



**MATTHEW
CURTAIN
CEO**



**British Weight Lifting
updates**

As summer continues to unfold, I have exciting updates and news to share with you. From championship successes to upcoming events and initiatives, there's a lot to look forward to in the world of weightlifting and para powerlifting.

Competitions

Firstly, with immense pride I congratulate the 18 new National Champions who showcased their remarkable talents during the British Championships held from 5 to 6 August 2023. Against the majestic backdrop of the Manchester Central Convention Centre this year's event was indeed a celebration of spectacular strength, determination, and entertainment from our nations' best.

To this end, I recognise the continued investment from our athletes, coaches, technical officials, BWL staff and volunteers alike as well as to our partners Manchester City Council, UK Sport, Sport England, TASS, National Lottery, Eleiko, SBD, Weightlifting House, New Balance, S&F Flooring and SportsCover Europe for their unwavering support in making the 2023 British Championships the massive success that it was.

Looking ahead, I am thrilled to announce that the England Championships will be held at the NEC Birmingham during FitFest from 9 to 10 December 2023. Stay tuned in August for more insights on the qualification process and window!

Education

On 14 October 2023, we will hold the Stronger Together Coaching Conference, offering an opportunity to experience the power of hands-on learning. As coaches, we understand the significance of nurturing competitive athletes driven by a love for lifting. This conference, a platform for wisdom-sharing from champions and seasoned mentors, invites you to deepen your coaching expertise in person.

Weightlifting Performance

Applications are now open for Inclusion Academies. Clubs with the vision to create inclusive spaces for young athletes venturing into weightlifting are invited to join us in nurturing the next generation of stars. Applications close Sunday 10 September 2023.

Staff Matters

We're excited to introduce new staff updates and opportunities within BWL such as the role of Marketing & Communications Manager, Marketing & Communications Executive, Operations and Governance Manager all of which are currently being advertised. At the same time, we are pleased to formally welcome Tara Drake to the team following her successful probation review.

Finally, we bid farewell to Jo Foster - Head of Marketing and Communications and Elicia Agar - Digital Marketing & Communications Executive, both of whom have played pivotal roles in our continued journey. Their contributions are deeply appreciated, and we wish them the very best.

“Strength lies not only in the weights we lift but in the unity of our community. Let's continue to support one another, celebrate successes, and work together to make the world of weightlifting and para powerlifting a better place. BWL 2.0”

**Matthew Curtain
CEO**