



**MATTHEW
CURTAIN
CEO**

**British Weight Lifting
updates**

**BRITISH
WEIGHT
LIFTING**

It was with deep sadness that we heard of the passing of Sir Ben Helfgott, a revered figure in British Olympic weightlifting and a champion for Holocaust remembrance and education. We would like to offer our sincere condolences to Ben's family.

Throughout June and July, competitions remain at the forefront of BWL activities as we approach our flagship event the British Championships. We have now released the start list and schedule, which can be accessed [here](#). I look forward to seeing the UK's finest weightlifting talent take to the platform, surrounded by a rich community of supportive family, friends and sporting fans. Tickets are on sale for the event, and we have a giveaway open on Instagram, to be in with the chance of winning two all access passes for the weekend.

On 26 June, we announced an incredible team of thirteen athletes for the World Para Powerlifting (WPPO) World Championships that will be held between 22 – 30 August. Shortly after this on 6 July we announced a team of eleven amazing athletes for the International Weightlifting Federation (IWF) World Championships that will be held between 2 – 17 September. I would like to personally congratulate all athletes on their selection and wish them all the best in training.

The European Weightlifting Federation (EWF) European Youth and Under 15 Championships were held between 1 – 10 July and the UK athletes put on a set of fantastic performances. Congratulations to Ed, Silver, Martha, Rhys, and Maddie for all your efforts in training and on the platform.

The Commonwealth Games Federation (CWF) Commonwealth Championships is now underway in Delhi, India. Over 250 weightlifters from 20 countries will vie for medals at the competition. Team England and Team Wales have athletes at the event and I am excited to see their performances. The live action can be accessed via [@weightliftingindia](#) YouTube channel.

Between 15 – 16 July, we will be running a new concept competition 'Battle of the Barbell' which will take place as part of the wider Strength in Depth event at Birmingham NEC. I am incredibly excited to explore how we can cater to a wider strength market and offer a new type of competition. You can read more about this venture [here](#). I would like to take this opportunity to thank the partners that have supported this event: Eleiko, SBD, Optimum Nutrition, Weightlifting House and of course Strength in Depth.

Outside of competitions, the Talent Transfer programme has opened up for applications. This is a great opportunity for talented athletes to sport transfer to weightlifting and discover their potential.

Applications are also still open for the BWL Diploma in Sporting Excellence (DiSE) programme, for young weightlifters wanting to gain a new qualification and see what it takes to become a successful athlete.

As always, I would like to extend a big thank you to our funding partners UK Sport, Sport England, TASS and the National Lottery for their continued support in our endeavours to grow and develop the sports of weightlifting and para powerlifting.

Congratulations is in order for staff members Ashleigh Smeaton and Mark Hill for their recent promotions. Ashleigh is now Education Operations Manager, and Mark has stepped into the role of Education Development Manager. Their promotions were a product of their hard work, ambition, and dynamic working practices. I wish them all the best with their new roles and look forward to them driving our Education department forward.

Matthew Curtain
CEO