



**MATTHEW
CURTAIN
CEO**



**British Weight Lifting
updates**

Since last month's newsletter, British Weight Lifting has had an increased presence in fitness events around the UK. Between 21-22 January, BWL shared a stand with Her Spirit at the National Running Show in Birmingham. Visitors could speak with our Sport Development Manager Hannah about our courses, clubs, Raise the Bar programme and more.

We have developed a closer working partnership with the National Fitness Games and Strength in Depth following the Strength in Depth event at Bath University. Between 28-29 January, our competition team Ed and Maggie attended the SiD event, running a squat competition, offering technical advice to lifters, and sharing their wealth of knowledge.

The 2022 Virtual Open Series concluded at the end of last year and we have now released the results from the 4 quarters of the competition, including overall winners. Thank you to all the athletes who took part in the virtual competition, and special congratulations to those who were top ranked in their respective categories.

At the end of this month, the England Age Group Championships will be held at Brunel University. Between 25-26 February, we look forward to welcoming England's youth and junior provision onto the platform. The weekend promises to be an exciting show of strength and technique, and I would encourage anyone considering volunteering to contact our competitions team.

Next month the International Weightlifting Federation (IWF) will be hosting the 2023 World Youth Championships. The competition will take place between 25 March – 1 April in Durres, Albania. I would like to congratulate the GB youth lifters who have been selected to compete and wish them all the best in competition.

The date for the BUCS Weightlifting & Para Powerlifting Championships has now been released. The event will take place between 21-23 April and will be held at Bangor University.

Finally, a huge congratulations to Emily Muskett who has been appointed to the British Olympic Association's (BOA) Athletes' Commission. Emily was selected to join the Commission by the current members as part of a drive to represent a wider range of sports and is the first ever weightlifting representative. Emily will be a valuable asset to the commission.

Matthew Curtain
CEO