



**BRITISH  
WEIGHT  
LIFTING**

Welcome to our newsletter,

Firstly, I would like to congratulate our Para Powerlifting team in Tokyo on a fantastic performance at the 2020 Paralympic Games where we won three Bronze medals which is our best medal tally since Sydney 2000. Well done to Ali Jawad, Micky Yule, Olivia Broome, Louise Sugden and Zoe Newson for their fantastic efforts. Also a massive thank you to the support team of Tom Whittaker, Ben Richens and Ollie Freeman in Tokyo as well as Hugh Gilmore, Meghan Bentley and Sarah Holt back in the UK who were behind them every step of the way. This rounds off a successful summer of sport for us as an organisation which also included winning our first Olympic Weightlifting medal in 37 years. Congratulations to Emily Campbell, Sarah Davies, Zoe Smith, Emily Muskett and the coaching team of Stu Martin, Andy Callard and Dave Sawyer on their hard work and dedication. It has been a long five-year cycle with many ups and downs, but it was brilliant to see everyone achieve strong results across the board in both sports.

In other international news, recently I returned from the IWF constitutional congress in Doha, Qatar. The new constitution was approved by over 90% of member federations which allows the sport to take a positive step forwards compared to where we were before, although it remains to be seen whether it will be enough to appease the IOC as there is still work to be done especially surrounding the upcoming elections in December.

British Weight Lifting was also the only member federation to successfully pass an amendment which concerned the eligibility of election candidates who were not supported by their own national federation. We were delighted to get this through after a period of long hard lobbying as the changes we proposed strengthens the new constitution by allowing members of the executive to be held to account by their own nations which is essential to good long-term governance.

Domestically our team has been working hard to finalise the competitions calendar and preparations are well underway for the British Age Groups Championships, the British Open and next year's British Championships. After such a long period without regular physical events we are delighted to be able to build upon the success of the British Championships in Twickenham earlier this year and seize the opportunity to plan a good set of competitions that we hope our members will enjoy. We look forward to seeing everyone again at these events and would like to wish all the lifters and coaches' good luck in their preparations.

**Ashley Metcalfe**

**BWL CEO**