

# COMMONWEALTH WEIGHTLIFTING FEDERATION

## Regional Area

**ASIA:** 6 Countries -- plus 2 non affiliated. **Total pop: 1B,213 million**

**Bangladesh**  **pop:125 million**  
Bangladesh Weightlifting Federation  
**Address:** 1000Dhaka  
Maulana Bhashani Stadium Room No.224, 1st floor  
**President:** Major General Shakil Ahmed Psc  
**Gen. Secretary:** Mohyuddin Ahmad  
**Telephone:** +880 27100838 +880 1713016499  
**Telefax:** +880 2 7169517, +880 2 9563304  
[fahmid\\_shishir@yahoo.com](mailto:fahmid_shishir@yahoo.com)  
Year of Foundation: 1972  
Year of Affiliation: 1977  
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**Brunei**  **pop: 282000**  
Brunei Weightlifting Federation  
**President:** Harin Bin Haji Ahmad  
**Gen.Secretary :** Ariffin Bin Haii Salleh  
**Address;** P.O.B. 164, Gadonig Post Office BE 3978  
**Phone:** 673-2448044/8718044  
**Fax:** 673-2447641  
**Email:** [harungym@mail.com](mailto:harungym@mail.com)  
YEAR OF Foundation

**India**  **pop:914 million**  
India Weightlifting Federation  
**President:** Sahdev Yadav  
**Gen.Secretary :** Mr S.H. Anande Gowda  
**Address;** C-2/ 18 Sector -31,  
Noida Uttar Pradesh  
India 20 13 01  
**Mobile:** 91 8130821444  
**Telefax:** 91-1204541605  
**Email;** [iwlf2008@gmail.com](mailto:iwlf2008@gmail.com)  
**Email:** [weightlifting@weightliftingindia.in](mailto:weightlifting@weightliftingindia.in).  
**Email:** [anandsh1963@gmail.com](mailto:anandsh1963@gmail.com)  
YEAR OF Foundation 1935

Malaysia Weightlifting Federation   
**President:**  
**Gen.Secretary :** Pang Siew Huat  
**Address;** 9, Pangkor Road, 80040 Georgetown,  
Penang,  
Malaysia  
**Phone:** 604-2285080  
**Fax:** 604 226 2353  
**Email:** [msianweightlifting@hotmail.com](mailto:msianweightlifting@hotmail.com)  
YEAR OF Foundation 1955

  
**Malaysia** **pop:19 5 million**  
**Pakistan** **pop:131.5 million**  
Pakistan Weightlifting Federation  
**President:** Mian Amer Mahmood  
**Gen.Secretary :** Hafiz Imar Butt  
**Address;** 700 Omar block  
Allama Iqbal Town Lahore 54000  
**Phone:** 92-333-4244714  
**Fax:** 92-42-7320452  
**Email:** [pakistanwff@yahoo.com](mailto:pakistanwff@yahoo.com)  
[hafizimranbutt@yahoo.com](mailto:hafizimranbutt@yahoo.com)  
YEAR OF Foundation 1947

**Singapore**  **pop:2.8 million**  
Singapore Weightlifting Federation  
**President:** Tom Liaw Yong Joo  
**Address;** 8A Clifton Vale, Singapore, 359678  
**Phone:** (+65) 93211498  
**Email:** [tomliaw@swf.org.sg](mailto:tomliaw@swf.org.sg)  
**Gen.Secretary :** Mohamed Dali Sharif  
**Email:** [swf@swf.org.sg](mailto:swf@swf.org.sg)  
YEAR OF Foundation 1934

**Sri Lanka**  **pop:18 million**  
**Address:** daNugegoda  
No. 90/1 Jaya Road, Udahamulla  
**President:** Mr. Nalaka Hewamadduma  
**Gen. Secretary:** G.Nishanthan  
**Telephone:** +94 12777316263  
**Telefax:** +94 12682077  
**E-mail:** [srilankawf@yahoo.com](mailto:srilankawf@yahoo.com)  
**Year of Foundation:** 1956  
**Year of Affiliation:** 1982

**Maldives**



**pop:18 million**

Weightlifting Federation

**President:** Mohamed Haleem

**Gen.Secretary :**

Address; Starling

Male

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