



28 – Hossein Rezazadeh



IRI
1999 - 2006

Sinclair: 477.19 Competition: Olympic Games, Sydney - 26th September, 2000
 Bodyweight: 147.78 kg Snatch: 212.5 kg Clean and Jerk: 260 kg Total: 472.5 kg

Hossein Rezazadeh has become a legend in Iran and is extremely famous there. He is the super heavy of the noughties and, interestingly, the only super heavyweight not from Russia or the USSR to win an Olympics since the 1960s (not including the years where the USSR boycotted the games). Rezazadeh's career spanned from 1998 to 2006 and is completely littered with gold medals. He is a three-time gold medallist at the Asian Championships, two-time gold medallist at the Asian Games, four time world champion and two time Olympic champion. He has broken six world records and out of his thirteen international competitions was champion eleven times.

The only times Rezazadeh didn't win gold were his first two competitions, in 1998 and in 1999 – at the Asian Games and the World Championships respectively. At the 1999 World Championships, his first as a senior, Rezazadeh actually put together a very promising total, snatching 206 kg, a new world record, and clean and jerking 242.5 kg, to total 447.5 kg. Unfortunately he was up against two of the greats in Andrei Chemerkin and Jaber Saed Salem. He ended up taking third but his world record snatch and promising clean and jerk were a great start.

A year later, Rezazadeh went to the Sydney Olympics. Now only three years into the sport, Rezazadeh had the performance of a lifetime. In fact, it was the performance of his lifetime. In this competition, Rezazadeh would set three world records and four Olympic records. It was the most competitive superheavy class in my lifetime and certainly the most exciting. Six lifters snatched over 200 kg but none as much as Rezazadeh who, despite missing 210 kg on his second attempt, jumped to 212.5 kg on his third. He made the lift, breaking his own world record by six and a half kilos. The pack was just as competitive in the clean and jerk, with five of those six lifters clean and jerking 255 kg or more. At the Rio 2016 Olympics only one lifter did this – Lasha Talakhadze. The 2000 Olympics was the real golden competition for super heavyweights. Rezazadeh opened with 250 kg, jumped to 255 kg, and finally made 260 kg, smashing the world record total by seven and a half kilos. It was at this competition that Chemerkin went for 600lbs in the clean and jerk in an attempt to beat Rezazadeh. Of course, if he had made it, you would know.

At a bodyweight of 147.78, Rezazadeh's 212.5 / 260 performance and total of 472.5 gave him a Sinclair of 477.19.

The following year at the World Championships, Rezazadeh snatched 210 kg and this time set a clean and jerk world record, his first, at 263 kg – half a kilo above the world standard. When the weight classes change, new world records must be set. To prevent everyone who first competes from getting in the record books, world standards are created, some seemingly more difficult to reach than others. This 262.5 kg world standard was certainly one of them. To date, Rezazadeh is officially the only lifter to surpass this world standard since it was set in 1998. Lovchev made it in 2015 but he was later stripped of that accolade.

At the following World Championships, Rezazadeh would once again find himself in the driver's seat early on. With the gold medal assured after his opening clean and jerk of 250 kg, he made the jump to 263.5 kg to beat his own world record. Unfortunately he did not make the lift.

In 2004, at his second and final Olympic Games, Rezazadeh had a much easier win than at the previous Olympics. He managed to snatch 210 kg which put him in a commanding lead. In the clean and jerk he managed 250 kg on his opener before taking the jump up to 263.5 kg to set a new world record, one he had wanted for quite some time. On his first try he did not quite rack the bar properly. However, on his second attempt at the weight, the final lift of the entire Olympic Games, Hossein Rezazadeh made it, distancing himself from his competition and winning his second straight Olympic Games.

Rezazadeh continued to compete in the following few years, winning gold at each subsequent World and Asian Championships. He never really let his foot off the gas. Just before the Beijing 2008 Olympics he was advised by the team doctors that for health reasons he should not compete at a third Olympics. So, the last time we saw the great Hossein Rezazadeh compete was in 2006, weighing a rotund 162.87 kg. He was a broad man, especially as he was only six feet and one inch tall.

In the following years Rezazadeh would become an advisor to the national team, and even try his hand at politics. He was elected in 2013 as a member of the city council of Tehran.

Asian Championships

G G G
1999 2003 2005

Asian Games

B G G
1998 2002 2006

World

B G G G G
1999 2002 2003 2005 2006

Olympic

G G
2000 2004