



Matthew Curtain, CEO

British Weight Lifting updates

November 2025

Dear members

November has been a month of progress, pride and reflection across our community. Kicking off strong, our team delivered outstanding results at the [2025 EWF European Junior & U23 Championships](#) in Durrës, Albania. The performances from our GB athletes were a clear indicator of future senior-success potential, with several personal bests and podium finishes. This level of performance underscores the strength of our development pathways and the hard work of the athletes, coaches and support teams.

In a proud moment of heritage and history, [British Weight Lifting donated memorabilia to the International Weightlifting Federation \(IWF\) Weightlifting Museum](#), reinforcing our commitment to preserving the legacy of the sport. The items serve as lasting reminders of our shared story and the athletes who helped shape it.

[Weightlifting has now been officially included in the School Games](#), delivered by the Youth Sport Trust and funded by Sport England. This development marks an exciting milestone for our sport, creating new opportunities for young people to experience weightlifting in a safe, supportive and structured environment. By embedding weightlifting within the School Games pathway, we are helping to inspire the next generation, broaden participation and strengthen the foundations of our future talent pipeline.

From 17–21 November we [observed Safeguarding Adults Week 2025](#), reaffirming our pledge to fostering safe, inclusive environments for all participants, coaches, volunteers and fans in both weightlifting and para powerlifting. Our commitment remains unwavering- to create a culture where everyone can participate, thrive and feel secure.

We also issued the [formal notice for the 2025 BWL Annual General Meeting](#), inviting all members to engage with the governance of our sport, review our progress and shape our direction for the coming year.

Finally, as part of our drive to support grassroots participation and accessibility, we launched a [special membership offer](#) through our “First Lift” scheme in time for Black Friday, helping more people take that first step onto the platform.

Looking ahead to December, we are preparing to welcome athletes and coaches to the [England Championships](#) at the NEC, Birmingham, from 6–7 December. This celebration of weightlifting and para powerlifting will be a fitting conclusion to a productive and inspiring year. I wish all athletes and coaches the very best in their preparations.

Kindly,
Matthew Curtain
CEO