



Welcome to our August newsletter.

What a month for British sport! At British Weight Lifting we are proud of all the success enjoyed by so many sports and athletes in Tokyo. We are delighted to have finally contributed to the medal table after 37 years and a huge congratulations goes to Emily Campbell who became the first British female weightlifting medallist in history. Thanks must also go to Dave Sawyer, Andrew Callard, Stuart Martin and Cyril Martin for all their effort and commitment in coaching Emily.

I'd also like to congratulate Zoe Smith, Sarah Davies and Emily Muskett for their hard work, determination and success in reaching the Olympics and securing top eight positions. The team made everyone associated with British Weight Lifting extremely proud.

Whilst one team returns home, we now wish our Paralympians Ali Jawad, Zoe Newson, Micky Yule, Louise Sugden and Olivia Broome the best of luck as they head to Tokyo. Please keep an eye on our social media for the dates and times of the athletes lifting.

If you have been inspired by watching the athletes at Tokyo we have a number of initiatives for people to get involved. In October 2021 we will be launching a project to deliver free 6-week introductory strength training courses for schools and local sports clubs across the UK. UK Sport is running a campaign to find the UK's next generation of talented athletes. You can register, take the tests or nominate someone you think is amazing as part of From Home 2 the Games. Finally, we have just launched Para Powerlifters of the Future (#FuturePP), a campaign designed to help find future Paralympians for Paris 2024 and beyond. We are inviting any eligible individual to tag us in videos of themselves bench pressing to get reviewed by our World Class performance team.

Finally, as we return to some sort of normality in the UK, I am delighted to announce three physical competitions. We will be holding a British Open between 13 and 14 November at Bangor University which will give our members the first opportunity to compete on a platform since the start of the Covid-19 pandemic. This will be closely followed by the British Age Groups between 27 and 28 November at the Army Foundation College in Harrogate. Finally, I am delighted to announce that our flagship British Championships will take place between 29 – 30 January 2022 at Derby Arena. This competition provides a fantastic opportunity for those athletes wishing to qualify for the Commonwealth Games in 2022.

I hope all our members have a relaxing summer and I look forward to catching up with everyone at future competitions!

Ashley Metcalfe, CEO
British Weight Lifting