



**February 2021**

**Update from CEO Ashley Metcalfe**

Welcome to February's newsletter. Although only the second month it's certainly been a difficult start to the year with lockdown closing the gyms and stopping us all seeing our friends and family. We all at British Weight Lifting hope that despite lockdown you're all managing to keep safe and as well as possible.

The Virtual England Championships has been extended to next Monday 22 February for those who were impacted by technical errors. We apologise for any confusion the extension of this deadline has caused. We're really happy to see so many people taking part and hope all our England based members enjoyed participating despite the technical issues. Next up on the competition front is the WPPO Para Powerlifting World Cup in Manchester in March. Whilst it's taking place behind closed doors we're looking forward to being able to follow along on our social media to help support our fantastic athletes who will be competing. You can see the details of the competition on the British Weight Lifting website or on the BWL Para Powerlifting Instagram. Go and give our GB athletes a cheer!

The British Open Series (BOS) continues to run for those who have access to equipment at home. Don't worry if you're not able to compete in these at the moment, we ask that you stay at home until it's safe for gyms to open again as per the government guidelines. The BOS is now running to the end of the year, finishing on 31 December 2021. Each round lasts one calendar month.

An exciting opportunity has come up to help shape the continuing growth and development of British Weight Lifting. The British Weight Lifting Non-Executive Director with Athlete Experience shall actively lead in providing an effective platform where the views of lifters are represented, and the voice of athletes can be heard by advising the board on matters concerning British Weight Lifting.

Our new Level 3 Certificate in Coaching Strength and Power course launched this month. We're very proud to bring you this course, the second on our new Strength Coaching pathway. You'll gain really specific strength training knowledge and be able to work across all sports. We're really thrilled by it, as weightlifting is a part of all sports and will be a way to encourage more people to pick it up and build strength into their lives.

We were delighted to put forward three candidates for the IWF Elections, 24-27 March 2021. British Weight Lifting have long been calling for reform, asking that the current Executive Board step down and allow other ethically and skilled individuals to step in to rebuild the reputation of our sport.



**BRITISH  
WEIGHT  
LIFTING**

Stay safe and all the best

Ashley