



**MATTHEW  
CURTAIN  
CEO**

**British Weight Lifting  
updates**

We find ourselves again in a busy competition period with the England Championships and the British Age Group Championships.

The England Championships were held between 29-10 October and saw a high calibre of lifting across the two platforms at Derby Arena. British records were broken, personal best lifts were made and over 400 spectators had the pleasure of seeing the athletes perform in their element.

Such a big event allows us as an organisation to reflect upon what works well and what we can strive to improve. One of these areas is Technical Officials and volunteer recognition which was also highlighted at the Annual General Meeting held this month. I have had a meeting with some BWL volunteers to create a dialogue, get a sense of what they want and need from us, and how we can best address these needs to create a more sustainable volunteer culture.

It was great to attend my first British Age Group Championships, see our youth lifters in action and get to know more members and spectators.

It was great to see Emily Campbell, Louise Sugden and Olivia Broome, flying the flag for British Weight Lifting, attending a reception at Buckingham Palace with the His Majesty The King and Her Majesty The Queen Consort following their medal success at the Olympics and Paralympics. It is fantastic to see some of our athletes get the recognition they deserve.

On Monday 14 November, the National Lottery celebrate their birthday, and it seems pertinent to extend out sincere thanks for all the support they have provided to British Weight Lifting over the years.

Looking forward to December, we have the IWF World Championships in Bogotá, Columbia. I wish our team of athletes and coaches all the best with their training in the lead up to the competition and their individual performances on the day.

Matthew Curtain  
CEO