



**MATTHEW
CURTAIN
CEO**

**British Weight Lifting
updates**

**BRITISH
WEIGHT
LIFTING**

February and March have been busy with competitions, with British records being broken at multiple events.

The England Age Group Championships were held between 25-26 February and saw numerous British records from talented young athletes. I would like to personally congratulate Silver Ee, Julia Walesa, Oliver Jackson, Ben Hickling, Asees Dhanda, Josie Griffiths, Stefano Cataldi, Erin Friel, Maddison Farley and Myren Madden on their performances and British records at the event. We will be sharing these records on our England Weight Lifting social media from this week.

The British Masters Championships ran across 3-5 March at Bangor University. The event was organised and ran by Bill Barton and Chris Baker of British Masters Weightlifting. I was pleased to see high participation from BWL members and would like to congratulate all athletes that competed, with special compliments to those who made personal best lifts and those who set British records at the event.

We look forward to an exciting competition calendar, with the BUCS Championships coming up in April. We responded to feedback on the qualification of this event and our competitions department have set up a virtual qualifier to offer students another opportunity to hit qualification totals and enter the event.

We have announced the date for this year's British Championships, which will be held between 5-6 August at the Manchester Convention Centre. Further detail is to be announced in due course on the event.

The 8 March marked International Women's Day, where we released a series of videos with weightlifting and para powerlifting athletes. I would like to thank Deborah Alawode, Jodey Hughes, Lottie McGuinness, Lou Sugden and Olivia Broome for their contribution to the videos.

The Annual Achievement Awards nominations have now closed, and a panel have met to create a shortlist of individuals. Thank you to all who entered nominations, and I extend my best wishes to those who have made the shortlist. Voting is now open for the awards, and I encourage members to take a moments to cast their votes accordingly.

Finally, I would like to take this opportunity to remind all of our members that our organisation takes an athlete centred approach and highlight our athlete representatives. Emily Campbell is the athlete representative for weightlifting, and Jenny Tong is the non-executive director for athlete experience on the British Weight Lifting board. I encourage members to utilise them if you would like to raise any topics surrounding your experiences within BWL from an athlete or member perspective.

Matthew Curtain
CEO