT-MODEL OVER 172 CM.**  
Kateryna Myroniuk (Ukraine, 493).



**MEN'S PHYSIQUE**

**Diego Rodriguez**  
(Mexico)  
**MENS PHYSIQUE OVERALL**

**MEN'S PHYSIQUE UP TO 170 CM.**  
Andrii Papezhuk (Ukraine, 422) ▶





**MEN'S PHYSIQUE  
UP TO 173 CM.  
Mariusz Gurynowicz  
(Poland, 428).**



**MEN'S PHYSIQUE  
UP TO 176 CM.  
Diego Rodriguez  
(Mexico, 432).**



**MEN'S  
PHYSIQUE  
UP TO 179 CM.  
Bright Eze  
(Belgium,  
442).**



**MEN'S PHYSIQUE  
UP TO 182 CM  
Carlos Hernandez  
(Spain, 459).**

**MEN'S PHYSIQUE OVER 182 CM.  
Iskender Abdizhaliluulu  
(Kyrgyztan, 467).**



## MUSCULAR MEN'S PHYSIQUE



st Labs  
PHOTOS BY  
EASTLABPHOTO.COM



# WOMEN'S BIKINI



**Natalia Hrabarchuk**  
(Ukraine)

**WOMENS BIKINI OVERALL**



**WOMEN'S BIKINI UP TO 158 CM.**  
Amelie Trisson (France, 514).



**WOMEN'S BIKINI UP TO 160 CM**  
Viktorija Volodkovic (Lithuania, 524).



**WOMEN'S BIKINI UP TO 162 CM**  
Natalia Hrabarchuk (Ukraine, 530).

**WOMEN'S BIKINI UP TO 164 CM**  
Anna Wozniakowska (Poland, 556).







▲ WOMEN'S BIKINI UP TO 166 CM  
Khrystyna Karanhel (Ukraine, 571).



▲ WOMEN'S BIKINI UP TO 169CM  
Viktoriiia Lysenko (Ukraine, 580).



▲ WOMEN'S BIKINI UP TO 172 CM.  
Alizee Juras (France, 603).



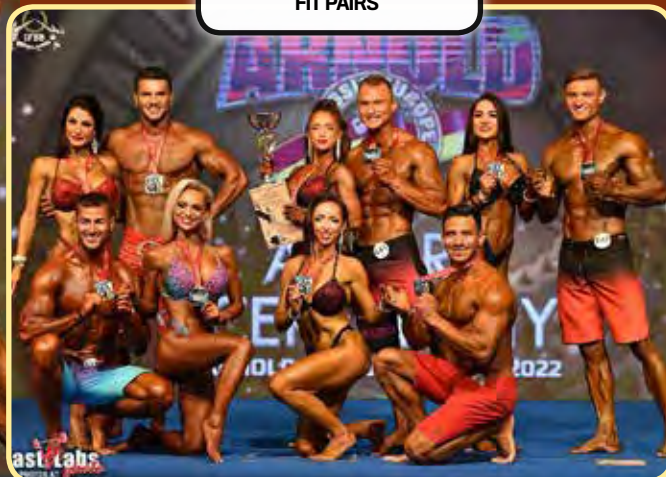
▲ WOMEN'S BIKINI OVER 172 CM.  
Valiantina Karatchenia (IFBB flag, 625).



## FIT PAIRS

**Viktorija Volodkovic -  
Darius Kirvela**  
(Lithuania)

FIT PAIRS





# ARNOLD CLASSIC AFRICA 2023

Showcasing Global Excellence in Bodybuilding and Fitness

"The IFBB International Bodybuilding & Fitness Show Takes Center Stage at the Arnold Classic Africa Multi Sports and Arts Festival"



Arnold Classic Africa partners Wayne, Michelle and France Price.

From May 19th to 21st, 2023, the vibrant city of Johannesburg, South Africa, played host to the highly anticipated Arnold Classic Africa Multi Sports and Arts Festival. The three-day extravaganza brought together athletes and enthusiasts from various disciplines to celebrate the pursuit of excellence in sports and arts. Among the myriad of events, the IFBB International Bodybuilding & Fitness Show stood out as a pinnacle of strength, dedication, and aesthetic prowess. Featuring both the Elite Pro Show and the Amateur Show, this showcase left audiences in awe as they witnessed the world's finest athletes competing on a global stage.

VENANCIO BENTO EPOLUA (Angola)  
Bodybuilding winner





## ELITE PRO SHOW:

A DISPLAY OF  
EXTRAORDINARY PHYSIQUES:

The Elite Pro Show at the IFBB International Bodybuilding & Fitness Show drew gasps from the audience as the crème de la crème of bodybuilding and fitness demonstrated their exceptional physiques. World-class athletes, meticulously sculpted and defined through years of hard work and unwavering commitment, competed for the coveted titles in various categories.

**ANASTASIA  
ZOLOTAIA**  
Bikini winner

**LUGIA  
BAGGETTA**  
(Italy)  
Master  
Bodyfitness

COMPLETE PHOTO  
GALLERY



**SAMUEL  
NZAGI**  
(Angola)  
Men's  
Physique  
winner



**PEDRO  
QUIALA  
PEREIRA**  
(Angola)  
Master  
Bodybuilding  
winner



MUSCLE & HEALTH 119



# AMATEUR SHOW:

A PLATFORM FOR EMERGING TALENT:

The Amateur Show at the IFBB International Bodybuilding & Fitness Show provided a platform for promising athletes from around the world to demonstrate their potential and take their first steps towards a professional career. As participants stepped on stage, the energy was palpable, with each competitor eager to prove their mettle and make their mark in the industry.



**ANASTASIIA  
GEKOVA**  
(IFBB flag)  
Women's Bikini  
Overall



**CARLA VAN ZYL**  
(South Africa)  
Junior Women's Bikini  
16-23 Years winner



**MARINA OLIVIER**  
(South Africa)  
Master Women's Bikini  
35 Years & Over winner



**LEIERE FALCK**  
(South Africa)  
Women's  
Fit-Model winner



**HELENA  
GONCALVES**  
(Angola)  
Women's  
Wellness  
Overall



**ANELDA  
HATTINGH**  
(South Africa)  
Women's  
Bodyfitness  
winner



**NATALIE HEYNS**  
(South Africa)  
Women's Beach  
Bikini winner



**JULIO SIMBINE**  
(Mozambique)  
Men's Physique Overall





**DANILO SERAGE**  
(Mozambique)  
Muscular Men's Physique winner



**MARIO FARIA**  
(Angola)  
Men's Bodybuilding Overall



**CLAYTON GORDON**  
(Mozambique)  
Master Men's Bodybuilding 40 Years & Over winner



**JUAN HURLEY**  
(South Africa)  
Junior Men's Bodybuilding 16-23 Years winner



**AEDIL SILVA** (Angola)  
Master Men's Physique 40 Years & Over winner



**PHETOGO SIANE**  
(South Africa)  
Men's Classic Bodybuilding winner



**ELIZANGELO RIBEIRO** (Angola)  
Men's Classic Physique Overall



**DYLAN PRETORIUS**  
(South Africa)  
Wheelchair Men's Bodybuilding winner



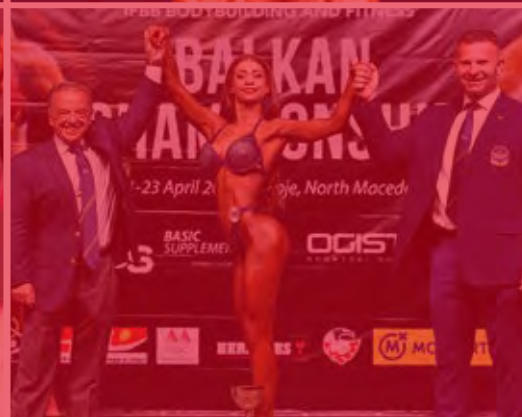
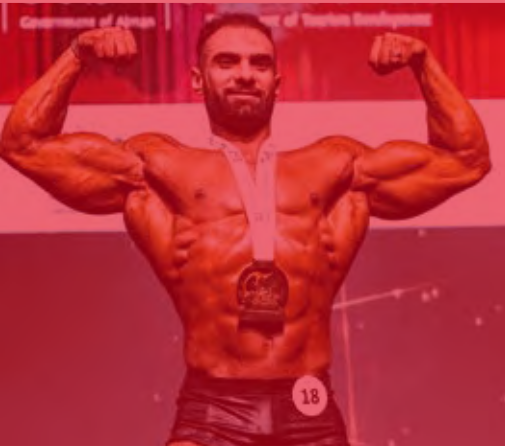
**MARIA BRUWER**  
(South Africa)  
Women's Physique winner

**GLOBAL REPRESENTATION AND CULTURAL EXCHANGE:**  
The IFBB International Bodybuilding & Fitness Show at the Arnold Classic Africa served as a melting pot of cultures, bringing together athletes and spectators from across the globe. Athletes from different countries showcased their unique training methodologies, dietary practices, and individual styles, contributing to a rich

tapestry of diversity within the bodybuilding and fitness community.  
**INSPIRING A GENERATION:**  
The IFBB International Bodybuilding & Fitness Show at the Arnold Classic Africa Multi Sports and Arts Festival left a lasting impact on both participants and spectators alike. The sheer determination and discipline displayed by the athletes served as an

inspiration for aspiring bodybuilders and fitness enthusiasts, motivating them to pursue their own goals and dreams.  
Through the power of sports and the celebration of human potential, the event demonstrated that success in bodybuilding and fitness is not merely measured by trophies and accolades but by the personal growth, self-discipline, and resilience it instills in individuals.








# IFBB SPORT FITNESS GAMES LIECHTENSTEIN 2023

COMPLETE PHOTO  
GALLERY



 **THE IFBB** Fitness Sport Games Liechtenstein have taken place! An outstanding competition in which Justin Helbling from Switzerland in Bodybuilding, Alena Kuzmina from Belgium in Bikini Fitness, and Manuel Kruft from Germany in Men's Physique obtained first position in their categories.







# IFBB Balkan Championship 2023

IFBB BODYBUILDING AND FITNESS



◀ **RADEVA RADOŠTINA**  
Bikini overall.

COMPLETE PHOTO GALLERY



**OVER 150 ATHLETES** from 11 Balkan countries participated in this year edition of Balkan Fitness and Bodybuilding Championship that took place in Skopje, North Macedonia, in 21st - 23rd of April.

The organizer was the North Macedonia Federation, lead by Mr. Boban Gjoroski, the President of the Federation.

The President of IFBB, Dr. Rafael Santonja was present for the Opening

Ceremony and as well for the Annual Congress of Balkan Federation, together with the President of the Balkan Federation, Mr. Gabriel Toncean and the General Secretary of the Balkan Federation, Ms. Tanita Groza Zeta.



▲ **MAMUCCVSKI VASKO**  
Men's Bodybuilding overall.



▲ **GETINKAYA BERKIN**  
Men's Classic Bodybuilding overall.



▲ **JANOV IVICA**  
Winner Men's Classic Physique.



▲ **BAYAT FAHRIGAN**  
Men's Physique overall.



# IFBB BALKAN CHAMPIONSHIP 2023

- Juniors Women Bikini 16-20 years open**  
*Arianamaria Toplicianu (Romania)*
- Juniors Men's Classic Bodybuilding 16-20 open**  
*Vladut Corciu (Romania)*
- Juniors Men's Bodybuilding 16-20 open**  
*Octavian Popa (Romania)*
- Juniors Men's Physique 16-20 open**  
*Hoxhaj Marjan (Albania)*
- Juniors Women's Artistic Fitness open**  
*Ates Polen (IFBB flag)*
- Juniors Women's Acrobatic Fitness open**  
*Edina Somai (Romania)*
- Juniors Men's Fitness 21-23 open**  
*Tugcan Kondoz Arif (IFBB flag)*
- Juniors Women's Bodyfitness 21-23 open**  
*Glavina Larisa (Croatia)*
- Juniors Women's Wellness 21-23 open**  
*Todorovska Mia (Northmacedonia)*
- Juniors Men's Classic Bodybuilding 21-23 open**  
*Vacic Nikola (Serbia)*
- Juniors Men's Classic Physique 21-23 open**  
*Vacic Nikola (Serbia)*
- Juniors Women's Bikini 21-23 open**  
*Rajkovic Andrija (Bulgaria)*
- Juniors Men's Bodybuilding 21-23 + 75 kg**  
*Kolev Georgi (Bulgaria)*
- Women Artistic Fitness open**  
*Djurdjivic Ivana (Serbia)*
- Master Women Bodyfitness 35-39 yrs open**  
*Zeljko Dusic (Serbia)*
- Master Women Bodyfitness +40 yrs open**  
*Vukevic Vesna (Montenegro)*
- Master Men's Physique 40-49 yrs open**  
*Mircea Cezar Cristian (Romania)*
- Master Women Wellness open**  
*Bianca Costea (Romania)*
- Master Men Games Classic Bodybuilding open**  
*Marian Serbanoiu (Romania)*
- Master Men Classic Bodybuilding open**  
*Marian Serbanoiu (Romania)*
- Master Women Bikini 35-39 yrs open**  
*Kovalenko Fındikoglu Alena (Turkey)*
- Master Women Bikini + 40 yrs open**  
*Kandic Narasa (Serbia)*
- Master Men Bodybuilding 40-49 yrs 80 kg**  
*Marku Armand (Albania)*
- Master Men Bodybuilding 40-49 yrs +80 kg**  
*Stankovski Vlade (Northmacedonia)*
- Master Men Bodybuilding + 50 yrs + 80 kg**  
*Eser Gulhan (Turkey)*
- Women's Fit Model open**  
*Adina Ivascu (Romania)*
- Women's Bodyfitness open**  
*Pos Andrea (Serbia)*
- Men's Games Classic Bodybuilding open**  
*Grujicic Slobodan (Serbia)*
- Men's Classic Bodybuilding 175 cm**  
*Daniel Laurentiu Minciu (Romania)*
- Men's Classic Bodybuilding +175 cm**  
*Getinkaya Berkin (Turkey)*
- Women's Physique open**  
*Pantovic Andrijana (Serbia)*
- Men's Classic Physique open**  
*Janov Ivica (Northmacedonia)*
- Women's Wellness open**  
*Gentiana Beqa (Albania)*
- Fit Pairs open**  
*Djurdjivic Ivana, Zivicovic Goran (Serbia)*
- Men's Physique 179 cm**  
*Bayat Fahrigan (Turkey)*
- Men's Physique 173 cm**  
*Akar Samet (Turkey)*
- Men's Physique +179 cm**  
*Lazic Srdoslav (Serbia)*
- Women's Bikini 169 cm**  
*Radeva Radostina (Bulgaria)*
- Women Bikini 162 cm**  
*Ariana Maria Toplicianu (Romania)*
- Women's Bikini +169 cm**  
*Diana Vincze (Romania)*
- Men's Bodybuilding 70 kg**  
*Nuho Bruno (Albania)*
- Men's Bodybuilding 80 kg**  
*Ivanov Georgiev Georgi (Bulgaria)*
- Men's Bodybuilding 90 kg**  
*Bajraktaraj Kushtrim (Kosovo)*
- Men's Bodybuilding 100 kg**  
*Mamucvski Vasko (North macedonia)*



▲ **TUGCAN KONDOZ ARIF**  
Winner Men's Fitness Junior.



▲ **GRUJICIC SLOBODAN**  
Winner Games Classic Bodybuilding.



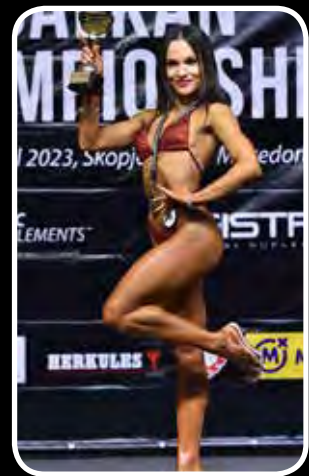
▲ **PANTOVIC ANDRIJANA**  
Winner Women's Physique.



▲ **POS ANDREA**  
Winner Bodyfitness.



▲ **GENTIANA BEQA**  
Winner Wellness.



▲ **EDINA SOMAI**  
Winner Acrobatic Fitness Junior.



▲ **ADINA IVASCU**  
Winner Fit Model.



▲ **DJURDJIVIC IVANA**  
Winner Artistic Fitness.



◀ **CRISTIAN IOANA/CEZAR GRADINARIU** (silver), **DJURDJIVIC ZIVICOVIE/IVANA GORAN** (gold), **ARIANA CRISTIAN /TOPLICEANU LUCHIAN** (bronze).

## OVERALL

- Juniors Men's Bodybuilding overall**  
*Kolev Georgi (Bulgaria)*
- Juniors Women Bikini overall**  
*Radeva Radostina (Bulgaria)*
- Juniors Men's Physique overall**  
*Hoxhaj Marjan (Albania)*
- Master Women Bodyfitness overall**  
*Zeljko Dusic (Serbia)*
- Master Women Bikini overall**  
*Kovalenko Fındikoglu Alena (Turkey)*
- Master Men Bodybuilding overall**  
*Stankovski Vlade (Northmacedonia)*
- Men's Classic Bodybuilding overall**  
*Getinkaya Berkin (Turkey)*
- Men's Physique overall**  
*Bayat Fahrigan (Turkey)*
- Women's Bikini overall**  
*Radeva Radostina (Bulgaria)*
- Men's Bodybuilding overall**  
*Mamucvski Vasko (North macedonia)*





# DUBAI MUSCLE CLASSIC 2022



**KHALID ALNAQBI**  
Overall Men's Physique (United Arab Emirates).

Khalid Alnaqbi, received the overall prize from H.H. Shaik Abdullah Bin Hamad Al Sharqi. ▶



**THE FEDERATION OF THE UNITED ARAB EMIRATES** of Bodybuilding and Fitness organized the DUBAI MUSCLE CLASSIC, a new edition of this already emblematic championship during the last weekend of October. The championship was held within the framework of the FITNESS Expo that hosted more than 600 competitors in the

different female and male disciplines. Athletes from 37 IFBB member countries were present at the event, among which the presence of athletes from the United States of America, Nigeria, Sri Lanka, Bangladesh, Cameroon, India, Israel, Kenya and Liberia stood out. The Emirates federation arranged for an orderly and efficient registration of athletes. Thus, on Wednesday morning the registration

of the female athletes was carried out and in the afternoon the athletes of the Mens Physique and Muscular Mens Physique disciplines were registered. On Thursday the bulk of the Bodybuilding, classic Physique and Classic Bodybuilding competitors were registered. The Dubai Exhibition Centre drew the attention of the entire fitness world this weekend. More than 600 competitors were gathered, and the championship

attracted the attention of hundreds of bodybuilding fans, yearning to witness the show and cheer on all the participating athletes. In the disciplines on Friday afternoon, the female athletes were the stars of the event. The bikini fitness, bikini wellness and bodyfitness disciplines attracted everyone's attention. With a high quality of competitors and a high participation of almost 60 competitors, the athlete from Ukraine Kateryna Spievakova prevailed in the Master and Senior Bikini disciplines and managed to become the OVERALL Winner in that division.

In the Bodyfitness discipline, the competitor from Bosnia & Herzegovina Bojana Zec won gold in the Senior and Master classes. Saturday was the day for bodybuilding and all of its



**Mohammad Khazaei**  
Overall Classic Bodybuilding (Iran)



divisions. The fame of the Persian bodybuilders did not leave anyone indifferent, and the general quality among the participants was high. Although the local athletes from the Emirates stood out, countries such as Iraq, Egypt and Iran also took podiums in all weight classes.

In the Classic Bodybuilding discipline, Iran's competitor Mohammad Khazaei won the gold medal in his class and was also proclaimed overall champion of the division. In the classic Physique discipline, the athlete of Iranian origin, Hamid Mehrabani, lifted the overall trophy. The night

ended with Bodybuilding and the proclamation of the overall winner, also from Iran, Mehdi Jaberinezhad, thus making the Iranian delegation the most winning team of the event. Sunday began with the largest disciplines in number of participants: mens physique and muscular mens physique.

We would like to highlight the athlete from Liberia Elijah Tokpan, who displayed a spectacular physique within the standards applied by the regulations in

the Mens Physique discipline. He won his class, up to 170 cm, but he did not conquer the overall title, which went to the member of the United Arab Emirates team Khalid Alnaqbi, who received the overall prize from H.H. Shaik Abdullah Bin Hamad Al Sharqi who was present during the three days of the event.

In muscular men`s, the Iraqi Hhmoood Al Azzami was the overall winner.



**Mehdi Jaberinezhad**  
Overall Bodybuilding (Iran).



**Bojana Zec**  
Overall Bodyfitness (Bosnia&Herzegovina).



**Kateryna Spievakova**  
Overall Bikini (Ukraine).



**Hhmoood Al Azzami**  
Overall Muscular Men's Physique (Iraq).



**Hamid Mehrabani**  
Overall Classic Physique (Iran).





# 2023 DUBAI MUSCLE BEACH



**CHRISTIAN LEAL**, Classic Physique Overall Champion, with President Santonja and his Highness SHEIK ABDULLAH BIN HAMAD AL SHARQI, IFBB Vicepresident.



▲ Men's Classic Physique up to 168 cm.



▲ Men's Classic Physique up to 171 cm.

**WITHIN THE INCOMPARABLE** setting of the JBR beach, the most exclusive beach area in Dubai, Mr Bassem El Jawhari, the promoter of the Emirates area, held yet another international event with the collaboration of the Emirate federation, all of which have had enormous success. This edition of Dubai Muscle Beach has taken a step forward in terms of quality, with an Expo organized outdoors and with excellent results in both sports and business.

Saturday morning began with the dispute of the Men's

Physique event. In the short class (1.70 m) Omar Mohamed Al Mheiri from the UAE won, not without difficulties, ahead of Ammar Hamad Al Bloushi from Oman and the UAE resident Mohamed Inzamam Packeer, all with great quality and giving excellent competition. In up to 1.73 m, the most disputed battle of the discipline took place with Ishaq Yousuf Al Farsi from Oman as champion, thanks to his V shape and correct definition; the silver medal was for Abdullah Alshehhi of UAE and bronze for Noorledin Mohamed Abdelrahman, also a UAE

resident. In the height class up to 1.76, the podium was entirely for UAE with Shamsheer Kunhi Peedikayil as champion, although he could have presented a little more definition so that he would have stood out more against Abdul Kadeer Afzali, second, and Mohamed Salim Alnaqbi, third. The Tall class was won by the Sudanese athlete Azam Abuzaid Sagier, over the Egyptian Mohamed Osman Youssef and Ilia Chashchin, a resident of the UAE; it was a tough fight with good quality in the top 3. The overall went to Oman, with Ishaq

Yousuf Al Farsi who already stood out in his class, the most disputed of the event. In Juniors, it was the 1.70 m runner-up Abdullah Alshehhi from UAE who won. In Masters it was Mohammed Mansour Al Jahdaly of Saudi Arabia who took the win.

In Classic Physique short class it was the UAE resident athlete Saddam Hussain Uddin who won, big and with good muscular balance, he was the clear winner before the UAE representative Abdullah Saeed Alnaqbi and the representative of Sri Lanka, Ashen





▲ Men's Physique up to 170 cm.



▲ Men's Physique up to 173 cm.



▲ Men's Physique up to 176 cm.



▲ Men's Physique + 176 cm.



▲ Men's Physique junior.



▲ Men's Physique 40-44 years.



▲ Muscular Men's Physique.

Wedathantrige. In the Medium class there was more general quality and the UAE resident athlete Christian Leal won with an excellent physique, with very good legs and volume in general, balanced and only lacking more muscular rippedness; runner-up was Adnan Obaid Al Blooshi and third Emad Al Blooshi, both from the UAE. In the tall class, the Syrian Hasan Hmade Alkharsan was the fair winner against the Egyptian Mohamed Osama Mohamed and the UAE resident Mohammad Hazim Almadani, second and third respectively. The Overall was clearly for Crsitian Leal with his great physique, large and well-proportioned.

In Muscular Men's Physique, the less muscular competitors but with better condition, which is what truly distinguishes the Men's Physique discipline, where the big winners. Rabee Salman Al Zaabi from UAE defeated the Egyptian Ahmed Samir Abdelgawad, third was Umedzhon Gafarov, an Uzbek residing in the UAE.



**ISHAQ  
YOUSUF AL  
FARSI  
(Oman)  
Overall Men's  
Physique**





▲ Bodybuilding up to 70 kg.



▲ Bodybuilding hasta 80 kg.



▲ Bodybuilding up to 90 kg.



▲ Bodybuilding up to 95 kg.

In the Bodybuilding classes there were a good number of competitors and in general good quality, although in 70 kilos the quality was somewhat better than on other occasions and Ajayan Puthiyakandam, a resident of the UAE, beat Shabeel Parambil, also a UAE resident, while the representative of Sri Lanka Rajitha Iresh, was third. In less than 75 kg, the Egyptian Mohamed Aly Magry had a good physique regarding structure, definition and size that was enough to prevail over Shiju Kumar, second, and Jun Kinf Fernandez, third; both representing UAE as residents. In less than 80 kg, Alfonso Pinkus, presented a polished physique, not very big, but balanced and with a point of definition that was the best of the event and, in the end, made him the Overall champion against heavier opponents. Christian Leal, overall champion in Classic Physique was second and the Saudi Hussain Hassan Al Hamadi was third. In less than 85 kg, another Mexican, Edson Sánchez, also with a very defined body and good posing had the entire public in suspense due to how close he was to the second, Ahmed Othman Ibrahim, and the third, Ansar Abbas Pervais, both



▲ Bodybuilding up to 75 kg.



▲ Bodybuilding up to 85 kg.



▲ Bodybuilding + 95 kg.

**ALFONSO PINKUS (Mexico)**  
Overall Men's Bodybuilding

Mr. Bassem Al Jawhari with the Overall Bodybuilding Champion and Mr Pawell Filleborn. ▶





**UAE residents.** In under 90kg Jacques Olivier Somon was first, representing UAE as a resident, Algeria's Haron Belaziz was second closely followed by Syrian Hasan Hmade Alkharsan. In up to 95, the international champion from Kosovo Granit Kuleta took the victory against two giants of this class, Ahmed Ibrahim Mahmoud from Egypt and Sokombai Roland Belang from the Emirates. In the heavyweights, the champion was the Iranian Pourya Kamani, who was clearly the best over Mahmoud Mossad Elmalky, a resident of the UAE, and the Egyptian Ahmed Salah, second and third.

In Junior Bodybuilding, the Mexican Edson Sanchez did a double, although we would like to highlight the second classified, the Indian Mansoor Shah, who presented a fabulous physique that perhaps needs more size in the lower body to match the excellent upper body. As for Masters, the Saudi Hussain Hassan Al Hamadi won from 40 to 49 years and the Iranian Hamid Abtahi for more than 50 years.

In Classic Bodybuilding, short class Abdulrahman Obaid Alkhateri from UAE presented a perfect physique for the class, compensated to the millimetre,



▲ Bodybuilding junior.



▲ Master Bodybuilding 40-49 years.

Master + 50 years. ▼

good structure, crystalline definition and an excellent poser, which gave him both gold and the Overall of this discipline. Silver medal was for Ehsanfar Shidrokh from Iran and bronze for Shabeel Parambil, resident of the UAE. In the tall class, the Iranian Morteza Shofdei won with a close victory against Ahmed Mohamed Elagouz, runner-up, and Rashid Abdalla Al Sharari, third, both residents of the UAE. In the Classic Bodybuilding Masters, local athlete Alex Agyiri clearly won this class.

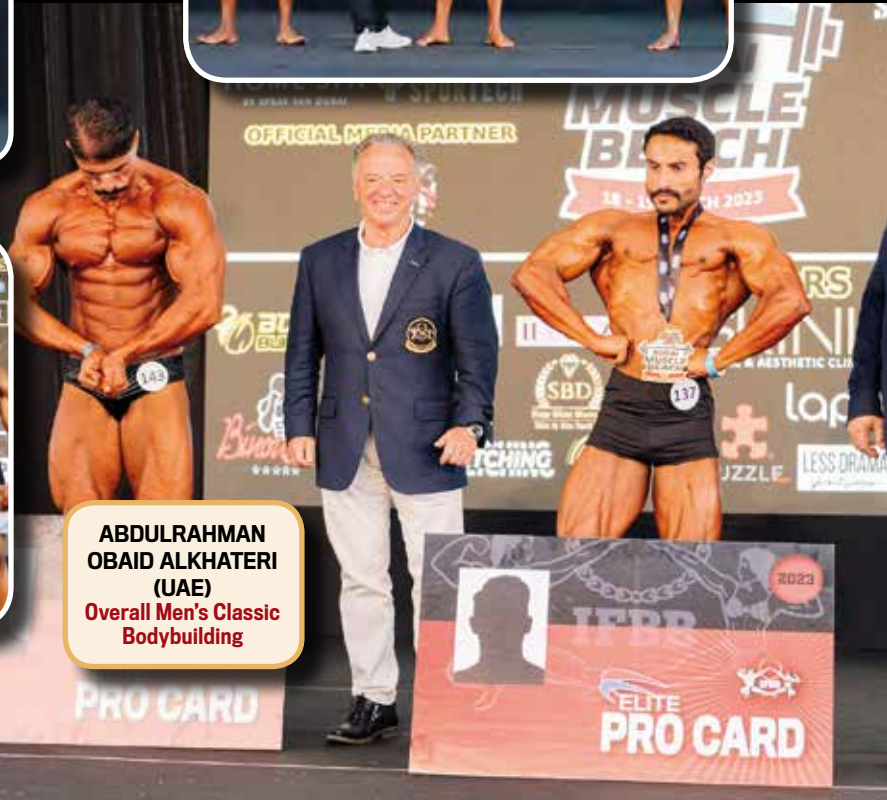


▲ Classic Bodybuilding up to 175 cm.

Classic Bodybuilding + 175 cm. ▶



▲ Classic Bodybuilding Master.







▲ Fitness Artístico.

**VALERIA LEBAKINA**  
(IFBB Flag)  
Overall Fit Model

In the female disciplines, there was a large representation that continues to grow year after year, something unthinkable until very recently in a place like this, where female sports wasn't allowed by law. Bodybuilding and fitness thus help break down barriers to female participation, something that undoubtedly makes our sport very positive. In Artistic Fitness, the Finnish Marika Hongisto gave a good idea of the quality of this discipline and the spectacularity of the routines. A discipline that is very popular in the Emirates is female Fit Model, and in the short class Vitallia Vinogradova was the champion, Natalia Zatonskikh was second and the representative of the UAE as a resident Snizhana Yefimenko, third. In the tall class, Valeriia Lebakina's mixture of youth, beauty and physical tonicity earned her gold and the overall title, while Karina Alekseeva was second and UAE resident Joanna Ewa Burgess third. In Bodyfitness, the excellent athlete Inna Makarova, a local resident, gave an excellent image of what Bodyfitness is with a scditionthat highlights the physical structure, impressive legs, thin waist and perfect shoulders for the discipline, a great representative, though it wasn't easy because the second, Natalia Poluektova, showed an impeccable condition, great muscular balance and good posing. She was also the Master champion, whereas the UAE resident athlete Dia Fathy Abdelfattah was third.

In wellness there was a little less representaiton, with only two athletes, Mai Mosleh Ahmed Said, a local resident, and Tetiana Degachi who was second.



▲ Fit Model up to 163 cm.



▲ Fit Model + 163 cm.



▲ Bodyfitness.







▲ Bikini up to 162 cm.



▲ Bikini up to 164 cm.



▲ Bikini up to 169 cm.

In Bikini Master there were two classes from 35 to 39 years with Natalia Barbasova as the winner, and over 40 years with Felice Dyan Manaloto as winner. Great quality in Bikini, starting with the 1.62 champion Kseniia Smogailova with an incredible physique, balanced, with excellent shape, right definition and good posing. Master champion Natalia Barbasova was second and Anna Korableva

third. The class up to 1.64 was won by Arina Bogdanova, with a great physique, excellent posing and better skin, attractiveness and structure. Runner-up was Mayya Leonenko and local resident Viktoriia Butsykina, third. The best class was the 1.69 class with Aleksandra Buzmakova the champion, although she was closely followed by the second, Polina Lukina and the third, Karina Dorokhova. The

tall class was a level duel, on the one hand the UAE resident Beatrice Oyombe, and the representative under the IFBB flag Natalia Khabarova, both tall and with physiques of international champions gave a result in favour of Khabarova, mainly for being better poser, more natural and an expert in how to pose. Finnish Marika Hongisto was third. The Overall champion was Natalia Khabarova.



▲ Bikini up to + 169 cm.



▲ Master Bikini 35-39 years.



▲ Master Bikini + 40 years.



**NATALIA KHABAROVA**  
(IFBB Flag)  
Overall Bikini



# International Championship 2023 IFBB AJMAN



**ALIREZA  
BAQERI (Iran)  
Overall Classic  
Bodybuilding**



**THE SECOND IFBB**  
International Championship of the season took place over the weekend of March 4-5 in the Emirate of Ajman, one of the seven that make up the United Arab Emirates. Tarik Khalil, the organizer and IFBB official, did a great job with the organization throughout the event: excellent lighting, great presentation with led screens and sound and everything that makes for a prestigious competition. He also had the invaluable help of the UAE Federation with Sheikh Abdullah bin Hamad bin Saif Al Sharqi at its head and the entire team of this federation. Likewise, IFBB President Dr

Rafael Santonja presided over the event accompanied by the President of the Arab Federation and Executive Assistant to the President, Dr Adel El Fahim.  
As for the competition, we can review the classes that met with the Juniors in Classic Physique, both coming from Syria and with a fairly even competitive level between the two, although it was Mohamad Ali Khatib who beat his compatriot, Saad Abdul Moez Tenkw. In the Master Classic Physique it was another Syrian, Mahmoud Cheghri, who won thanks to his complete physique, with good shape and being a good poser, against the

Iraqi Ameer Saeb Abdulameer and the UAE resident Prasanna Perera. In senior Classic Physique, Ahmad Albabi from Oman was the undisputed champion with the highest level of the entire championship in Classic Physique, with his strong physique, a good poser as well and perfectly balanced; perhaps he could speed up his condition, but it was enough for him to prevail over Momen Mostafa Ahmed from Egypt and Abdulrahman Obaid Ali Alkhatiri (UAE), who did not make it easy for him since they were both really good competitors and with better condition than the winner, though undersized. In up to 1.71 m, Mahmoud Cheghri

from Syria took the victory against Iranian Hassan Mohammadsharif, who made it really difficult for him due to the quality of both. UAE resident Ramseel Babu Purakkal was third. In the class of up to 1.75, there were 3 Egyptians on the medal table: Mohammad Ahmad Rizk was first with an excellent physical condition, pleasant proportions but he did not arrive at 100%; Omar Adel and Sayed Hassan Ali were second and third respectively. In the last of the classes, more than 1.75, it was the UAE resident Rehan Shaikh who beat the Iraqi Ameer Saeb Abdulameer and the Egyptian Mahmoud Ashour Gad, in their



best shape, thanks to his muscular balance and also for being a great poser. In the Overall, Mohammad Ahmad Rizk from Egypt prevailed.

In the next discipline, Men's Physique, the number of participants was greater, as is customary, and here, local athlete Abdullah Alshehhi from UAE clearly prevailed due to his very adequate shape and condition, while the UAE resident Abdul Kadeer Afzali was runner-up and the Jordanian Zaid Bataineh, third. In Master, there were also two classes; Abdalla Ali Alkhattal from UAE prevailed over the two UAE resident competitors Khaled Mahmoud Abdelrazek and Ihab Adel Ashry, second and third. In the class over 45 years, it was the representative of Saudi Arabia Hasan Saif Alsaibi who stood up against the Egyptian Ahmed Mohamed Saad and the Emirati Badr Hassan Mohamed Sharif. Abdalla Ali Alkhattal was also the Men's Physique Overall Master Champion. In the senior sizes, up to 1.70, the UAE athlete Omar Mohamed Almheir was the champion despite not having an easy round against the representatives of Oman, Omar Khamis Almasoudi, second, and

Asad Issa Alhahabi, third. Under 1.73m went to the only Qatari to compete in this event, Mohammed Ahmad Al Najar, while Omani Ishaq Yousef Al-Farsi was second and UAE athlete Abdullah Alshehhi, third. In the class up to 1.76 m, Vincent Praveen Pinto from UAE and Hasan Saleh Alajmi from Oman had a nice duel, where the first dominated over the second despite the fact that both had ideal silhouettes for the discipline, Abdullah Hassan Juma from UAE being third. In up to 1.79 m we found the entire podium representing UAE: Salam Sulaimani Abdulmajid was first, Nader Philip was second and Abdalla Ali Alkhattal was third. In 1.82 we also had the UAE representative Ahmed Lbaz as the clear champion, Andrei Shlinskii as second and the Palestinian Abdalfatah Omar, third. In the tallest class, more than 1.82 m, we had Mahmoud Moustafa Yousef, a resident of the UAE, Zaid Bataineh from Jordan and Yousif Ahmad Abbas from Iraq as third. This class was perhaps the weakest of all the seniors since none of the 3 had a spectacular condition. The overall was won by Ahmed Lbaz.



▲ Juniors Classic Physique.



▲ Master Classic Physique.



Classic Physique up to 168 cm. ▶



▲ Classic Physique up to 171 cm.

Classic Physique up to 175 cm. ▶

Classic Physique + 175 cm. ▼



COMPLETE PHOTO GALLERY



**MOHAMMAD AHMAD RIZK (Egypt)**  
Overall Classic Physique







▲ Men's Physique Junior.



▲ Master Men's Physique 40-44 years.



▲ Master Men's Physique +45 years.



▲ Men's Physique up to 170 cm.



▲ Men's Physique up to 173 cm.

In Muscular Men's Physique, there were also 3 classes; in the first up to 1.74 m Aedh Alhumaidd Tuwalah from Saudi Arabia with excellent shape, good appearance and excellent condition beat the only representative of Kuwait Hasan Alhaddad and Rashed Awadh Almheiri from UAE. In the middle class, up to 1.78, we had Ahmed Samir Abdelrahman from Egypt as champion, second Abdullah Mourad from UAE and third, Amer Rustam. In the tall class we had the Saudi Hamdan Mohammed Alahamdi as champion, Mohamed Hateq silver medal and Ahmed Juma Salem Eid Alhanaee, bronze, both from UAE. The overall went to the champion of the short class with a unanimous vote: Aedh Alhumaidd Tuwalah from Saudi Arabia.

**AHMED LBAZ**  
(UAE resident)  
**Overall Men's Physique**



▲ Men's Physique up to 176 cm.



▲ Men's Physique up to 179 cm.



▲ Men's Physique up to 182 cm.



▲ Men's Physique +182 cm.



▲ Muscular Men's Physique up to 174 cm.



Classic Bodybuilding Master was won by the representative of Iraq, Ameer Saeb Abdulameer, against the UAE resident Sudantha Kumara. In the 3 senior classes, in up to 1.68 it was UAE's Abdulrahman Obaid Ali Alkhatr who beat his compatriot Mashaal Alhosani, while UAE resident Tedan Shavinka was third. In size up to 1.75m Mohamed Fouad Ahmed from UAE was the best despite the fact that his condition was not the best, but his shape is spectacular for the class. Raigamage Duminda Perera and Abdullah Rashid Alghaithi, second and third, also came from the UAE. In the tall class, the Iranian athlete, Alireza Baqeri, clearly prevailed against Samer Abdul Rasool Alballushi from Oman and the Emirati Ibrahim Mousa Alreesi who tried to fight against the physical superiority of the Iranian, who was so unbeatable that he ended up winning the Overall.



▲ Muscular Men's Physique up to 178 cm.



▲ Muscular Men's Physique + 178 cm.



**AEDH ALHUMAID TUWALAH**  
(Saudi Arabia)  
Overall Muscular Men's Physique



◀ Master Men's Classic Bodybuilding.



◀ Classic Bodybuilding. up to 168 cm.



◀ Classic Bodybuilding. up to 175 cm.



◀ Classic Bodybuilding. + 175 cm.



**ALIREZA BAQERI**  
(Iran)  
Overall Men's Classic Bodybuilding.





▲ Junior Men's Bodybuilding.



▲ Master Men's Bodybuilding 40-49 years.



▲ Master Men's Bodybuilding +50 years.



▲ Men's Bodybuilding up to 65 kg.



▲ Men's Bodybuilding up to 70 kg.



▲ Men's Bodybuilding up to 75 kg.

In Bodybuilding we had many classes: in Junior, Al-Waleed Khalid Al-Battashi from Oman presented a compact physique, with a good finish. The two Egyptian rivals, Asem Gamal Amin Elboraey second and Mohamed Islam Elsaid, could do nothing. In master, there were also two physiques with a good level. The Egyptian Elshahat Mohamed Eliwa and the UAE resident Mohammad Ali Tyson put up a close battle, the former tall with excellent definition and a great poser although his legs lagged a bit; the Emirati resident with a more compact physique, huge arms and shoulders that somewhat overshadowed the rest of his torso. Also UAE resident Ahmed Mahdi was third. In the Master Over 50 years, Syrian Khaled Joukhdar

was champion, whereas UAE resident Sudantha Kumara was third. The overall Master was clearly for the Egyptian Elshahat. In senior bodybuilding less than 65 kilos, the winner came from Oman, Sami Khalifa Algharbi: with a great physique, he prevailed against another good competitor, Abdulrahman Obaid Ali Alkhatiri, from UAE, whereas the bronze medal went to Momen Mostafa Ahmed Abouelyazed from Egypt. In the class up to 70 kilos, Ahmed Awad Othman was first, UAE resident Mohammed Arif T., second, and Ali Abdulla from Syria, third. In the class up to 75 kilos, things got quite complicated, but in the end it was the runner-up Master Mohammad Ali Tyson who won this time, whereas Mohamed Aly Mohamed Al Masry from Egypt emerged as runner-up



**ELSHAHAT MOHAMED ELIWA (UAE resident)**  
Overall Master Men's Bodybuilding.





▲ Men's Bodybuilding up to 80 kg.



▲ Men's Bodybuilding up to 85 kg.



▲ Men's Bodybuilding up to 90 kg.



▲ Men's Bodybuilding up to 95 kg.



▲ Men's Bodybuilding up to 100 kg.

Men's Bodybuilding + 100 kg. ▼



and Omar Zayed Alsheyadi from Oman was third. In -80 kilos, the Egyptian Sayed Hassan Aliwas declared champion before the Emirati Abdulla Yousef Alhosaad, second, and Abdullah Marzouk Almatroush, third. In up to 85 kilos, we found the athlete with the best condition of the event, the representative of Oman Saed Abdullah Aljabri who came out the clear winner, ripped and with very beautiful shape. Abdulla Hassan Almarzooqi was second and Ibrahim Mousa Alrees, third, both from the UAE. The Egyptian Ahmed Mahmoud Abdulsalam came out huge in the -90 kilo class, and although he tried, the Syrian Hassan Hamadi Alkharsan couldn't beat him. UAE resident Sayed Mahfouz was third. In -95 kilos, Mohamed Alagha of Egypt did not have an easy match against the Egyptian resident in UAE, champion of the overall Master, Elshahat Mohamed Eliwa, and the also representative of Egypt, Ahmed Mohamed Habib. In the -100 kilo class, there was a close duel, the closest of all the competition, between the Egyptian Osama Saad Elshahawry and the Iranian Pourya Mahmoud Kamani; one was big, the other complete, the Egyptian with an outstanding back and rear legs, the Iranian with one of the best conditions of the weekend; the champion in the end was the Egyptian, but it could also have been the other way around. At more than 100 kilos, Onifade Shefiu Olasunbo, an athlete who lives in the UAE, came out huge, ripped, with huge arms and shoulders and with a slow pose that made you direct your eyes towards him. Shadi A S Alfar, also a resident of the UAE, and the Egyptian Ahmed Salah, completed the podium in second and third place, respectively.

It was decided not to hand out the overall title until the PRO event was held, to which six amateur athletes were invited.





# 2023 IFBB ROGER BOYCE CLASSIC



COMPLETE PHOTO GALLERY



**KARA-LYNN BELLE**  
(Barbados)  
**Bodyfitness**  
winner.



**THE 2023 EDITION** of the Roger Boyce Classic held in Barbados was a pleasant encounter between many of the islands that make up the Caribbean of the Antilles. Well organized, as always, by Roger himself in an excellent multipurpose palace, with very good lighting and sound. In addition, the athletes had good facilities for warming up and preparing for their competition. In an environment with a very good entry and a spirited public, the competition began at 2 pm.

The Bodyfitness competition opened the event with a local athlete clearly dominating: Kara-Lynn Belle. In Master Bodybuilding there was very good quality, especially with the champion Steve Williams of Antigua & Barbuda who, tall and proportionate, presented an impressive physique for his 58 years. Curiously, what attracted most attention was the quality of his skin, completely and absolutely normal for someone in their 20s but not for some his age. In Classic Bodybuilding it was the Jamaican Jahvarie Johnson who took the title, in a difficult category with a virtual tie for the top 3; Jahvarie was the best poser of the 3 and this perhaps tipped the victory for the Jamaican.

In the first of the two Wellness categories, Cara Saunders from the Bahamas stood out with a forceful physique characteristic of Wellness in the Caribbean, while the excellent athlete Kayla Joseph from Antigua & Barbuda was second, being the best poser and only to improve the competition point. Local athlete Maria Grimes was third. In the Tall class of Wellness, Sherea Clarke from Jamaica was the winner, especially with her back poses, where the legs/buttocks were ahead of the rest, so much so that she was also the Overall Wellness winner of the competition, while Kala Francis from Antigua & Barbuda was second, and Lovette Shepherd from Barbados was third.

**STEVE WILLIAMS**  
(Antigua & Barbuda)  
**Master**  
**Bodybuilding**  
winner.







**TONY JACOBS**  
(Antigua & Barbuda)  
**Overall Men's Physique winner.**



**JAHVARIE JOHNSON**  
(Jamaica)  
**Classic Physique winner.**



**JOSE ARMANDO FELIX**  
(Mexico)  
**Bodybuilding + 90 kg. winner.**

In Men's Physique it is necessary to highlight the impressive general level that this discipline always has in the Caribbean before naming any athlete; authentic level structures typical of a world championship. In up to 1.73 the competitor from Antigua & Barbuda Duncan Corbin was the champion. In the middle class, the winner did not have an easy time, Tony Jacobs from Antigua & Barbuda. In the tall class Kashane Mcfarlene from Jamaica was the winner, highlighting his shapes and good set-up. In the overall, it was Tony Jacobs, the winner of the middle class who took the title due to the great quality of this discipline in general. In Muscular Men's Physique, Derryck Clarke from Barbados was first.

The most popular of the men's categories was Classic Physique, as is customary in almost all events. The winner of Classic Bodybuilding was Jahvarie Johnson from Jamaica. In women's Bikini, Barbados shone especially, showing that in the short class the first 3 were from this country, Mikhalla Farie being gold. In the tall class, with no less than 10 athletes, the level was much more complicated, being the athlete from Antigua & Barbuda Makiva Elvin who won her size and also the overall.

In Bodybuilding, we were able to attend the duel of less than 70 kilos between the athletes from Barbados Sanaj Lewis and Curtis Kirby that made the former the winner and leaving Curtis a silver medal. In less than 80 kilos, the champion was the veteran athlete from Barbados, Hoskyn Worrell; huge, immense, with the best back in the competition, although with legs that could be improved. At less than 90 kilos, Nicholas Albert from Guyana was the best version of what it means to have genetics for the sport of bodybuilding. He was large, proportionate, with a minimal waist, pumped up arms and shoulders. Perhaps he could have pushed more in his definition and that was what made him not win the overall. In the heavyweight class, it was the Mexican Jose Armando Felix who, unquestionably, swept the heavyweight and prevailed in the Overall. Big, shredded, hard, without any muscle failure, he prevailed resoundingly.



**MAKIVA ELVIN**  
(Antigua & Barbuda)  
**Overall Bikini winner.**

**SHEREA CLARKE**  
(Jamaica)  
**Overall Wellness winner.**







COMPLETE PHOTO GALLERY

# ARMENIA GRAND PRIX

**THE ARMENIAN**  
 Federation of Fitness and Bodybuilding held its first international event in many years on May 21, 2023. President Gevorg Hakobyan and his team did everything on their part so that the event that opened the international doors to Armenia could be a great success, and so it was. The event had a good location, well organized and with many Armenian athletes, as well as from neighbouring Georgia,

and other European and Asian countries. Also, a large audience and the support of the Armenian authorities for this event have made it a first event at a high level. As to the sporting aspect, we could highlight the quality of the Bikini competitors. Led by the competitor under the IFBB flag Mayya Leonenko, who won the ELITE PRO card and the overall victory, with her very feminine, balanced physique, with the right muscle tone and

elegance in the pose that made her a fair champion. As for the male divisions, both in Men's Physique with Reza Hajjari and in Bodybuilding with Majid Gholami, Iran was the country of origin of both overall champions. The quality of the Men's Physique should be especially highlighted, starting from the lowest height class, imposing aesthetics, muscular quality, pose and proportions before a cast of international athletes.







COMPLETE PHOTO GALLERY



TCTO PHOTO

# IFBB EUROPEAN CUP AT TIRANA



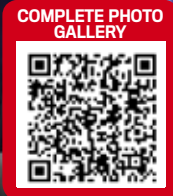
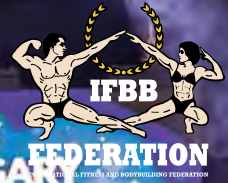
**DECLARED** as the European city of sports in 2023, Tirana the beautiful capital of Albania has held a very successful edition of the IFBB European Cup!  
Organized in the magnificent Tirana Palace of Congresses, which is one of the most modern convention centers in Europe. This competition was a great spectacle with a great number of participants.  
Kushtrim Bajraktaraj from Kosovo in Bodybuilding, Cristian Berenguer from Spain in Classic Bodybuilding, Blerdon Sopaj from Kosovo in Men's Physique and Hanna Nachichko from Ukraine in Bikini fitness were winners among others.



# 2023 | FIT MODEL & BIKINI EUROPEAN CUP BUDAPEST



## HUNGARY SHOWS THE GLAMOUR OF ITS CAPITAL



"Natalia Martinenko (Spain) wins the title in Fit Model."

"Anna Belova (Estonia) prevails in Bikini."

▲ The Fitmodel competition, won by the Spanish Natalia Martinenko, here accompanied by the IFBB officials Viola Vargha and Natalia Nazarenko, had a very high competitive level.

### BIKINI FITNESS

**Short class (-163 cm):**  
 Gold: Anna Belova (Estonia)  
 Silver: Claire Metayer (France)  
 Bronze: Katarzyna Przepiora (Poland)

**Tall Class (+163 cm):**  
 Gold: Jana Remiasova (Slovakia)  
 Plata: Vendela Rosengren (Sweden)  
 Bronze: Brigitta Kariko (Hungary)

**Overall champion:**  
 Anna Belova (Estonia)

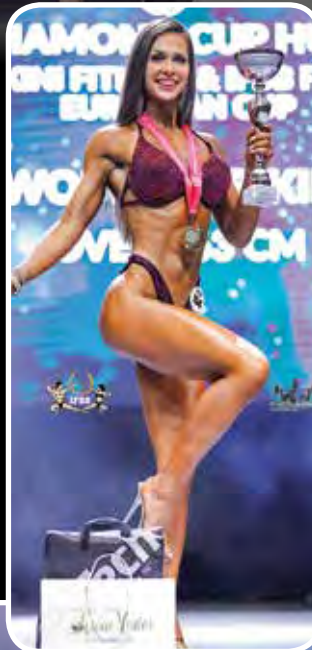
### FIT MODEL

**Short class (-163 cm):**  
 Gold: Lilien Pazstor (Hungary)  
 Silver: Petra Csorba (Hungary)  
 Bronze: Eniko Megadja (Hungary)

**Tall Class (+163 cm):**  
 Gold: Natalia Martynenko (Spain)  
 Silver: Orsolya Letavecz (Hungary)  
 Bronze: Petra Jandova (Slovakia)

**Overall champion:**  
 Natalia Martynenko (Spain)

Jana Remiasova (Slovakia), short class Bikini champion. ▶



◀ Lilien Pazstor (Hungary), Short Fit Model Champion.

**AS A PERFECT** complement to the growth of the Diamond Cup Hungary and the sporting potential of the Hungarian Federation (MTFSZ) in the female disciplines, the Laszlo Papp Arena in Budapest hosted an exclusive Bikini and Fit Model competition, paving the way for new similar initiatives that put the two favorite disciplines of European athletes at the moment.

With some classes exceeding a dozen athletes, Estonia, Spain, Hungary and Slovakia stood out at the medal table. In short, another organizational success for the promoter Mr. Csaba Bara and the MTFSSZ chaired by Mr. Itsvan Huber; working in perfect coordination.



◀ Natalia Martinenko (Spain), overall Fit Model champion.

The overall champion of Bikini, Anna Belova (Estonia), together with the promoter Mr. Csaba Bara. ▶











# MR. UNIVERSE RAMSAR- IRAN



“Last February, the first 2023 edition of Mr. Universe was held in Ramsar in Iran.”



FARSHAD EBADI  
winner  
CBB-175cm and  
overall CBB.

COMPLETE PHOTO  
GALLERY



**RAMSAR** is a city in the province of Mazandaran, on the coast of the Caspian Sea. The inhabitants of this tourist area near the mountains and with attractive beaches had the opportunity to witness the event that kicked off the IFBB competition season.

Sports days of the highest level in Ramsar, as several sports were included such as the STRONGMAN and all the divisions of men's bodybuilding, and also

men and women's FITNESS CHALLENGE and women's arm wrestling were added. A total of 18 countries were represented at the opening ceremony, attended by the President of the IFBB, Dr. Rafael Santonja and the President of the Iranian Federation, Dr. Abdolmehdi Nasirzadeh, and also, among other authorities, by the Mayor of Ramsar, Mr. Mohsen Ahmadi and the Governor of the Mazandaran Province, Mr. Ebrahim S. Ashourian.

Bodybuilding gathered around 270 participants in the amateur classes. As is usual in Iran, the physique presented by all athletes in all disciplines had a great dispute due to the level of all the participants.

Almost 15 thousand dollars in prizes were distributed to the Overall winners, in addition to 16 ELITE PRO cards. The winners of the Overalls could participate in the ELITE PRO event that was held on the afternoon of Saturday the 18th.







(29)  
**FARHAD KAFIAE**  
 winner CBB  
 master  
 40-44.

The Classic Bodybuilding class up to 180cm was one of the most disputed. After several comparisons it was Farhad Kafaie who took the gold medal. However, the overall winner was Farshad Ebadi, winner of up to 175cm.

Classic Physique was also a star of the competition. Of all the classes presented in this discipline, the judges determined that Ali Noroozi should be the overall champion of Ramsar's Mr. Universe, thus accessing the ELITE PRO card and a cash prize of 1000USD.

In the MENS PHYSIQUE classes it was the super tall competitor Hassan Gharemani who at 190cm won his class and the overall, also achieving the ELITE PRO Card and the cash prize.

The Bodybuilding Overall was won by Seyed Amir Mahaei, with a total weight of 95kg.

On Saturday afternoon, spectators were able to see the ELITE PRO event of the MENS PHYSIQUE and BODYBUILDING divisions.

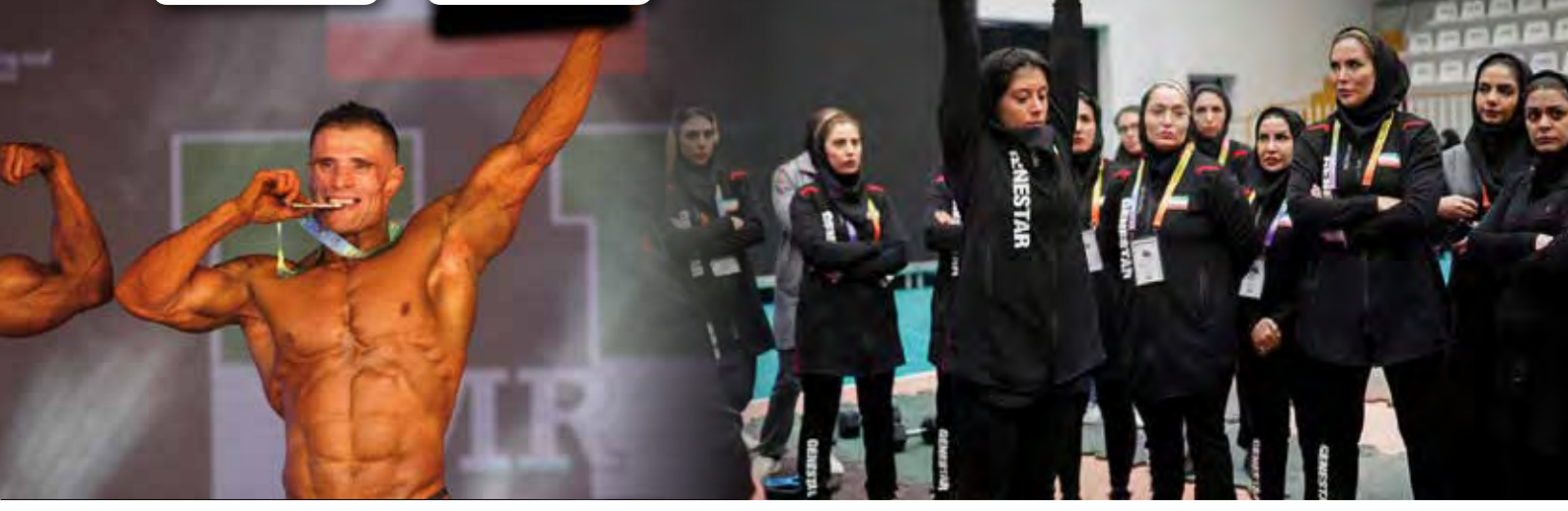


(57)  
**MAHMOOD ABDIPOUR**  
 winner  
 CBB-180cm.



- MEN'S PHYSIQUE**
- Gold:*  
 Vladimin Koltsov (IFBB FLAG)
  - Silver:*  
 Nazari Hesamodin (Iran)
  - Bronze:*  
 Hamid Soltani Lorestani (Iran)

- BODYBUILDING**
- Gold:*  
 Ali Noroozi (Iran)
  - Silver:*  
 Amir Mahamei (Iran)
  - Bronze:*  
 Nariman Ramzani (Iran)







# MR UNIVERSE JORDAN 2023



**JORDAN** tries to combine the tradition of centuries of history with the dynamism of the large number of young people filling the hundreds of gyms of the country. We were lucky enough to attend a great edition of the mythical Mr Universe on Jordanian soil and with a participation of more than 200 athletes. In the sports centre of the private University of Amman everything was prepared for a successful event.

As regards the sporting aspect, we'd like to highlight

the large group of local athletes, who won most of the medals in contention, together with the Iraqi team. In Classic Bodybuilding, size up to 171 cm, the Jordanian Ala Al Marzoq won with a very aesthetic, balanced physique and good posing. In up to 175 the Iraqi Ahmed Qasim presented a resounding physique and a good condition. In up to 180 there was a great duel between the Jordanian Sami Zwayed and the Iraqi Ameer Saeb, which was decided in favour of the Jordanian, who

was more complete and had a better back. His pose sometimes did not give his all, and the Iraqi was larger with excellent legs; however, a huge tattoo did not favour him when it came to showing muscle detail. In the class of more than 180, the forceful physique of the Iraqi Dhafer Al Muntaser took the victory. The overall title went to the winner of the short class, the Jordanian Ala Al Marzoq, who imposed his physique ahead of the rest of the winners.

In Bodybuilding, the most numerous of all the

disciplines, we saw the best overall level of the entire event. There were eight bodybuilding classes, starting with the 65 kg class, where Ahmad Makableh from Jordan presented a balanced, large physique with a correct competition condition. In less than 70 kilos the winner was not clear until the very end of the posing round. The Jordanian Ahmad Hamdan took the victory thanks to an important size with acceptable shape, although with legs that could be improved. The toughest of





the bodybuilding classes was up to 75 kilos and here the Egyptian Remon Samy gave a lesson on what this sport means. All muscle groups were provided for, right size, with crystal clear rippedness and a master's pose. This is what this sport is all about - not just muscle size. The Jordanian Awn Akroush won in less than 80 kilos, big and with good definition; perhaps he needs to improve his legs to balance his proportion. In less than 85 kilos, Fadi Ghayada, also Jordanian, took the victory. Although he didn't shine especially, this athlete was the one who had the best balance between size, proportion and shape of the entire group. In less than 90 kg, the Iraqi Bakir Yahya imposed his impressive legs and general rockiness and grabbed gold without a doubt. In less than 100 kg, the Syrian Koteiba Al Seid won, being the greatest of all, with great definition and a lot of energy in the pose. The Egyptian Sayed Farghal took the victory in more than 100 kilos, big and with good shape, he is also an innate poser. The Overall was for the Egyptian Remon Samy, who give a lesson on what this sport should be.







In Classic Physique up to 168 cm, Mohammed Jabbar, who was also a Junior Bodybuilding winner representing Iraq, was the winner in a tough direct fight with the Jordanian Ahmad Makableh. The Iraqi had an impeccable shredded point, along with good size and correct poses, and this finally made him the victor. In Classic up to 171 the toughest of the battles was between the winner, Suhil Al Mahasneh from Jordan and his compatriot Ala Al Marzoq, who won in Classic Bodybuilding. Only the huge size and muscular hardness of Mahasneh made him take precedence over his silver medal rival. In up to 175, the Egyptian Omar Adel did not have it easy either, but he finally asserted his physique due to his size and rippedness. In up to 180 cm the Iraqi Bakir Yahya, who already won in Bodybuilding up to 90 kg, had no rival and was clearly the winner. In the highest of the Classic Physique classes, the also Iraqi Ahmed Mohaisen was the unanimous champion, tall but with good proportion and size. In the overall, the Iraqi Bakir Yahya was the winner, with his resounding physique and excellent legs.

In Men's Physique 170 cm, the Jordanian Reda Al Jaafreh had a clear victory due to his beautiful figure and good pose. In up to 173 the competitor from Iraq Muntadher Ahmed won in a difficult class with his good form and great way of posing. In the class up to 176, the junior competitor Suhil Shatnawi from Jordan presented a balanced physique, with good structure and great pose, which made him take the gold in a very complicated class. In Men's physique up to 179 we could see the best representative of what Men's Physique is in this event, the Kuwaiti Yusef Aleilan, who presented a fair size, a confident and serene pose, an excellent condition for Men's Physique and with a careful proportion, so much so that he took the Overall in turn. In the 182 cm class, Mustafa Mohsin, also a junior (winner of the Junior tall class) clearly won; he didn't have a very big physique, but with good structure, always smiling and with great experience. In the tall plus class, more than 182, the Jordanian Obada Ganaze imposed his shape and his good pose to convince the jury and was declared winner.







# 2023 IFBB MR. UNIVERSE PRAGA



Winners of the IFBB Elite Pro Card Bikini.



Finalists of the Junior Bikini category.

COMPLETE PHOTO GALLERY



**ONCE AGAIN**, the magnificent facilities of the Prague Hilton Hotel were chosen for the celebration of a new edition of Mr. Universe, held in Prague from May 19 to 20, 2023.

Under the organization of Mr. Roman Hajabac, President of the Federation of the Czech Republic, the championship was attended by almost 200 athletes of various nationalities, even from as far away as Australia, ready to fight for the desired IFBB pro card, IFBB Elite Pro and/or climb in the IFBB international ranking.

In the master men's classic Physique class, German Manuel Grundig prevailed over feisty local competitor Petr Jach,

followed from afar by Jussi Koivisto from Finland.

In master women's bodyfitness, first place went to Barbora Seckarova from Slovakia, second place to Damijana Meitnerova and bronze to Katerina Brychtova, both from the Czech Republic.

The master women's Wellness class went to Marcela Kotkova followed by Nikol Mrstna, both local competitors.

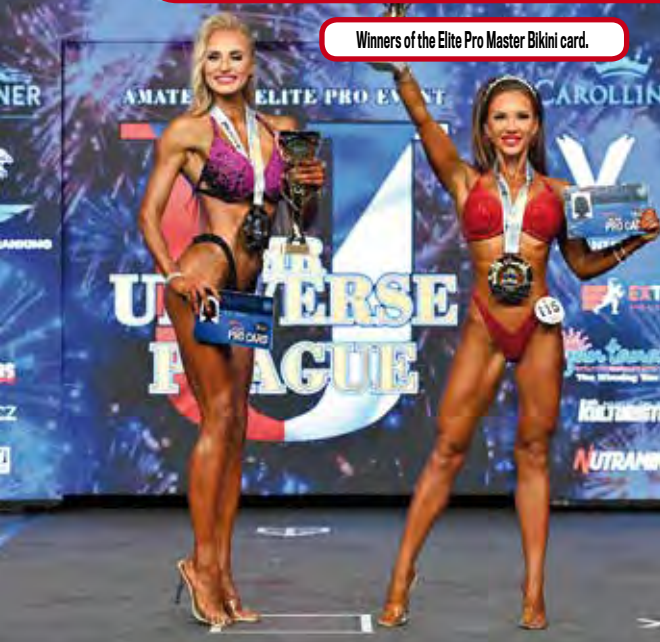
In men's Classic Physique, the classic and aesthetic physique of Frenchman Loic Giraud, prevailed over the physique of larger athletes, such as the Polish Mateusz Zybura (in second position by a single point of difference) and the Slovakian Oliver Prochazka. Loic Giraud

also obtained the Elite Pro Men's Classic Physique card.

The first place in the men's muscular Physique class was very close between the French athlete Maxime Lemairee (who would win the Elite Pro card) and Tomas Petrenas from Lithuania. Bronze went to Carsten Walther from Germany.

The women's bodyfitness class up to 163 cm was dominated by the German Alina Wilhelm, who also won the overall winning her Elite Pro card, followed by Isabell Wicke, with third place going to Marcela Vesela from the Czech Republic.

In women's bodyfitness over 163 cm, the gold medal went to Slovakian Barbora Seckarova (second place and



Winners of the Elite Pro Master Bikini card.



Bikini finalists up to 162 cm.



Elite Pro card in the overall) followed by her compatriot Silvia Silvester and local athlete Damijana Meitnerova

In men's bodybuilding up to 80 kg, the physique of Peter Socha (Slovakia) prevailed, with second place going to Domantas Cemerka from Lithuania and third place going to Ondrej Pospisil from the Czech Republic.

The men's Bodybuilding class up to 90 kg was dominated by the Slovakian Ales Cebin, who was also proclaimed overall winner and winner of the Elite Pro Bodybuilding card. Cebin was untouchable against Otakar Hrdlicka from the Czech Republic and the Spanish Jorge Fernández, second and third classified respectively.

The men's bodybuilding over 90 kg class was won by Andrius Talacka from Lithuania, followed by Lorenzo Fernández from Spain and Pavel Krejci from the Czech Republic.

In master men's classic Bodybuilding gold went to Manuel Grundig from Germany, who dominated the class from start to finish against Petr Jach from the Czech Republic and Jussi Koivisto from Finland.

The junior women's bikini class was one of the "tightest" of the event. The athlete from the Czech Republic Katerina Ottova, finally managed to prevail over Viktoria Duricova from Slovakia, being the third place for the Estonian Elisabeth Atamanski.

The master women's bikini class was one of the most numerous, with a tough semifinal, after which she won gold and the subsequent Elite Pro Card Bogdana Bashta from the Czech Republic. The silver went to Renata Cerniauske from Lithuania (she also achieved the Elite Pro card) and the bronze to the Spanish representative Jasmin Ecker.

Another of the most numerous classes was that of master men's Bodybuilding. In it, the Lithuanian Andrius Talacka beat the Spaniards Jorge Fernández and Lorenzo Fernández after a tough fight for victory.

In the junior men's Bodybuilding class the victory went to Ales Cebin from Slovenia.

In men's classic Bodybuilding, Pavel Samek from the Czech Republic beat Adam Huserka (Slovakia) with Petr Jach from the Czech Republic taking bronze.

The women's Physique class left a clear winner in the figure of Eva Synkova, followed by Lucie Jakesova and Milena Koudelkova, all of them from the Czech Republic.

The fit model discipline was also present at Mr. Universe in Prague. Gold went to Veronika Vaskova of Slovakia, silver to Inna Novosad of the Czech Republic and bronze to Petra Jandova of Slovakia.



Podium bikini up to 166 cm.



Podium Bikini up to 172 cm.



Podium Bodybuilding Master category.



Junior Bodybuilding category winner.



Finalists Bikini category over 172 cm.

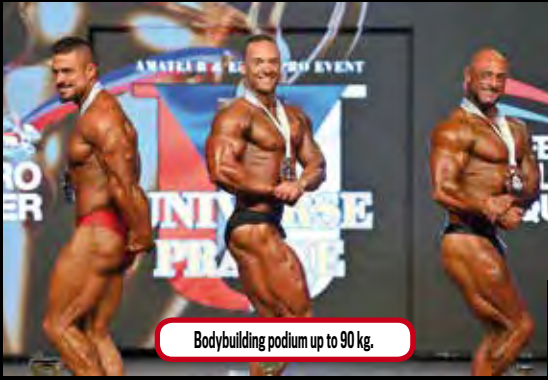


Podium category Bodybuilding up to 80 kg.





Bodybuilding finalists over 90 kg.



Bodybuilding podium up to 90 kg.



Master Bodyfitness podium.



Elite Pro Bodybuilding card winner.



Bodyfitness podium up to 163 cm.



Winners Elite Pro Bodyfitness card.



Bodyfitness finalists over 163 cm. 163 CM

In women's wellness up to 163cm, Marketa Hartl won gold (and later her Elite Pro card) against Eva Havlenova and Jana Vojtiskova, all representing the Czech Republic.

In women's wellness over 163 cm, Klara Balvinova from the Czech Republic won over Erika Simaskova from Slovakia and Tereza Ziskova from the Czech Republic,

In men's physique up to 176 cm, first place and subsequent victory in the overall went to German Michael Keuchler-Palm, second place to Cristiano Iommetti from Italy and third place to Maros Demitrovic from Slovakia.

In men's physique up to 182 cm, the winner was Quentin Caillot from France, the silver medal went to Enrico Zandona from Italy and the bronze medal went to Emmanuel Dreyer, representing France.

In men's physique over 182 cm, the victory went to Maxim Shvetsov from the Czech Republic, followed by Matthieu Carpaye (France) and third place went to Marian Derdak from Slovakia.

In master men's Physique the winner was Smiljan Mori from Slovenia.

The fit pairs class was attended by three magnificent couples. The first position went to the couple formed by Renata Cerniauske and Tomas Petrenas from Lithuania, the second position went to Jana Vojtiskova and Maxim Shvetsov representing the Czech Republic and the third place went to the couple formed by Iris Mango and Jan Krnansky, also from Czech Republic.

The women's bikini class up to 162 cm, was dominated by athletes from the Czech Republic, with the gold for Tereza Jirkovska, the silver for Bogdana Bashta and the bronze for Eliska Neradova.

In women's bikini up to 166 cm, the winner was Katerina Ottova from the Czech Republic, who took second place in the overall that gave her the right to obtain the Elite Pro card, followed by Nika Malyjurkova also from the Czech Republic and finishing the podium was the German Laura Finke.

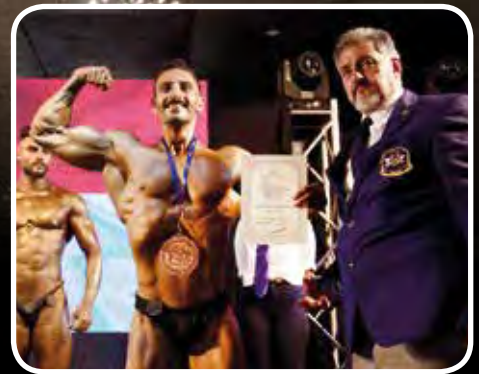
In the women's bikini up to 172 cm, there was a clear dominance in the Slovakian Aneta Ticha, later winner of the Elite Pro card by winning the overall, and who won gold against Rita Rajala from Finland and Ewelina Kozikowska from Poland.

The women's bikini class over 172 cm was very close between the winner Izabela Kudla from Poland and the silver medalist, the Slovakian Jana Remiasova, with third place going to Diana Wildova from Slovakia.





# 2023 MR UNIVERSE SYRIA



**THE FIRST EDITION** of Mr Universe in Damascus was an extraordinary success, especially since the working conditions in Syria are not ideal due to the difficult situation of this country, one of the oldest in the world. Regarding participation, it is worth noting that about fifty foreigners came to participate in this event, which exceeded 200 participants. Manar Maikel, the president of the Syrian federation, made an incredible effort to

successfully carry out the organization of this international event, the first in several years. The Men's Physique division had an acceptable number of athletes. The athlete of 173 cm Ali Adib Hasan from Syria stood out and was the winner with a good body shape. Likewise, also from Syria, Mohammad Ziad Abo Znak won the gold in the 176 cm clearly due to the superiority shown. In 179 cm it was the Iraqi Mustafa Ayyed Aziz who won by only

one point over local athlete Ahmad Barakat in a very attractive battle for the public. The next class, up to 182 cm, ended in a tie between the first two, in which the Iraqi Ali Alkarrar Mhmood Naser Alahmed ultimately won over the young Syrian Bashar Shbeeb, also in a very close competition. The tallest class, more than 182 cm, was dominated by the Syrian Asef Hasan Alsaleh who was also the Men's Physique Overall champion,

In the Classic Bodybuilding division we had a lot of participation in all categories, with good quality and young athletes doing very well. The Syrian Talal Abou Asi won the gold medal in up to 168 cm, whereas in the next class up to 171 cm the Syrians Haman Dadouch and Remon Tourkmani had a very tough fight for the gold, Haman being hailed as the winner in the end. In up to 175 cm, Abdalwahab Sobhi Boudaka from Syria dominated the category





COMPLETE PHOTO GALLERY

thanks to his good legs and a correct competition shape. In up to 180 cm, the young Iraqi Ahmed Ali Al-Zurfi took the victory against 10 other athletes thanks to his combination of good shape, definition and size for the class. At more than 180 cm two Iraqis

stood out; although it was finally Ali Hadi Hessein who defeated his compatriot thanks to a good body size. In the overall, the Syrian of 175 cm Abdalwahab Sobhi Boudaka prevailed over everyone. In Classic Physique we had quality and quantity in all five

classes that were held in the senior age. In up to 168 cm the Syrian Abdelrahman Kharouf took the gold. At up to 171 cm, the Syrian Remon Tourkmani was the unanimous champion to the judges. At 175 cm, Tawfik Alabboud won with his excellent combination of size and V shape.

At 180 cm, the Iraqi Nawaf Hatem Shuhaib showed good form that was enough to earn him first place. In the tallest class, the local athlete Nezar Wahbi Wahbi beat 10 other athletes by imposing his law. The Overall champion was Tawfik Alabboud, the 175 cm champion.







The Bodybuilding athletes were the clear winners in terms of quality and number in this event. The 65-kilogram Iraqi Zuhair Kadhim Azdoz Almahmodi showed a well-worked body and, despite being a master athlete, also showed great energy in his pose. At 70 kilos, the Syrian Muhammad Bashir Feres made it clear that today was not the day to beat him at this weight. In 75 kilos, with twelve athletes, we had a fight for gold with three Syrian athletes very close to each other, but finally it was Ibrahim Ismail who took home number one. In the 80 kilos, Othman Abdulrahman Hejjo from Syria gave absolutely no option to his competitors due to his superior physique: good structure, size and definition, the key elements to this sport. At 85 kilos, Ahmed Ali Al-Zurfi from Iraq won with a good physique and body structure. The 90 kilos were really difficult to win, and Iraq's athlete Alaa Al Naeb did it because he really was the best. At 95 kilos it was the Syrian Jamil Assal who was the undisputed champion. In up to 100 kilos also from Syria, Osama Ahmad Alosman put the gold out of reach of the others. At more than 100 kilos and with almost 110, the also Syrian Jafar Zahraa set the law of size to win this class and also the Overall, although only by one point above the 80 kilo champion Othamn Abdulrahman Hejjo.









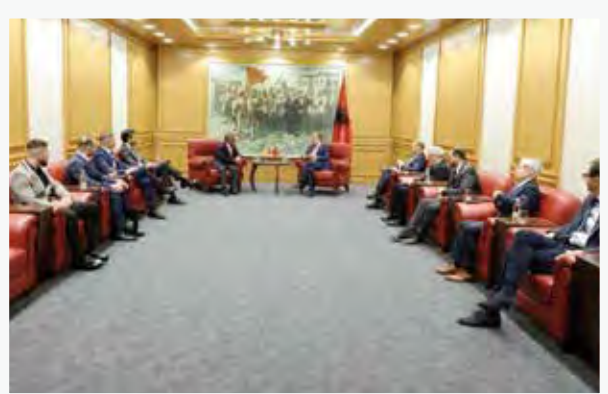
# MEET & GREET

## PRESIDENT SANTONJA MET WITH H.E. MR BAJRAM BEGAJ, PRESIDENT OF THE REPUBLIC OF ALBANIA

2023 the year of Sport for Tirana. As the capital of Albania held the title of "European Youth Capital 2022", in 2023 it was awarded with the title of EUROPEAN CITY OF SPORT FOR 2023



President Santonja was very honoured to visit H. E. Mr. Bajram Begaj, President of the Republic of Albania, at the Presidential Palace in Tirana.



- What a better environment than the beautiful Tirana therefore to host the 2023 IFBB EUROPEAN CUP!

President Santonja travelled to the capital city of Albania, to join this magnificent event, held in the impressive Palace of Congresses of Tirana, which is one of the most modern convention centres in the Balkan area.

Tirana no doubt fully deserves the title of European Capital of Sport, being the capital city of a booming country, with great international connexions, amazing sport facilities, plenty of green open areas, with excellent

hotels and fantastic restaurants along all the city, and, moreover, a city in which SPORT may count with the full support from the authorities.

The IFBB European Cup was a great success, attended by most of the countries from Europe, in a fully packed auditorium.

In the course of his trip, he held very nice and fruitful meetings, with several national authorities, and sport dignitaries.

President Santonja was very honoured to visit H. E. Mr. Bajram Begaj, President of the Republic of Albania, at the Presidential Palace in Tirana, holding with him a very cordial meeting, and



In such meeting, President Santonja was accompanied by the Spanish Ambassador in Albania, H. E. Alvaro Renedo.





line with the great care that the Albanian and the Tirana authorities have towards sports and towards fitness and bodybuilding, as an expression of high performance, and a way of education in the healthy lifestyle, which was fully and unceasingly noticeable in any corner.



President Santonja with H.E. Erion Veliaj, Mayor of Tirana, H.E Alvaro Renedo, Spanish Ambassador in Albania, the President of Balkan Federation; Mr. Gabriel Toncean, the IFBB Official, Mr. Marin Meksi, and members of the recognized company Fitzone.



President Santonja at the Olympic Headquarters meeting the President of the Albania Olympic Committee, Dr. Fidel Ylli.

transmitting him his thanks for His Excellency's decided support to our sport in the country. The meeting was very nice and interesting, and President Santonja took the opportunity to update him on the last achievements from the International Fitness and Bodybuilding Federation worldwide, and the new projects ahead.

At the Tirana City Council headquarters, Rafael Santonja was received by the Mayor of the City H.E. Mr. Erion Veliaj with whom he had a fruitful and enjoyable meeting.

President Santonja also met the President of the Albania Olympic Committee, Dr. Fidel Ylli, at the Olympic Headquarters, with whom he held a very nice and fruitful meeting, updating him about the successful development of our sport, in Albania, and internationally, and about future projects in the country.

These meetings which were held in the most cordial atmosphere reinforced the most consistent relationship between the IFBB and the Albanian Authorities, in





## IFBB CONFERS THE TITTLE OF WORLD BODYBUILDING CAPITAL TO THE EMIRATE OF FUJAIRAH



● President Santonja was most honored and pleased to be welcomed by His Highness Sheikh Mohamad Bin Hamad Bin Mohamad AlSharqi, the Crown Prince of Fujairah, with the occasion of the IFBB MR & MS World event, excellently organized for the second consecutive year at the highest level of excellence in the Emirate.

During his visit, joined by H. E. Sheikh Abdullah Bin Hamad Al Sharqi, IFBB Vice President for Asia, and both accompanied by several IFBB Executive Members and Officials, President Santonja presented to His Highness a commemorative plate with the nomination to the Emirate of Fujairah with the well-deserved title of World Bodybuilding Capital, in recognition and appreciation to the great and determined support from the government to the sports of Bodybuilding, Fitness and healthy lifestyle through the years.



*President Santonja with His Highness Sheikh Mohamad Bin Hamad Bin Mohamad AlSharqi, the Crown Prince of Fujairah accompanied by H. E. Sheikh Abdullah Bin Hamad Al Sharqi, IFBB Vice President for Asia and Mr. Mohammed O. Bin Majed Al Aleeli, the Managing Director of the Department of Industry and Economy and several authorities from Fujairah Emirate. at IFBB's proclamation to the Emirates of Fujairah as World Bodybuilding Capital.*



*In the middle President Santonja with Mr. Mohammed O. Bin Majed Al Aleeli, the Managing Director of the Department of Industry and Economy, accompanied Fujairah authorities and several IFBB executive members and officials.*



*President Santonja with His Highness Sheikh Mohamad Bin Hamad Bin Mohamad AlSharqi, the Crown Prince of Fujairah, accompanied by authorities and IFBB Executive members at the Royal Palace of Fujairah.*



# IFBB, PART OF THE HEALTHY MONGOLIANS NATIONAL CAMPAIGN



Meeting with H. E. Ukhnaa Khurelsukh, President of Mongolia.

● President Santonja travelled to Ulaabataar, the capital city of Mongolia, where he was honored to meet with the President of the Government of Mongolia, H.E. Ukhnaa Khurelsukh, holding with him a very cordial and inspirational meeting, speaking about the very promisory project named "Healthy Mongolian", a very strong and effective campaign encouraging Mongolian citizens to take care of and improve their health through the practice of fitness by the entire population.

Mongolia, a country of millennial traditions and history, looks forward to a healthy and solid future.

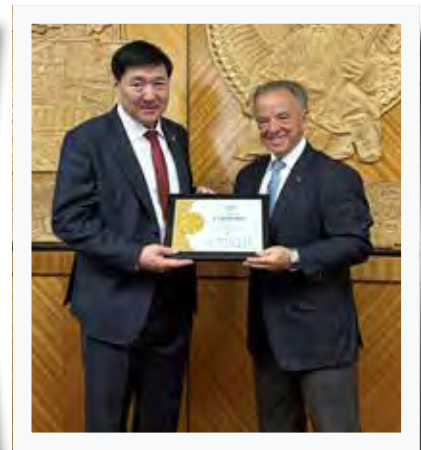
In the course of his trip, President Santonja held very nice and fruitful meetings with several national and sport dignitaries, such as H.E. Sodnom Chinzorig, Minister of Health of Mongolia, H.E. Badmaanyambuu Bat-Erdene, Member of Parliament of Mongolia, and Minister of the Olympic National Committee of Physical Education, and Sodbaatar Yangug, Chief of Office of the President of the Government of Mongolia, talking with them on the last achievements from the International Fitness and Bodybuilding Federation worldwide, and the new projects ahead.

In all these meetings, the IFBB President was accompanied and excellently assisted by the General Secretary of the International Federation, Mr. Ralph Decelis, and the General Secretary of the Mongolian Federation, as well member of the IFBB President's office, the young and dynamic Mr. Amarsaikhan Sharku.

With the occasion of President Santonja's presence in the country, the Mongolian Federation organized a magnificent national championship, held in the impressive Home Plaza one event hall, and a successful fitness challenge course, lectured by the experienced Chairman of the IFBB Fitness Challenge Commission, Dr Sadeh Hashemi, from Iran.



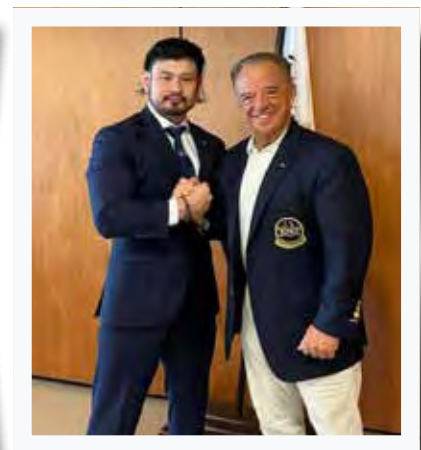
Meeting with Sodbaatar Yangug, Chief of Office of the President of the Government of Mongolia.



Meeting with H. E. Sodnom Chinzorig, Minister of Health of Mongolia.



Meeting with H. E. Badmaanyambuu Bat-Erdene, Member of Parliament of Mongolia, and Minister of the Olympic National Committee of Physical Education.



Meeting with President Rafael Santonja with Mr. Amarsaikhan Sharku, General Secretary of the mongolian Federation.



## MEETING WITH H.E. MR STEVO PENDAROVSKI, PRESIDENT OF THE REPUBLIC OF NORTH MACEDONIA



● The IFBB Balkan Championships unfolded in the vibrant city of Skopje, the capital of North Macedonia. The event, which garnered a massive turnout of participants, witnessed a display of extraordinary athleticism as competitors vied for the prestigious title of Balkan Champion in their respective categories. The diverse array of contests showcased outstanding performances across various disciplines, including Bodybuilding, Men's Physique, Bikini Fitness, and Men's Classic Bodybuilding. However, the excitement didn't end there. The IFBB Fitness Challenge - Speed Fit Competition also took center stage, adding an extra layer of thrill to the already adrenaline-pumping event.

The prestigious occasion was joined by IFBB President, Santonja, who expressed his delight at the amazing success of the championships.

During his visit, Dr Santonja, joined by IFBB General secretary, Ralph Decelis, and the President of the North of Macedonia Fitness and Bodybuilding Federation, Mr. Boban Goroski, was honored, visiting President of the Republic of North Macedonia, H.E. Mr. Stevo Pendarovski, in a very interesting meeting held at President residence, which marked a significant moment of recognition for the sport of fitness and bodybuilding and its impact on the society as a healthy lifestyle.

President Santonja took the opportunity as well to meet with key figures in the sporting community of North Macedonia, as Mr. Vladimir Bogoevski, the Sports Director of the Macedonian Olympic Committee, and Mr. Naumche Mojsovski, the Director of



*Rafael Santonja with the President of the Republic of North Macedonia, H.E. Mr. Stevo Pendarovski.*

the Sports Agency, fostering stronger ties between the International Federation of Fitness and Bodybuilding (IFBB) and the sports authorities in North Macedonia. The exchange of ideas and perspectives aimed to promote the growth of bodybuilding and fitness in the country and strengthen the overall sporting landscape.

President Santonja's meetings with Mr. Bogoevski and Mr. Mojsovski allowed them to explore potential collaborations and initiatives to further support and develop the sport at both national and international levels. They discussed strategies to encourage more young athletes to participate in bodybuilding and fitness, emphasizing the importance of fitness and a healthy lifestyle among the youth.

The meetings with these prominent officials reflect the IFBB's commitment to establishing strong relationships with

national sports bodies, promoting fitness, and nurturing talent worldwide. As a result of these discussions, it is expected that the sport of bodybuilding and fitness in North Macedonia will witness growth and recognition, inspiring more athletes to pursue their passion and represent their country on the global stage.

Beyond the institutional and competitive aspects, the IFBB Balkan Championships served as a platform for cultural exchange and camaraderie among nations. Athletes from different backgrounds came together, transcending borders and language barriers, united by their common love for fitness and a healthy lifestyle. The spirit of sportsmanship and mutual respect prevailed throughout the event, showcasing the positive values and principles upheld by the international fitness and bodybuilding community.



*Some interesting moments from the IFBB meeting with H. E. Mr. Stevo Pendarovski.*



## PRESIDENT SANTONJA MEETS H.E. ZORAN GAJIC, MINISTER OF SPORTS OF SERBIA



*President Santonja with H.E. Zoran Gajic, the Minister of Sports of Serbia.*

● President Santonja traveled to Serbia to attend the IFBB World Children's Fitness Championship that was held in the city of Čačak. Upon arrival, he stayed one day in Belgrade to meet with H.E. Zoran Gajić, the Minister of Sports of Serbia. Also present at the meeting were the President of the

Serbian Federation, Mr. Goran Ivanovic, his Vice President Aleksandar Dordević, and the President of the Balkan Federation, Prof. Gabriel Toncean. The meeting was very fruitful. Minister Gajic, a former professional athlete, and national teams coach, has extensive experience in sports and a deep

appreciation for Fitness and Bodybuilding, as well as their methods in assisting in the preparation of other sports. The Serbian Federation plays a fundamental role in the worldwide development of our youth categories and is a prominent member of the IFBB's large family.



*President Rafael Santonja with H.E. Zoran Gajic, the Minister of Sports of Serbia, the President of the Serbian Federation, Mr. Goran Ivanovic, his Vice President Aleksandar Dordevic, the President of the Balkan Federation, Prof. Gabriel Toncean, Dr. Predrag Bicanin General Secretary of the Serbian Federation and other members of the Serbian Federation who were also present at the meeting.*



## ANNUAL AND ELECTORAL Central American Caribbean Congress in Aruba

### MEETING WITH MS. NICOLE HOEVERTSZ, IOC VICE PRESIDENT

The beautiful Caribbean island welcomed Dr. Rafael Santonja, the president of IFBB, along with members of the executive board and delegations from the Central American and Caribbean Confederation, who gathered in Aruba for the Intercontinental Championships and this year's Central American and Caribbean Congress, which was also an electoral event.

All the attendants of the Congress were very honored to count on the presence of Ms Nicole Hoevertsz, Vice President of the International Olympic Committee, with whom President Santonja held a very nice dinner after the congress.

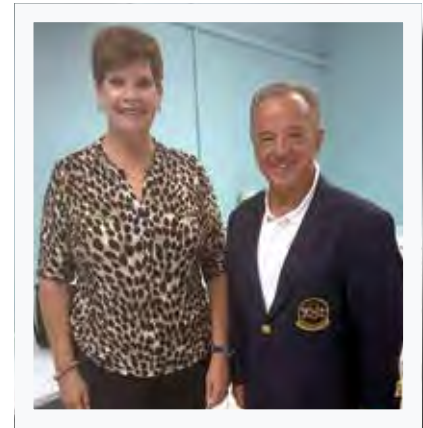
At the CAC Executive Exco Members Elections, Mr. Tony Peña, from Dominican Republic resulted elected as President for the next four years term, taking the torch from Giovanni Arendsz, former President and current IFBB Vice President for the Caribbean.

Distinguished authorities were in attendance at the Central American and Caribbean Championships and were honored with IFBB awards:



President Santonja with Ms. Nicole Hoevertsz, accompanied by the elected President of CAC, Tony Peña, and the former President Mr Giovanni Arendz IFBB Vice President, with executive members of the Caribbean and Central America Federation.

- Ms. Nicole Hoevertsz, Vice President of the International Olympic Committee.
- Honorable Charles Griffith, Minister of Youth, Sport & Community Empowerment of Barbados.
- Honorable Endy JH Croes, Minister of Education and Sports of Aruba.
- Mr. Giovanni Arendsz, Vice president of IFBB for the Caribbean who has done an excellent work for many years promoting our sport throughout the region.
- Mr. Tony Peña, the new president of the Central American and Caribbean Confederation.
- And Mr Roger Boyce who organizes every year in Barbados, one of the largest professional events in the world.



Ms. Nicole Hoevertsz, Vice President of the International Olympic Committee with President of the IFBB, Rafael Santonja.

Congratulations to the entire Caribbean team for the excellent work accomplished.

## IFBB ASIAN FEDERATION CONGRESS



Organized in Beirut by the Lebanese Federation of Bodybuilding and Fitness and its president Mr. Hassenen Moukaled, the Asian Federation Congress was held successfully at the Hilton Hotel under the leadership of the Continental Federation President, Mr. Vitalii Kozhukov. Officials and delegates from Asian countries were privileged to have the presence of IFBB President, Dr. Rafael Santonja, who provided them with updates on recent achievements and new projects of the International Federation. During the opening ceremony, the congress had the honour of counting on the presence of the Minister of Sports and Youth of Lebanon, His Excellency Dr. George Kallas, who was awarded by President Santonja in recognition and gratitude for his continuous and steadfast support of bodybuilding and fitness sports in the country, specifically for the Asian Championship held this weekend in the Lebanese capital.



IFBB President, Dr. Rafael Santonja with the Minister of Sports and Youth of Lebanon, His Excellency Dr. George Kallas accompanied by Mr Hassenen Moukaled, President of the Lebanese Federation and the Continental Federation President, Mr. Vitalii Kozhukov.



AFBF Executive and Asian Federation Members that have attended to the Asian Congress.





## 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.



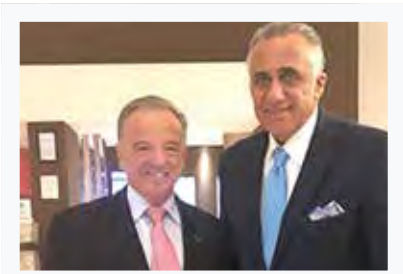
# STRONG LINKS WITH THE OLYMPIC FAMILY IN AMERICA



*Ms. Nicole Hoevertsz, current IOC Vice President, always willing to make a stand for the IFBB in its path towards Olympism.*



*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.*



*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.*



*With Jimena Saldaña, General Secretary and as well Vice President of Panamsports.*

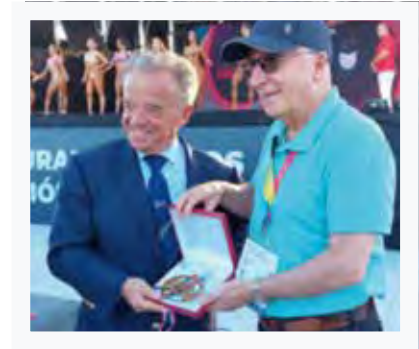
●The International Fitness and Bodybuilding Federation is very proud of its solid relation with the Olympism in the Americas. IFBB has garnered recognition from all regional sports organizations, reinforcing its commitment to the Olympic spirit and values.

Recognized by the Pan-American Sports Organization (PANAMSPORTS), the Central American and Caribbean Sports Organization (CENTRO CARIBE SPORTS), the Central American Sports Organization (ORDECA), the South American Sports Organization (ODESUR), Bolivarian Sports Organization (ODEBO), IFBB has solidified its position in the continent's sporting landscape.

IFBB's official participation in various prestigious events listed on the International Olympic Committee (IOC) Calendar further underscores its dedication to promoting sport and fostering international cooperation. These events include the Pan American Games, South American Games, Central American and Caribbean Games, Central American Games, Bolivarian Games, and the Asian Beach Games. The organization is also gearing up to join the Pan-Arab Games, expanding its reach and influence across the globe.

The inclusion of fitness and bodybuilding disciplines in these prominent Games serves as a source of inspiration for athletes and officials alike. IFBB's participation contributes significantly to the principles of fair play, clean sport, and solidarity, thereby playing a pivotal role in educating and nurturing future generations of athletes who embody the Olympic spirit.

IFBB remains dedicated to promoting a sense of unity, competition, and excellence among athletes from diverse backgrounds.



*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.*



*Dr. Santonja's with PanamSports President, Ing. Neven Ilic (right) and Dr. Julio Cesar Maglione, IOC member.*

*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 Henry Nuñez, President of the Central American Sports Organization, and Emmet Lang, former President of the same organization and President of the Nicaraguan Olympic Committee, and Gral. Juan Santiago Estrada, Exco 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.



## PRESIDENT SANTONJA, PARTICIPATING IN THE IF FORUM IN LAUSANNE

● President Santonja, joined the international sports community during his participation in the prestigious IF Forum held at the Olympic Museum in Lausanne, Switzerland.

The IF Forum, a renowned gathering of influential figures from the world of sports, took place at the iconic Olympic Museum, serving as the perfect backdrop for critical discussions on the future of international sports. He took the opportunity to engage in several meetings with top officials, authorities and friends within the international sports arena.



**IFFORUM**  
FOR THE IFs BY THE IFs

In the picture, President Santonja surrounded by Mr. Hassan Moustafa, President of the International Handball Federation (IHF), Mr. Mohammed Jaloud, President of the International Weightlifting Federation (IWF), and Mr. Sam Ramsamy, IOC Member.



## PRESIDENT GABRIEL TONCEAN AND IFBB ROMANIAN MEMBERS VISITED PRESIDENT SANTONJA AT THE IFBB OFFICES IN MADRID

● A visit filled with symbolism, as it's the first trip undertaken by Gabriel Toncean after his appointment as Vice Minister.

During the visit, they reviewed the international calendar and upcoming major international events that would take place in Romania, with special attention given to the 2023 Grand Prix Romania.

This event would also feature a professional show, the Tiger Classic IFBB Elite Pro, scheduled to take place from September 1st to 3rd in Sibiu.

They also evaluated strategic actions that were later on effectively pursued in Romania, including the implementation of the Fitness Challenge at the level of schools and colleges.

Professor Toncean was accompanied by Monica Muresan, Vice President, and Tanita Groza-Zetea, Advisor to the President. Distinguished officials with excellent experience and services for the International Federation.



*President Santonja with Professor Toncean, Ms. Monica Muresan, Vice President, and Tanita Groza-Zetea, Advisor to the President during their visit to Madrid.*

## GREAT SUCCESS AT THE IFBB CONGRESS WITH RECORD OF ATTENDEES

● The 2023 IFBB World Congress, which was successfully held in Santa Susana, known as the World Fitness Capital, welcomed delegates from no fewer than 100 countries. In addition to this, the congress conducted elections for the federation's executive committee for the term 2022-2026.

Among other remarkable elections were, Mr Ralph Decelis, as IFBB General Secretary, and Prof. Gabriel Toncean, as IFBB Executive Director, and Sanjay

More as Vice General Secretary. Former General Secretary, Mr William Tierney was appointed as patron, after the many years of excellent services to IFBB. As in all the IFBB Congresses, different proposals submitted by National Members, and IFBB Executive Committee were evaluated and voted.

New IFBB Committees were created to work on specific areas of our sport: the Children's Fitness Committee, (Director: Natalia Nazarenko), the

Fitness Challenge Committee, (Director: Sadegh Hashemi) and the University Sports Commission, (Director: Abdolmahdi Nasizadeh).

Among others, the most important decision approved by the Congress was the update of the name of the International Federation to International Fitness and Bodybuilding Federation, the logo was as well improved, by adding the world federation.



*IFBB World Congress 2022.*





The annual congress of the International Federation of Bodybuilding and Fitness took place one year more from Santa Susana, Barcelona, Spain. With the presence of 104 countries.

## RAFAEL SANTONJA RE-ELECTED IFBB PRESIDENT

The annual congress of the International Federation of Bodybuilding and Fitness took place one year more from Santa Susana, Barcelona, Spain. With the presence of 104 countries and accompanied by the mayor of Santa Susana, Joan Campolier, were held this year the elections of the executive committee for the period 2022-2026. Rafael Santonja, was unanimously re-elected as President of the International Federation, and received a huge ovation from all the attending delegates, demonstrating once again, the great support and respect towards him by the IFBB family.

New elected members to highlight were Ralph Decelis, as General Secretary, Gabriel Toncean as Executive Director, and Sanjay More, as Vice General Secretary. In the continental vice presidencies, all the vice presidents from the last term renewed their positions, Dr. Eng Adel Fahim for Africa, H. E. Sheikh Abdulla Bin Ahmad Al sharki for Asia, Marco Antonio Cabezas for North America, Eduardo Abdalah for Central America, Juan Paredes for South America, Paul Graham for Oceania, Mr Pawel Filleborn for Europe, and Giovanni Arendsz was elected for the new Vice Presidency for the Caribbean.

## SPANISH NATIONAL SPORT PRESS GALA



After developing a strong relationship between the IFBB, the city of Santa Susana, and the International Sport Press Association, which held its Executive Council meeting in Santa Susana, President Santonja and the Mayor of Santa Susana, Joan Campolier attended the Spanish National Sports Press Gala in La Nucia, Alicante, a city renowned for its excellent sports facilities. At the event, they met with Mr. Julian Redondo, the President of the Spanish Sports Press Association, Mr. Bernabé Cano, the Mayor of La Nucia, and Mr. Alejandro Blanco, the President of the Spanish Olympic Committee, among other notable personalities, in a beautiful celebration for sport press, and sharing great time together, for sport and friendship.



President Santonja with the President of the Spanish Olympic Committee, Mr. Alejandro Blanco, surrounded by the Mayor of Santa Susana, Mr. Joan Campolier (Left), and AIPS Vice President, Mr. Juan Antonio Prieto (right).



With Mr Julian Redondo, President of the Spanish Sport Press Association, and Mr Pepe Gutierrez, President of the Catalanian Sport Press.

## IFBB AT THE GAISF LAST CONGRESS



The President of IFBB attended a historic event at the 2022 GAISF Congress, which marked the organization's final gathering. GAISF, the Global Association of International Sports Federations, served as the umbrella organization for all international sports federations, both Olympic and non-Olympic, as well as organizers of multi-sports games and international sport-related associations since its founding in 1967. IFBB had been a member since 1969. At the GAISF 2022 Congress, a groundbreaking decision was proposed and approved: the dissolution of GAISF. This momentous event heralds no doubt a new era in the world of international sports.

The new body to be umbrella of all the international sport federations will be now SportAccord

## VISIT FROM IRAQ FEDERATION

The President of the Iraqi Federation paid a visit to President Santonja at the IFBB office, providing an update on the progress of our sport and lifestyle in Iraq. They discussed the successful implementation of the IFBB Academy and various sports and educational activities taking place in the country.



President Santonja with Mr. Faez Abdul Hassan, President of the Iraqi Federation.





## SANTA SUSANA AND IFBB, HOSTS OF THE CENTENARY AND 2024 CONGRESS OF THE INTERNATIONAL SPORTS PRESS ASSOCIATION

• The City Council of Santa Susana, the World Fitness Capital, in cooperation with the IFBB, hosted the 2023 Executive Council meeting of the International Sports Press Association, the peak professional body representing the international sports media, with more than 9,500 members worldwide.

Four days of intense work in which the president of the AIPS, Mr. Gianni Merlo and the rest of the members joined by the President of the IFBB, Rafael Santonja and the Major of Santa Susana Mr. Joan Campolier have met in the well-known World Fitness Capital

An event that has strengthened the already excellent relation between AIPS, the IFBB and the city of Santa Susana.

As a result of the AIPS Executive Council Meeting, Santa Susana was proposed to host, with IFBB's support and cooperation, the 2024 Congress, to be held in conjunction with the Centenary of the Press Association, which was ratified later by the Congress at its 2023 edition in Seoul.



From left to right; Mr Rafael Santonja with Mr. Gianni Merlo, President of AIPS, Mr. Benet Ferrer, CEO of Aqua Hotel Group and the Major of Santa Susana Mr Joan Campolier during the meeting of the executive committee of the International Sports Press Association hold in Santa Susana the past February.

Dr. Rafael Santonja with the President of the Iran's National Olympic Committee (NOC), Mr. Mahmoud Khosravi Vafa.



IFBB Iranian Female athletes competing in IFBB Fitness Challenge/Speed Fit event.



## IFBB PRESIDENT MEETS THE IRAN'S NATIONAL OLYMPIC COMMITTEE PRESIDENT



• During his trip to Iran on the occasion of the IFBB Mr. Universe Iran; IFBB President, Dr. Rafael Santonja was most pleased to visit the President of the Iran's National Olympic Committee (NOC), Mr. Mahmoud Khosravi Vafa, updating him on the dynamic progression of the sports of Fitness and Bodybuilding in Iran, and the excellent implementation of the Speed Fit modality in the country, which has become one of the most popular disciplines among the new generations and, very significant, has opened the doors for the Iranian female athletes to participate at competitive sport level.

## EXECUTIVE COUNCIL MEETING OF THE EUROPEAN FITNESS AND BODYBUILDING FEDERATION



EBFF Executive members and some recognized officials attended to the Meeting.

• The European Fitness and Bodybuilding Federation, chaired by Dr. Rafael Santonja, also President of the international federation, held its annual executive council meeting in Madrid, evaluating and finalizing preparations for the intense European competition

calendar that was scheduled for the 2023 year. With special attention to the European Championships celebrated in May, in Santa Susana, as well host city of the IFBB Men's and Women's World Championships that took part in November, to the well-known Arnold

Sports Festival Europe and all the editions of the IFBB Mr. Universe, a mythical event that was back with the occasion of the IFBB 75th Anniversary, celebrated in 2021, and that during this year has been organized in over 20 countries!





## THE PRESIDENT OF THE TUNISIAN FEDERATION VISITED IFBB HEADQUARTERS

● Mr. Wael Hichari, President of the Tunisian Fitness and Bodybuilding Federation, visited the IFBB office to meet with President Rafael Santonja, updated him about the situation of our sport in the country and working on upcoming national and international projects that would take place in Tunisia and in the Maghreb area along the year.

As well as the active participation of the Tunisian National Teams at the Mediterranean, continental, and world levels.

*President Rafael Santonja with the President of the Tunisian Federation; Mr. Wael Hichari during his visit to IFBB Headquarters.*

## AFRICAN CONFEDERATION EXECUTIVE COUNCIL MEETING

● The Executive Board of the African Confederation met with President Santonja to continue working for the progression of our sport in Africa.

The meeting brought very positive news for Africa and the organization of events such as The West African Championships in Ghana, The Arnold Sports Festival in South Africa and the African Championships hold in Cairo, Egypt.



*Some of the AFBB Executive members with President Santonja during their visit to Santa Susana the last IFBB World Championships 2022.*



## THE PRESIDENT OF BELGIUM FITNESS AND BODYBUILDING FEDERATION VISITED IFBB HEADQUARTERS

● The year started with the visit of the president of the Belgium Fitness & Bodybuilding Federation and prominent IFBB Official, Mr. Andre Wouters, that traveled to Madrid, to meet IFBB President, updating him on the progression of our sport in the country, as well as on the international participation plans of the Belgian team for the year 2023, and the implementation of IFBB Fitness Challenge activities in Belgium.

*Dr. Rafael Santonja with Mr. Andre Wouters, President of Belgium Federation.*



## THE PORTUGUESE FEDERATION MEETS PRESIDENT SANTONJA

● The executive members of the Portuguese Federation and its new President Mr. Daniel Morais were in Madrid to work on their well-known events, the IFBB Diamond Cup and also the IFBB Elite Pro World Championships of Wellness and Bodybuilding up to 95.

The memory of former President, and appreciated IFBB Official, Jose Monteiro, will remain forever within the Portuguese Federation and the IFBB, and is a source of inspiration to continue his work for our sport and lifestyle in his beloved country, Portugal.



*President Rafael Santonja with Mr. Daniel Morais, President of the Portuguese Federation, and other members and officials from the Portuguese Federation.*

## THE ASIAN FITNESS AND BODYBUILDING FEDERATION HELD ITS ANNUAL EXECUTIVE COUNCIL MEETING!



● This year the Asian continent had presented an intense program of international activities and the Exco Members of the Asian Federation of Fitness and Bodybuilding, led by their President, Vitalii Kozukhov, met with President Santonja to evaluate all of them, and get updated about the overall international calendar, new resolutions and projects ahead.

During the meeting was set the place for the IFBB Asian Championships that was celebrated in the great city of Beirut, Lebanon. Asia, a continent specially knows for its fitness and healthy life style has shows one year more the relevance of our sport in Asia with the organization of several events along the year.

The 2023 season started in January with a great edition of the IFBB Mr. Universe Iran and the IFBB Ajman International Championships in the month of March, following of the IFBB Asian Championships, the West Asian Championships held in Bahrain, the East Asian



*IFBB President Rafael Santonja with Vitalii Kuzhkov President of the Asian federation and Ms Ludmila Elgina, Chairwoman of the AFBF Women's Committee.*



*President Rafael Santonja with H.E. Sheikh Abdullah Bin Hamad Al Sharqi, IFBB Vice-President for Asia.*

Championships in Jeju, Korea, and the IFBB Fitness Challenge World Championships in October, in Kyrgyzstan.

Additionally, to the official championships, the iconic Mr. Universe have stand out in the continent, with celebration of editions in countries such as Lebanon, Syria, Oman, Saudi Arabia, India, Abu Dhabi, China... among many others.

Special attention was paid to the second edition of the IFBB Mr & Ms. World event, that organized for Amateur and Professional categories, has taken part at the beautiful Emirate of Fujairah. An impressive long-term project that will continue standing out the IFBB Calendar in the next upcoming years!



# ANNUAL CONGRESS 2022

November 2<sup>nd</sup> 2022,  
Parc Colomer Sports Center  
Santa Susana, Spain

IFBB President and Chair, Dr. Rafael Santonja, opened the Congress, welcomed all the delegates, officials and competitors in attendance, warmly thanked Mr. Joan Campolier, Major of the Santa Susana and IFBB Patron for his great work and the whole Municipality of Santa Susanna in the preparation of the World Championships, held in a town where bodybuilding and fitness feel as at home.

## IFBB INSTITUTIONAL RELATIONS

- The IFBB is a full member and/or is recognized by the following Olympic and International Sports Institutions and Organizations: Olympic Council of Asia (OCA); Pan-American Sports Organization (PANAMSPORTS); Central American and Caribbean Sports Organization (CENTRO CARIBE SPORTS); Central America Sports Organization (ODECA); South America Sports Organization (ODESUR); Association of National Olympic Committees of Africa (ANOCA); Global Association of International Sports Federations (GAISF); World Anti Doping Agency (WADA); Association of Pan American Sports Confederations (ACODEPA); Association of African Sports Confederation (AASC); International University Sports Federation (FISU); Alliance of Independent, Recognized Members of Sport (AIMS); International World Games Association (IWGA); The Association for International Sport for all (TAFISA).
- The IFBB is a full member and/or is recognized by the following 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 Sports Science and Physical Education (ICSSPE); International Pierre De Coubertin Committee (CIPC); Peace and Sport.
- With reference to the withdrawal of the status of WADC [World Anti-Doping Code] compliant, President Santonja explained the huge work the IFBB is doing to restore its 'in compliance' status. The main measures to be taken by the IFBB to achieve this aim, are related to the increase in financial resources, the review of the risk assessment and the redistribution of anti-doping tests. The IFBB and the IFBB Anti-Doping Commission are working closely with the World Anti Doping Agency, coordinating these measures with the firm goal of recover this status as soon as possible.  
The Report of the IFBB International recognitions, affiliation, partnerships and the report about WADA compliance was enclosed at pages 15-34 of the Agenda.



## PROPOSALS APPROVED BY THE CONGRESS

- To implement a new competition category: Men's Physique – Early Junior, intended for the participation of the athletes between the ages 15 and 16.
- Establishment of the Children Commission.
- Establishment of the 'Fitness Challenge Commission'.
- Establishment of the 'University Commission'.
- Settlement of a deadline for the payment of the Annual Affiliation Fee.
- All National Federations must carefully schedule their national events, with respect and accordance to the IFBB. Official activities, such as all the IFBB Continental Championships, and all the IFBB World Championships, for Male and Women Categories, in its Junior, Senior and Master Editions.
- Based in the expected increase of Anti-Doping Program related expenses, and accordingly to the actions established by other Sport Federations, an Anti-Doping Fee to be applied to all the competitors participating at Official Championships (World/Continental Championships) has been settled.
- To switch the name from 'INTERNATIONAL FEDERATION OF BODYBUILDING AND FITNESS' to 'INTERNATIONAL FITNESS AND BODYBUILDING FEDERATION' keeping the same logo design and acronym 'IFBB' adding the word 'FEDERATION' below.
- The African Federation of Bodybuilding and Fitness announced new Executive Committee in function for the next term asking for the Congress approval:

Dr. Adel Fahim El Sayed, Egypt, President; Kamel Nedjah from Argelia- North Africa; Ariana Batalha from Angola – Central Africa and East Africa; Abdul Hayye Yartey, from Ghana- West Africa; Wayne Price, from South Africa – South Africa.

## ELECTIONS

The new elected and appointed IFBB Executive Council Members for the period 2022/2026 are the following:

President: Dr. Rafael Santonja, Spain;

General Secretary; Ralph Decelis, Malta;

Executive Assistant to President: Dr. Eng. Adel Fahim, Egypt;

Executive Director: Gabriel Toncean, Romania;

Vice-General Secretary: Sanjay More, India;

Area Vice Presidents:

- Africa: Adel Fahim, Egypt;
- Asia: Sheikh Abdulla Bin Ahmad Al Sharki, UAE;
- North America: Marco Antonio Cabezas, Mexico
- Central America: Eduardo Abdalah, Nicaragua;
- South America: Juan Paredes, Ecuador;
- Caribbean: Giovanni Arendsz, Aruba;
- Europe: Pawel Filleborn, Poland;
- South Pacific and Oceania: Paul Graham, Australia



Judges Committee:	Pawel Filleborn, Poland, Chairman; Gu Qiao, China, Secretary;
Technical Committee:	Benedetto Mondello, Italy, Chairman; Istvan Huber, Hungary, Secretary;
Women's Committee:	Gabriela Mlsnova, Slovakia, Chairwoman; Ludmila Elgina, Secretary;
Medical Commission:	Dr. Alfonso Moran, Spain, Chairman; Dr. Francesco Abril, Spain, Secretary;
Children Commission:	Natalia Nazarenko, Estonia, Chairwoman; Viola Varga, Hungary, Secretary;
Fitness Challenge Commission:	Sadegh Hashemi, Chairman; Mariann Vatandoust, Secretary;
Athletes Commission:	Ott Kivikas, Estonia, Chairman;
Legal Commission:	Marco Bosco, Italy;
Anti-Doping Commission:	Mauricio De Arruda, Brazil, Chairman;
University Sports Commission:	Abdolmahdi Nasirzadeh, Iran, Chairman; Eduardo Abdalah, Nicaragua, Secretary;
Special Advisors:	Gen. Juan Santiago Estrada, Nicaragua; Rauf Bunyatliyev, Azerbaijan;
IFBB Patrons:	Vladimir Dubinin, Russia; Aquiles De Cesare, Uruguay; Joan Campolier, Spain; Albert Busek, Germany; William Tierney, UK

More detailed information can be found at the IFBB Annual Congress Minutes





2022 IFBB INTERNATIONAL CONGRESS DELEGATES



Albania (from L): Rando Kukeli (General Secretary),  
Marin Meksi (Team Manager).



Angola (from L): Ariana Batalha (General Secretary).



Aruba (from L): Mario Jimenez (Delegate),  
Giovanni Arendsz (NF President; CAC President).



Austria (from L): Martin Dudas (Vice-President),  
Jörg Kapfer (President).



Azerbaijan: Jamil Bunyatliyev (General Secretary).



Bahrain (from L): Yusuf Khonji (Executive),  
Ebrahim Al Shaika (Vice-President).



Belarus: Anton Avseiko (Int. Judge),  
Natallia Kachan (NF Director).



Belgium (from L): Andre Wouters (President).



Brazil: Diana Monteiro (President).



Bulgaria: Yuliy Rusev (Executive).



Cape Verde: Jailton Cesar Rocha (Delegate).



Chinese Taipei: Jen Jen An (International Director),  
Dr. Yone-Han Mah (NF Medical Advisor).



Congo Democratic Republic:  
Ndumbi Kafunda Patrice (President).



Costa Rica (from L): Edgar Sanchez (President),  
Raul Padilla (Coach).



Croatia: Goran Juratovic (President).





Czech Republic: Stanislav Pesat (Vice-President).



Denmark: Mohamad Ali Fabricius Ali (unofficial representative).



Dominican Republic: Tony Pena (NF President, CAC Vice-President).



Egypt: Mohamed Mohsen Mohamed (Int. Judge).



El Salvador: Fabrizio Hernandez (NF President, Central American Vice-President).



Estonia (From L): Aleksandra Laer (General Secretary), Ott Kivikas (EBFF Athlete's Representative).



Finland (from L): Ville Isola (Executive Manager), Aino-Majja Laurila (Gen. Secretary), Sampo Kirjovaara (Judges Committee Head).



France (from L): Eric Cagnard (Vice-President), Mario Valero (President).



Germany (from L): Guido Falk (CEO), Michael Koenig (President), Margret Netack (National Coach).



Greece (from L): Anastasios Koligionis (Founding President), Konstantinos Telkis (Treasurer).



Guatemala: Luis Medrano (President).



Hungary: Viola Vargha (General Secretary, EBFF Children Committee Chair).



Iran (from L): Sadegh Hashemi (Int. Affairs Head), Mahmoud Gharachoorlou (Strongest Men Committee Head), Abdolmehdi Nasirzadeh (President).



Ireland (from L): Michael Bullman (President), Ihar Sidarchuk (Executive).



Israel: Asher Frig (President).



Italy (from L): Gianni Francese (Gen. Secretary), Ivano Bianchi (Int. Judge).



Japan (from L): Miyako Kinoshita (Managing Director), Masanori Aota (NF President, AFBF Vice-President).



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





Kosovo: Sabri Dragusha (General Secretary).



Kuwait: Abdullah Jassim (Athlete).



Kyrgyzstan (from L): Olga Tsirikidze (Vice-President),  
Liudmila Elgina (President).



Latvia (from L): Kristine Vedernikova (President),  
Vladimirs Belovs (Vice-President).



Lebanon (from L): Hassenen Moukaled (President),  
Hani Barbar (Treasurer).



Liechtenstein: Rey Kemo (President).



Lithuania (from L): Sandra Martinkiene (President),  
Aleksandras Martinkus (Int. Judge).



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



Malta: Ralph Decelis (NF President, EBFF Gen. Secretary).



Mauritius (from L): Richard Albert (President),  
Gina Albert (Secretary).



Mongolia (from L): Amarsaikhan Sharkhuu (Gen. Secretary),  
Nomin Amarjargal (Official).



Netherlands (from L): Salim Najjar (Int. Judge),  
Ingrid Stewart (Women's Committee Chair).



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



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



Oman (from L): Ammar Salim Al Hosni (Member),  
Dr. Salim Said Al Bahri (President).



Palestine (from L): Galeb Tartir (Technical Committee Head),  
Bashir Salama (Vice-President).



Poland (from L): Patricia Filleborn (Delegate),  
Grzegorz Kepa (Int. Judge).



Portugal: Jose Monteiro (President).





Romania (from L): Ciprian Farcas (photographer), Tanita Zetea (President's Advisor, Balkan Federation Gen. Secretary), Calin Brehaita (Judges Committee Chair).



Saudi Arabia: Mohammed Ali Alshetri (Judges Committee Head).



Serbia (from L): Zoran Stojic (National Coach), Djordje Kolundzija (Competitors Committee Chair).



Seychelles (from L): Roxy Athanase (Honorary Member), Gilles Pinchon (Honorary Member), Chantal Pinchon (President).



Slovenia: Gasper Grom (President).



South Korea (from L): Jongsug Kim (Gwangju Fed. Vice-President), Jooyun Lee (Supporter), Changgyoo Lee (Vice-President).



Spain (from L): Alfonso Gomez (Sport Director), Armando Marquez (Valencia Regional President), Jose Gonzalez (Official).



Sweden (from L): Jani Kaaria (President), Benny Fencker (Judges Committee).



Switzerland (from L): Danijela Gallo (President), Laura Reissalu (Int. Competition).



Syria (from L): Manar Haikal (President), Abdulmajed Yazbak (Int. Judge).



Turkey (from L): Hasan Aydin (Delegate) and accompanying person.



United Arab Emirates (from L): Ahmed Johar (Executive), Faisal Alzaabi (Executive).



Ukraine (from L): Dmytro Horobets (National Coach), Iryna Delliieva (Vice-President), Vitaliy Talavera (Vice-President).



United Kingdom: Helen O'Reilly (Executive).



United States of America: Carlos Cortes (Florida Regional President).



Venezuela: Adolfo Martinez (President).



**IFBB AWARDS PRESENTED AT THE 2022 CONGRESS**

IFBB Life Achievement Award for Mr. William Tierney (United Kingdom), presented by President Santonja.



IFBB "Distinguished Service Award" for the Portuguese Federation President, Mr. Jose Monteiro, presented by President Santonja and Santa Susanna Mayor, Mr. Joan Campolier (left).

"Top Sport Administrator of the Year" Award for Dr. Eng. Adel Fahim El Sayed (Egypt) - Executive Assistant to the President & Vice-President for Africa, presented by President Santonja and Mayor Campolier.



IFBB Gold Medal for the Lithuanian Federation President, Mrs. Sandra Martinkiene, presented by Vice-President for Asia, Sheikh Abdullah Bin Hamad Al Sharqi.

IFBB Gold Medal for the IFBB President Office Team member, Mr. Victor Hernandez, presented by Sheikh Abdullah Al Sharqi.



IFBB Gold Medal for North Macedonian Federation President, Mr. Boban Gyoroski, presented by IFBB Vice-President Pawel Filleborn.



IFBB Gold Medal for the Physique America representative in Florida, Mr. Carlos Cortes, presented by President Santonja.



IFBB Gold Medal for the Spanish Federation Judges Committee Chairman, Mr. Diego Villegas, presented by Vice-President Filleborn.



IFBB Silver Medal for the senior specialist in the IFBB Head Office, Ms. Patricia Petschen, presented by Sheikh Abdullah Al Sharqi.



IFBB Silver Medal for the long-time Spanish Federation official, Mr. Pere Garcia, Presented by Vice-President Filleborn.



IFBB Medal of Honor for the EBFF Technical Committee Chairman, Eng. Andrew Michalak (Poland), presented by President Santonja, Vice-President Filleborn, Sheikh Abdullah Al Sharqi and Mayor Campolier.



# 2022 OVERALL (and OPEN) WORLD CHAMPIONS

## 2022 IFBB WORLD FITNESS CHAMPIONSHIPS

Jessica Pap (Sweden)



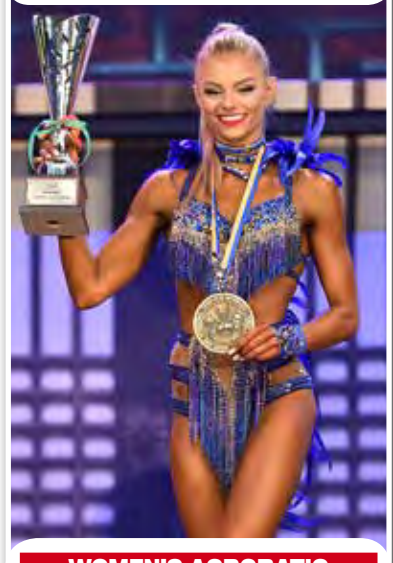
WELLNESS SENIOR

Natalia Poprocka (Slovakia)



WELLNESS JUNIOR

Tatiana Ondruskova (Slovakia)



WOMEN'S ACROBATIC  
FITNESS

Kateryna Spievakova (Ukraine)



WOMEN'S ARTISTIC  
FITNESS

Kateryna Ishchenko (Ukraine)



BODYFITNESS SENIOR

Svitlana Hordiienko (Ukraine)



BODYFITNESS MASTER

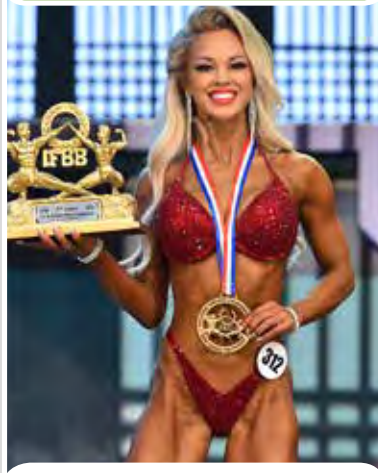


Aneta Ticha (Slovakia)



**BIKINI SENIOR.**

Mariia Burlaka (Ukraine)



**BIKINI MASTER**

Lilija Utenko (Estonia)



**BIKINI JUNIOR**

## 2022 IFBB WORLD JUNIOR CHAMPIONSHIPS

Hugo Barajas (Mexico)



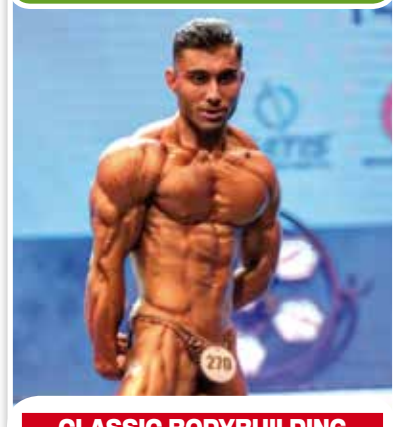
**BODYBUILDING JUNIOR**

Zahedian Alireza Mansour (Iran)



**CLASSIC PHYSIQUE JUNIOR**

Abflazl Bahrampoor (Iran)



**CLASSIC BODYBUILDING JUNIOR**

Shahin Biabani (Iran)



**GAMES CLASSIC BODYBUILDING JUNIOR**

Iman Jebeli Omid (Iran)



**MEN'S PHYSIQUE JUNIOR**



## 2022 WORLD SENIOR AND MASTERS CHAMPIONSHIPS

**Karolis Linkevicius (Lithuania)**



**BODYBUILDING SENIOR**

**Mohammad Khalesihaghighi (Iran)**



**CLASSIC BODYBUILDING SENIOR**

**Mohammad Yousefi (Iran)**



**GAMES CLASSIC BODYBUILDING, SENIOR**

**Khalid Mohamed Obaid Mohamed (UAE)**



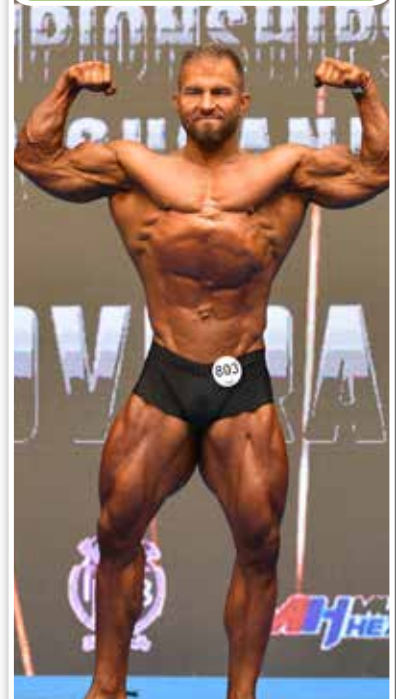
**MEN'S PHYSIQUE SENIOR**

**Seyed Ayoub Hosseini (Iran)**



**CLASSIC PHYSIQUE SENIOR**

**Peter Tatarka (Slovakia)**



**CLASSIC PHYSIQUE MASTER**



Ahmed Samy (Egypt)



CLASSIC BODYBUILDING  
MASTER

Radovan Bezo (Slovakia)



GAMES CLASSIC  
BODYBUILDING MASTER

Nicola Barlotta (Italy)



BODYBUILDING MASTER

Evelino Rodrigues (Cape Verde)



MEN'S PHYSIQUE MASTER



## IFBB EXECUTIVE COUNCIL MEMBER



IFBB PRESIDENT DR. RAFAEL SANTONJA



BENEDETTO MONDELO



RALPH DECELIS



ENG. ADEL FAHIM EL SAYED



GABRIEL TONCEAN



SANJAY MORE



SHEIKH ABDULLAH



MARCO ANTONIO CABEZAS



EDUARDO ABDALAH



JUAN PAREDES



GIOVANNI ARENDSZ



PAWEL FILLEBORN



PAUL GRAHAM



GU QIAO



ISTVAN HUBER



GABRIELA MLSNOVA



LUDMILA ELGINA



ALFONSO MORAN



FERNANDO LOPEZ PEREIRA



NATALIA NAZARENKO



VIOLA VARGA



SADEGH HASHEMI



MARYANN VATANDOUST



OTT KIIVIKAS



MARCO BOSCO



MAURICIO DE ARRUBA



ABDOLMAHDI NASIRZADEH



GRAL. JUAN SANTIAGO ESTRADA



RAUF BUNYATALIYEV



JOAN CAMPOLIER



WILLIAM TIERNEY



# EXECUTIVE COUNCIL



**INTERNATIONAL PRESIDENT**  
**DR. RAFAEL SANTONJA,**  
 Spain

**IFBB FOUNDERS**  
**BEN WEIDER, O.C., C.Q., C.St.J, Ph.D.**  
**JOE WEIDER, USA**

**EXECUTIVE ASSISTANT TO THE PRESIDENT**  
**DR. ENG. ADEL FAHIM EL SAYED,** Egypt

**GENERAL SECRETARY**  
**RALPH DECELIS,** Malta

**EXECUTIVE DIRECTOR**  
**GABRIEL TONCEAN,** Romania

**VICEGENERAL SECRETARY**  
**SANJAY MORE,** India

**VICE PRESIDENTS**

**África:**  
**DR. ENG. ADEL FAHIM EL SAYED**

**Asia:**  
**SHEIKH ABDULLAH BIN HAMAD AL SHARQUI**

**Central America:**  
**EDUARDO ABDALAH**

**Caribbean:**  
**GIOVANNI ARENDSZ**

**Europe:**  
**PAWEL FILLEBORN**

**North America:**  
**MARCO ANTONIO CABEZAS**

**South America:**  
**JUAN PAREDES**

**South Pacific Oceania:**  
**PAUL GRAHAM**

**JUDGES COMMITTEE**  
**PAWEL FILLEBORN,**  
 Poland, Chairman  
**GU OIAO,**  
 China, Secretary

**ANTI-DOPING COMMISSION**  
**MAURICIO DE ARRUDA**  
 Brazil, Chairman

**TECHNICAL COMMITTEE**  
**BENEDETTO MONDELLO**  
 Italy, Chairman  
**ISTVAN HUBER,**  
 Hungary, Secretary

**WOMEN'S COMMITTEE**  
**GABRIELA MLSNOVA**  
 Slovakia, Chairwoman  
**LUDMILA ELGINA**  
 Kyrgyzstan, Secretary

**MEDICAL COMMISSION**  
**ALFONSO MORAN,**  
 Spain, Chairman  
**FRANCISCO ABRIL**  
 Spain, Secretary

**CHILDREN COMMISSION**  
**NATALIA NAZARENKO**  
 Ukraine, Chairwoman  
**VIOLA VARGA**  
 Hungary, Secretary

**UNIVERSITY SPORTS COMMISSION**  
**DR. ABDOLMAHDI NASIRZADEH**  
 Iran, Chairman  
**ENG. EDUARDO ABDALAH**  
 Nicaragua, Secretary

**LEGAL COMMISSION**  
**Marco Bosco,** Italy

**PATRONS**  
**VLADIMIR DUBININ,** Russia  
**AQUILES DE CESARE,** Uruguay  
**JOAN CAMPOLIER,** Spain  
**ALBERT BUSEK,** Germany  
**WILLIAM TIERNEY,** United Kingdom

**FITNESS CHALLENGE COMMISSION**  
**SADEGH HASHEMI**  
 Iran, Chairman  
**MARYANN VATANDOUST**  
 Iran, Secretary

**ATHLETES COMMISSION**  
**OTT KIVIKAS**  
 Estonia, Chairman

**SPECIAL ADVISORS**  
**Juan Santiago Estrada,** Nicaragua  
**Rauf Bunyatliyev,** Azerbaijan

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

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













A WORLD SPORT FAMILY



# INTERNATIONAL FITNESS AND BODYBUILDING FEDERATION



[www.ifbb.com](http://www.ifbb.com)  
[contact@ifbb.com](mailto:contact@ifbb.com)

AFFILIATED/RECOGNIZED:

