

Asian Youth & Junior Weightlifting Championships: Beheshti, Beiranvand dominate as Iran enjoys glorious campaign

Sports Desk

Mahsa Beheshti and Mohammad-Javad Beiranvand collected a remarkable 15 golds between them as Iranian boys and girls enjoyed a medal-laden campaign at the Asian Youth & Junior Weightlifting Championships in Tashkent, Uzbekistan, setting several new world records in the process.

A haul of 12 medals, including six golds, saw the Iranian girls claim the runner-up spot in the youth event – the country's best-ever finish in the history of the competition – with 534 points. Kazakhstan secured the team title in the age category with 551 points, while hosts Uzbekistan finished third with 514 points.

Teenage prodigy Mahsa Beheshti spearheaded Iran's medal hunt in the girls' youth contests by completing a clean sweep of three golds in the +77kg weight class on Thursday. Beheshti, who made her senior breakthrough with clean & jerk gold and two bronze medals at last year's Islamic Solidarity Games in Riyadh, registered three successful lifts to win the snatch gold with a best effort of 113kg. She picked up where she left off in the snatch by lifting 136kg in the clean & jerk before going on to post 142kg and 148kg – 14 kilograms better than her



Iran's Mahsa Beheshti (L) and Mohammad-Javad Beiranvand are seen in action at the Asian Youth & Junior Weightlifting Championships in Tashkent, Uzbekistan. ● IWFIR

mark in the Saudi capital – to win her second gold of the afternoon. She then claimed the total title with a combined 261kg. Her splendid performance saw Beheshti also sweep the gold medals of the junior 86kg class on Friday. Hosna Amiri and Roya Nourinejad secured an all-Iranian podium in the snatch contest, registering best lifts of 104kg and 98kg, respectively. Amiri won the total bronze with 224kg. Anahita Zarei and Nasim Qassemi bagged six medals, including three golds, between them in the girls' youth 77kg division. Zarei settled for bronze in the snatch but went on to win gold in the clean & jerk

and total with lifts of 126kg and 218kg, respectively. Qassemi, meanwhile, grabbed snatch gold with a successful 91kg effort before finishing runner-up to her compatriot in the next two categories with a 117kg clean & jerk and a 208kg total.

Beiranvand dominates

In the boys' competitions, Mohammad-Javad Beiranvand was in a league of his own in the 75kg weight class, collecting a remarkable nine gold medals across the three categories and age groups. The Iranian opened his snatch campaign by successfully lifting 140kg. Af-

ter failing to clear 145kg in his second attempt, he returned to the same weight in his third and successfully lifted it, setting a new world youth record.

The performance earned Beiranvand gold medals in the youth, junior and Central Asian categories in the snatch. He was equally impressive in the clean & jerk. Beiranvand successfully lifted 166kg in his opening attempt, breaking the Asian youth record. He then cleared 173kg in his second attempt to set new Asian and world records in the clean & jerk and total categories. In his final attempt, he successfully lifted 180kg, secur-



ing gold and once again breaking the world junior records in the clean & jerk and total.

Beiranvand capped his campaign with a total of 325kg to add three more gold medals to his individual haul in Tashkent, underlining his status as one of the country's most promising young weightlifters. Iran's Taha Nojavan and Pouria Abbaspourian delivered further record-breaking lifts for the country, sweeping the gold and silver medals in the youth +95kg class. Nojavan began his snatch campaign by successfully lifting 165kg and 170kg before clearing 176kg in his third attempt. The lift

secured snatch gold and saw him set new Asian and world youth records. The young Iranian went on to dominate the clean & jerk, successfully lifting 215kg to win gold. With a total of 391kg, Taha also claimed gold in the overall standings. His 215kg effort lifted him to new world youth records in both the clean & jerk and total categories. Abbaspourian also posted a best lift of 175kg in the snatch and 206kg in the clean & jerk to add three silver medals to Iran's medal count. Hamidreza Zarei, meanwhile, delivered a standout performance in the 95kg junior category, winning

three gold medals. A winner of a silver and a bronze medal at last year's World Junior Championships, Zarei cleared 164kg in his third attempt to secure snatch gold before winning the top prize in the clean & jerk with a new junior world record of 214kg in his final attempt. Zarei completed his impressive performance with a total of 378kg. Iranians were not short of glory in other weight and age categories. Competing in the youth category, Hajar Moini lifted 90kg for snatch silver and 105kg to win bronze in the clean & jerk before finishing with a total of 195kg to claim bronze in the total in the 61kg class.

In the junior 61kg class, Maryam Keshtkar successfully lifted 94kg in the snatch and 111kg in the clean & jerk to finish with three bronze medals. Mohammadamin Dadvand, meanwhile, rounded out his youth campaign with two gold medals and a snatch silver, courtesy of a 144kg-179kg-323kg performance. Iran also settled for a runner-up finish in the boys' youth standings with 530 points, winning nine golds, four silvers and two bronze medals. Uzbekistan won the team title with 553 points, while Kazakhstan collected 506 points to finish third.

Asian Men's Youth Handball Championship: Iran handed daunting tests after new draw

Sports Desk

Iran was drawn in a challenging Group B at the 2026 Asian Men's Youth Handball Championship after the Asian Handball Federation (AHF) held a redraw for the competition on Thursday. The draw was conducted again after several teams changed their decisions regarding participation in the 11th edition of the continental tournament, which will kick off on Thursday in Amman, Jordan.

The 2006 champions and two-time silver medalists, Iran, who had to settle for a below-par sixth-place finish in the previous edition in 2024, will face Kuwait, Qatar, Saudi Arabia and Syria in Group B, which appears to be the tougher of the two groups, with three teams besides Iran regarded as strong contenders for the title.

Iran will open its campaign against Saudi Arabia on Friday before taking on Qatar two days later at Princess Sumaya Hall. Iran will face Kuwait in its



● IRIHF

penultimate group-stage fixture on Aug. 24, with a game against Syria coming on Aug. 26. Qatar will enter the tournament as the second most decorated team in the history of the competition with two titles, as well as three silvers, while continental powerhouse Kuwait, which won the 2024 bronze medal, will look to add to its 2008 crown. Saudi Arabia, meanwhile, which claimed bronze in 2022, will chase a second

medal in three editions after falling short against Kuwait in the third-place playoff two years ago. Group A comprises South Korea, Bahrain, Jordan, India and Uzbekistan. The championship will also serve as the qualification event for the 12th IHF Men's Youth (U19) Handball World Championship, with the top four teams securing direct qualification for the global tournament, scheduled to be held from July 29 to Aug. 9 next year.

Jamshidi's return gives Iran boost ahead of hectic basketball schedule

Sports Desk

The addition of veteran Mohammad Jamshidi to Iran's national basketball training camp has provided Greek head coach Sotiris Manolopoulos with an extra boost ahead of a congested continental schedule.

The 35-year-old Jamshidi has been recalled to the national team after a lengthy absence, with the experienced forward expected to add a touch of experience to the young squad for the decisive FIBA World Cup Asian qualifiers and September's Aichi-Nagoya Asian Games.

Jamshidi has represented Iran at some of the world's biggest sporting events, including the FIBA Basketball World Cup and the Olympic Games, while also winning multiple medals at the FIBA Asia Cup. His most recent appearance for the national team came during the 2023 FIBA Basketball World Cup qualifiers. The veteran will now have the opportunity to

play under Manolopoulos for the first time since the Greek coach took charge of Team Melli.

Jamshidi's recall comes after an impressive campaign with Naft Zagaros Jonoubi last season, with his strong scoring numbers seeing him remain one of the most prolific scorers in the Iranian Basketball Super League. He has returned to camp in good shape and with plenty of motivation ahead of a demanding schedule.

One of the main talking points at Tehran's Mashhoun Hall in recent weeks has been the individual discussions between Manolopoulos and Jamshidi, with the Greek coach regularly offering tactical advice to the veteran.

Aware of the value of having an experienced player on the court during difficult international windows, Manolopoulos has spent considerable time working with Jamshidi and sharing his tactical ideas. It remains to be seen



Iran's Mohammad Jamshidi takes part in a national team training session in Tehran, Iran, on July 27, 2026. ● DANIAL AHMADI/IRIBF

what the reunion between Iran's Greek coaching staff and the veteran star will produce in the upcoming competitions. Having won the first-round group thanks to double wins over Syria either side of an impressive victory against Jordan in July, Iran will resume the World Cup qualifiers against New Zealand in the second-round Group E opener in Pasay, Philippines, on Aug. 28, before taking on the Philippines two days later. A back-to-back silver medalist in 2014 and 2018, Iran will chase a

fourth medal in six editions when the basketball event at the upcoming Asian Games gets underway on Sept. 10. Iran have been drawn into a tough group alongside Jordan – the silver medalist at Hangzhou 2022 – Chinese Taipei, which reached the semi-finals in the previous edition, and Qatar.