



September 2020

Update from BWL CEO Ashley Metcalfe

We are currently working on plans to support the Great British Week of Sport and National Fitness Day. This year's National Fitness Day on Wednesday 23 September, sits in the middle of the Great British Week of Sport, which runs from Saturday 19 September to Sunday 27 September. Driven by UKactive the campaign is aimed to help the UK bounce back from COVID-19 with the theme 'Fitness Unites Us', which provides the perfect platform to showcase the physical activity sector and promote the many benefits of an active lifestyle. British Weight Lifting will use the week to showcase the sport of Olympic Weight Lifting encouraging people to get involved, sharing strength exercises that can be completed at home or at the gym, and highlighting stories from our athletes and community. Make sure you follow our social media pages to find out what's happening.

We will also be looking to celebrate Black History month this October, with a continued focus on engaging our membership in an honest and open discussion about diversity and inclusivity that will hopefully help facilitate further progress and bring about meaningful change. As part of the #BLM campaign, we made a commitment to tackling inequality and racism and have a determination to listen and learn on how we can support our BAME communities and more importantly make positive change.

As Covid continues to impact so much of daily life, we were relieved that the Government's latest 'rule of six' does not affect gyms and people can continue to attend classes within these venues as they are now. I believe this is due to the stringent plans that gyms, including British Weight Lifting Clubs, have in place to reduce the risk of Covid-19 and to get their members back to training. British Weight Lifting are still exploring the impact on competitions and awaiting further Government clarity which we will share as soon as we receive guidance.

In the mean time we are pleased to announce that the virtual Regional Open Series is now live for people to enter. The competition will be judged by Licensed Technical Officials to ensure a high standard of officiating and integrity. All lifts will be included in the BWL ranking lists to help provide a source of motivation and point of reference for performance for athletes and coaches. Totals will also be eligible for qualification to future events,

notwithstanding the uncertain date for returning to physical competitions and the publication of the official National Qualification Totals for 2021.

The British Age Group Championships originally scheduled for 17-18 October will also now take place virtually. This event will incorporate the England Age Group Championships which was postponed earlier this year. The England Senior Championships originally scheduled for 7 - 8 November 2020 is currently under review to assess if a physical event can take place. If a physical event is not deemed possible then a virtual hosting format will be put in place as an alternative. More information about this event will be published by the team next week.