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Kjar wins World Championship
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OREM, Utah - Utah Valley alum and former All-American Ben Kjar saw success on the international stage by winning two medals, including the 2023 Gold Medal in the 62kg Greco-Roman Competition at the 2023 Veterans World Championships in Loutraki, Greece.

In the Greco-Roman competition, Kjar picked up wins in the first two rounds over Michael Van De Walle (France) 4-1 and Zhaslan Ismagulov 8-0 before picking up his second shutout in a semifinal victory over Sabolc Futo (Serbia), this time in a 9-0 fashion. He defeated Italy's Nicola Caradonna 3-1 in the gold medal match. In all, he outscored opponents 24-2 in a total of four matches.

Kjar finished with the silver medal in the freestyle competition after defeating Cornel Catalin Predoiu (Romania) by VSU 10-0 in the quarterfinals and picked up a 6-2 win over Amantay Nuradilov (Kazakhstan) in the semifinals before falling 4-1 to Jalal Suleymanov (Azerbaijan) in the gold medal match.

Kjar earlier this summer, won the US Open Master's B Division Freestyle and Greco-Roman titles. During his UVU career, he finished with a school record 129 wins and earned All-American honors in 2011 to become UVU's first All-American.

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