



**MATTHEW
CURTAIN
CEO**



**British Weight Lifting
updates**

April was a fantastic month for British Weight Lifting with international competition successes for both weightlifting and para powerlifting. Six medals were won at the European Weightlifting Federation (EWF) Championships in Yerevan, and a further six medals were won at the World Para Powerlifting World Cup in Tbilisi.

I would like to congratulate all athletes and coaches on an incredible set of performances. As always, thanks are due to UK Sport, Sport England, The National Lottery and our strategic partners for their continued support in our mission to grow the sports of weightlifting and para powerlifting.

On 20 April, I was pleased to release the news that British Weight Lifting's partnership with Sportscover Europe, our exclusive insurance sponsorship, has been extended for a further 5 years. Sportscover Europe have been a fantastic partner of British Weight Lifting over the last 8 years, making sure we have the best sports insurance in place for our members and clubs. I look forward to working with them further as we evolve our competition offering to enable a wider audience to participate in competitive weightlifting.

Between 22-23 April the BUCS Championships were held at Bangor, with 40 universities being represented by over 160 athletes. I would like to congratulate Joshua Hutton, Alex Mackay and Emily Steel on their British record lifts at the event.

On 28 April Emily Campbell was announced on the shortlist for the British Elite Athletes Association's Athlete of the Month award for her title winning performance at the European Championships despite managing a knee injury in the lead up to the competition. Emily is an outstanding athlete and beyond that, a fantastic advocate for the sport of weightlifting. Well done Emily.

On 9 May we released the winners of the Annual Achievement Awards. Congratulations to Joe Cowen, Resilience Weightlifting, Micky Yule, Mike Pearman, Ray Williams, Zoe Newson, Sarah Davies, Mattie Harding, Myren Madden, Trish Tenn, Benedict Millson, Jo Calvino, Holly Baker and Gemma Harvey on your awards, they are well deserved.

The 15-21 May is Mental Health Awareness week, and to commemorate this week, along with Spinal Cord Injury Awareness day (13 May), Liam McGarry shared his story via video interview. I think our membership will appreciate his candid and honest approach, and I would like to personally thank Liam for his time on this project.

As we approach UKAD's clean sport week (22-26 May) I would like to remind members that British Weight Lifting enforces a strict zero-tolerance approach to doping and encourage people to visit our clean sport page to stay up to date with the latest rules and resources.

Matthew Curtain
CEO