



Matthew Curtain, CEO

British Weight Lifting updates

September 2025

Dear members,

At the start of this month, we saw 274 athletes come together at Oldbury Academy, Birmingham for the [British Age Group Championships](#). The weekend was a fantastic showcase of the UK's up and coming talent, and we saw 6 British records set across the 3-day competition.

On the topic of emerging talent, we announced a team of 16 athletes for [the 2025 EWF European Junior and Under 23 Championships](#), taking place in Durrës, Albania, from 28 October – 4 November 2025. This event offers a vital opportunity for athletes to gain international experience and compete against Europe's finest on their pathway to senior success.

Off the back of the 2025 British Championships, I am pleased to announce the winners of the [NEW People's Choice Awards](#), sponsored by Power Grid Projects. The awards were introduced to celebrate those who embody resilience, courage, and determination on the platform. Well done to Emma McCready, Helen Cooper, and Sean Clare, who were voted as the winners by our BWL community. A heartfelt thank you to Power Grid Projects, Tom Barber and Jenny Tong for your support and sponsorship of this new award.

It is with deep sadness that we hear of the passing of [Dr David Mannion](#), who was a cornerstone of the British Weight Lifting community. I would like to extend my deepest condolences to David's family and friends at this difficult time. He will be remembered not only for his achievements but also for his character, his humour, and his unwavering resolve to inspire others.

I would like to take a moment to highlight a number of opportunities for members of our community:

- [Volunteer applications](#) have opened for the Glasgow 2026 Commonwealth Games.
- [Volunteer applications](#) have opened for the 2025 BWL England Championships.
- Community sports organisations now have the chance to secure a £2,000 grant to support adults to get active, thanks to the return of [Cash4Clubs](#)
- BWL affiliated clubs can apply to become a [Talent Academy](#) for the 2025-2026 cohort.

Looking ahead, October will be a busy month for competitions, with World Championships taking place across both weightlifting and para powerlifting. We have a total of 60 athletes representing the UK and home nations, and I am beyond excited to see this large cohort represent us on the world stage.

The [IWF World Championships](#) will take place in Fjorde, Norway from 1–10 October and will see a total of 45 UK based athletes take to the platform. This year's selections reflect a collaborative effort across the British Isles, with the GB World Class Programme combining with Home Nation performance pathways to ensure strong representation on the international stage. The approach also strengthens preparations for the next Commonwealth Games noting the 2025 World Championships also serves as a qualifying event.

The [Para Powerlifting World Championships](#) is set to take place in Cairo, Egypt from 11–18 October and will see a total of 15 UK based athletes take to the platform. While all selected athletes will compete under the GBR flag, the selection reflects a collaborative effort across the British Isles, with home nation programmes backing additional athletes to bolster Commonwealth Games prospects.

Kindly,
Matthew Curtain
CEO