



Matthew Curtain, CEO

British Weight Lifting updates

February 2026

Dear members

February has brought a number of important updates for British Weight Lifting, from competition milestones to new opportunities for athletes and coaches.

One of the highlights of the month was the [England Age Group Championships](#), which brought together the next generation of weightlifting talent from across the country. The competition provided a fantastic platform for 216 rising stars and saw 6 British records broken. It was particularly encouraging to see the strength of the emerging talent pathway, reflecting the continued dedication of athletes, coaches, clubs, and families who support their development.

Looking ahead on the domestic calendar, we confirmed that the [2026 British Championships](#) will serve as an official qualifying event for the Glasgow 2026 Commonwealth Games. This marks a significant opportunity for athletes aspiring to represent their Home Nation on one of the sport's biggest stages, and we look forward to an exciting and highly competitive event later this year.

On the international pathway, we were proud to introduce [Team England's Para Powerlifting squad for the Commonwealth Games](#), highlighting the athletes who will represent England with pride and determination. I congratulate the team and wish them the best of luck in the lead up to Glasgow 2026.

We were delighted to see [Wales High School](#) become the first school in the country to deliver weightlifting as part of the *Your School Games* programme. This important milestone expands access to our sport within education and helps inspire the next generation of lifters. A special thank you goes to our valued partner [Eleiko](#), who have committed to supplying 50 schools with wooden technique bars to support delivery of the programme, ensuring young people can develop their skills safely and confidently as grassroots participation continues to grow.

We also launched our new [Level 3 Youth Coaching Qualification](#), designed to support the safe, effective, and inclusive development of young people in weightlifting. This qualification represents an important step forward in strengthening the coaching workforce and ensuring young athletes receive high-quality guidance as they begin and progress in the sport.

In addition, we introduced a series of [practical workshops for strength athletes](#), focused on helping participants train smarter, improve performance, and better understand key aspects of strength development. These workshops form part of our ongoing commitment to providing accessible education and resources to athletes and coaches at all levels.

We also congratulate Weightlifting Wales on the launch of their new [2026–2030 strategy, *Lifting a Nation*](#). This ambitious plan sets out a long-term vision to grow participation, strengthen performance pathways, and increase opportunities for weightlifters across Wales.

Looking ahead, we have many exciting competitions on the horizon. Domestically, we look forward to the [BUCS Championships in April](#) and the [British Championships in May](#), both of which will showcase the strength and depth of talent across the UK. Internationally, our athletes will take to the stage at the [Para Powerlifting European Championships in March](#), providing an important opportunity to represent Great Britain and build momentum on the road to the Glasgow Commonwealth Games. I wish all athletes and coaches the very best in their preparations.

Kindly,
Matthew Curtain
CEO