



**MATTHEW  
CURTAIN  
CEO**

**BRITISH  
WEIGHT  
LIFTING**

**British Weight Lifting  
updates**

As usual, British Weight Lifting finds itself in a busy period amidst competitions, courses and club matters.

I was pleased to see two young weightlifters, Faye Briggs and Angelique Wallace Bourgoin, were awarded the Brian Hamill Award for their work ethic and dedication to the sport of weightlifting. I would like to congratulate both athletes and wish them all the best with their future endeavours. The Brian Hamill Award is granted by the Weightlifting Foundation and allows the late Brian Hamill's legacy to live on, one of British Weight Lifting's most popular, well-known and influential members.

On 24 March, we shared insight into the ongoing Coach Development Programme, run by Hugh Gilmore. The coaches on the programme shared their experiences with Hugh's sessions as well as their coaching background. I would like to say well done to the cohort on being selected for the competitive programme and wish them success in their coaching.

On 30 March, we announced the England Legacy Masters Championships and Para Powerlifting Open. This event will occur in Birmingham between 17-18 June and is part of the 2022 Commonwealth Games legacy. This flagship event will bring together one and a half days of dedicated England Masters competition, half a day of para powerlifting and there is the opportunity to qualify as a BWL Technical Official at this event. A big thank you is in order to Sport England, who are funders of the Birmingham 2022 CWG Legacy Programme.

On 31 March we turned on automatic checks in Sport 80 to ensure that all of our affiliated clubs are meeting the highest standards of governance. All affiliated clubs must have a Level 2 qualified coach along with a Safeguarding/Welfare Officer. I would like to thank all the clubs that took the time to make sure these roles are reflected on the Sport 80 system.

April saw the launch of three exciting new courses all centring around Functional Fitness. The new Level 2 Award in Coaching Functional Fitness, along with two targeted CPDs have helped us to extend our expertise beyond the sports of weightlifting and para powerlifting and allow us to support and develop the wider strength training sphere.

The EWF European Championships began on 15 April. I flew out to Armenia to attend the IWF Executive Board Meeting and the EWF Congress. We have a strong team of athletes in Yerevan to represent GB. Congratulations Catrin, Jess, Laura and Zoe, Jon, Sarah, Erin and Chris on your performances, and to Katrina, Emily, Stefano, Cyrille, Andy, Mackenzie and Gordon: good luck, not that you'll need it.

Between 21-23 April we look forward to seeing the UK's best student athletes take to the platform to battle it out for medals and BUCS points at Bangor University.

Finally, as we move closer to the British Championships in August, I wish all prospective competitors all the best in training.

Matthew Curtain  
CEO