



Matthew Curtain, CEO

British Weight Lifting updates

January 2026

Dear members

As we enter a new year, British Weight Lifting (BWL) remains committed to improving levels of domestic competition, representation on the international stage and participation at a grassroots level for the sports of Weightlifting and Para Powerlifting. With the Glasgow Commonwealth Games on the horizon, we are focused on expanding our community and inspiring more people across the UK to get involved in strength sport.

We began the month by sharing important [2026 competition updates](#), including adjustments to weight classes, an update on virtual competitions, and additional guidance to support athletes, coaches, and clubs as they plan their competitive year. These updates aim to provide clarity, improve accessibility, and ensure a smooth calendar for all participants throughout 2026.

In regard to the 2026 competition calendar, we were pleased to announce that the [2026 British Championships](#) will take place at Telford International between 16-17 May. The senior qualification process is available on our website, and we the master's qualification information will be released in due course.

Across Weightlifting and Para Powerlifting, we have announced three teams for upcoming international competitions:

- A team of 11 athletes will represent [Great Britain the Para Powerlifting European Championships](#) in Tbilisi between 6-11 March.
- A team of 7 athletes will represent [Great Britain at the Weightlifting European Championships](#) in Batumi between 19-26 April.
- The European Championships will also see a team of [15 athletes represent England](#) on the platform.

I would like to personally congratulate these athletes on their selection, wishing them all the best in training and competition. These selections reflect the dedication, skill, and potential of our athletes and the collaborative support of coaches and performance pathways across the UK.

I would also like to take the opportunity to highlight two exciting opportunities for our members:

- [The Brian Hamill Award](#) – Presented by the Weight Lifting Foundation in memory of Brian Hamill, a long-serving trustee and dedicated supporter of young people in weightlifting.
- [Coaching Scholarships](#) – The British Weight Lifting Foundation is offering a limited number of **free places** on selected BWL Coaching courses for eligible candidates. This initiative aims to support more people to become qualified weightlifting coaches and strengthen the coaching pathway across the UK.

I encourage members to explore these opportunities and apply if eligible, helping to further develop both themselves and the wider weightlifting community.

Finally, I would like to share that we are currently developing our new strategic plan for 2026 and beyond. This independently led project marks an exciting opportunity to help shape the future of Weightlifting and Para Powerlifting in the UK, and a period of member consultation will be launched shortly. We look forward to hearing your views as we set our priorities for the years ahead.

As always, the start of a new year is a time to set goals, focus on training, and embrace the opportunities that lie ahead. A special thank you goes to our partners and sponsors, whose continued support is vital to the growth and development of weightlifting and para powerlifting in the UK. I wish all athletes, coaches, volunteers, and members a successful and rewarding start to 2026.

Kindly,

Matthew Curtain

CEO