



**BRITISH
WEIGHT
LIFTING**

Welcome to the latest edition of our newsletter. I hope that everyone is keeping safe and well during these difficult times. In light of the latest government restrictions introduced this week, BWL will continue to work hard to provide the latest up to date information for our members and do all we can to support the physical activity sector where possible.

As an organisation will continue to highlight the physical and mental health benefits of keeping gyms open where it is safe to do so. Although we are well aware of how different parts of the country have been affected in different ways and urge our members to consult with the latest government guidance in each individual area.

This week we are also hosting our first virtual AGM and we are look forward to seeing everyone after a such a long period of time. It will give us the chance showcase some of the projects that we have been working on and also offer the opportunity for members to share their views and ask questions to the board and senior management.

For us this is an invaluable experience as without your continued support and input we simply wouldn't be able to function as an organisation. Placing the community at the heart of British Weight Lifting is an integral part of our philosophy. We will continue to strive to stay connected and engage with those who participate in our sport.

We are also currently planning for the first virtual British Championships. While it is disappointing that we are unable to host an in-person event, BWL is committed to providing a safe and meaningful alternative for athletes looking to showcase their skills in a competitive environment.

This latest online initiative follows some of the new digital developments that we have been trialling throughout the year. BWL is constantly looking to push boundaries and build upon the success of the Lockdown Lift-Off challenges and the Virtual Open Series. We hope that this online real-time event will provide an enjoyable immersive experience for our members to participate in.

All the best and stay safe

Ashley Metcalfe

BWL CEO