



Welcome to our July newsletter.

What a fantastic couple of months for British Weight Lifting.

British records were obliterated at St Mary's University Twickenham which hosted the first British Championships since the start of the COVID-19 pandemic. The British Championships was held on 26 June as a Commonwealth Games qualifier for Birmingham 2022 and featured over 80 elite athletes from England, Scotland, Wales, Northern Ireland and Gibraltar.

The virtual British Championships followed closely after and closed last Wednesday 7 July with a record 424 entries.

I would like to congratulate every athlete who took part in both events and also thank all the Technical Officials for helping to judge the lifting and the volunteers who offered their time and expertise at Twickenham.

Yesterday our Olympic team headed to Tokyo to begin their final preparations ahead of the Olympics. This is the largest British Weight Lifting team to secure their slots via the IWF qualification process since 1992 when six athletes were selected. It is also the biggest number of female British Olympic weightlifters to secure a place at the Olympics. Zoe Smith and Sarah Davies will be competing on Tuesday 27 July, Emily Muskett on Sunday 1 August and Emily Campbell on Monday 2 August. I'd like to wish the team every success and look forward to watching them in action.

Our Paralympic team was also announced this month with Ali Jawad, Micky Yule, Louise Sugden, Olivia Broome and Zoe Newson all confirmed to compete at the rescheduled Tokyo 2020 Paralympic Games. The team will be competing between Thursday 26 August and Monday 30 August. We will announce the teams schedule nearer to the time.

Finally, I am pleased to announce the launch of our new charity, the British Weight Lifting Foundation. Creating an opportunity to benefit individuals, clubs and communities through the launch of our new Foundation is a great step forward for our sport. As we aim to create greater opportunities and encourage easily accessible strength activities in wider and more diverse communities, our initial plans will focus on growing our pool of talented coaches, particularly where they are needed the most. In time we aim to broaden the support of the Foundation and help provide space and equipment for clubs, nurturing the future generations of lifters and coaches and connect communities most in need.

Ashley Metcalfe, CEO  
British Weight Lifting