

Update from CEO Matthew Curtain

“What a Commonwealth Games we have had at Birmingham. Five spectacular days of weightlifting and an amazing day of para powerlifting, seeing 36 home nation lifters take to the stage to display incredible strength, technique and passion.

The incredible performance from the England weightlifting team saw Emily Campbell, Sarah Davies and Chris Murray secure gold medals, Jess Gordon-Brown a silver medal and Fraer Morrow bronze. This is two extra gold medals versus the performance at the Gold Coast in 2018 and ranked the team two places higher on the medal table.

The weightlifting team were ranked second behind India on the medal table, the men’s team were ranked second behind India on points and the women’s team were also ranked second behind Canada on points.

In addition, eleven games records and fourteen British records were broken over the course of the five days.

In para powerlifting Team England’s Zoe Newson secured a gold medal. This is the first ever para powerlifting gold for Team England and the only one Nigeria have never secured.

Mark Swan and Olivia Broome both secured silver medals for Team England. Mark Swan’s last lift of 202kg, made him only the third para powerlifter to go over 200kg in the lightweight section.

Micky Yule secured a bronze for Team Scotland. Three para powerlifting British records were also broken.

I would personally like to thank every single athlete for giving their all on the platform.

Thanks are also due to the coaching teams and support staff for all their efforts in the preparation and throughout competition. To the Armed Forces loading team for their impeccable efforts throughout, and the supporters for providing the all-important home crowd atmosphere for our athletes.

BWL would like to thank our funding partners UK Sport, Sport England, TASS, and The National Lottery in addition to our partners Built for Athletes, Eleiko, SBD, Sportscover, Joymo and Sport and Fitness Flooring for supporting British Weight Lifting and contributing to the continued development of the sport.

Weightlifting House has also been instrumental in the capturing of the action at the Games, and we thank them for their hard work.

I sincerely hope all the athletes, coaches and support staff enjoyed their experience at the Birmingham 2022 Commonwealth Games.

I am also delighted to report that Heather Allison has been elected to the Commonwealth Weightlifting Federation (CWF) Executive Board as Vice-President. The CWF Electoral Congress was held in Birmingham on 4 August 2022 following the successful completion of the weightlifting events at the XXII Commonwealth Games.



In addition to her new role as CWF Vice-President, Heather Allison is a member of the England Committee and is also an elected member of the IWF Technical Committee.

Building on these fantastic Games successes, we now hope to create a legacy by continuing with our four-year strategic plan to educate, inspire and create greater opportunities that appeal to a more diverse and inclusive audience resulting in greater levels of activity and a fitter, healthier and stronger nation. This includes a second Talent Transfer programme, a partnership with Couch2Kilo's, a free strength programme designed to help women get stronger in just 6-weeks and Raise the Bar, free introductory strength training courses for schools and local sports clubs across the UK.

Matthew Curtain
CEO