

MATTHEW CURTAIN

CEO



Dear Members,

April and May have been vibrant and dynamic months at British Weight Lifting, filled with competitions, strategic developments, and key announcements. Here's a comprehensive update on all the significant activities and achievements:

IWF World Cup Phuket Highlights

Zoe Smith and Sarah Davies demonstrated commendable efforts and achieved strong results in their respective categories. Unfortunately, Chris Murray sustained an injury requiring surgery, and we extend our best wishes for his rapid recovery. Despite their solid performances, the three of them did not qualify for the Olympic Games. Katrina Feklistova made a commendable comeback following an early challenge, while Emily Campbell elected not to compete, noting her world number 3 ranking. Representing the IWF Refugee Team, Ramiro Mora showed promising progress in the 102kg category before his participation was cut short due to a minor injury.

Successful Home Nations & UK Armed Forces Cup

The Home Nations & UK Armed Forces Cup was a tremendous success, showcasing the best youth, junior, and Under 23 athletes from England, Scotland, and Wales, along with a formidable UK Armed Forces team. The event, held at RAF Cosford, featured intense competitions and highlighted the exceptional talent across the nations. We extend our gratitude to the Royal Air Force for their support and hospitality in making this event possible.

International Delegates in Birmingham

In an important gathering that underscores BWL's ambitions on the global stage, BWL welcomed international weightlifting dignitaries to Birmingham on 10 April 2024.

This visit by Antonio Conflitti, EWF President and IWF Executive Board Member alongside prominent figures from IWF, signified a strengthening of international ties and a shared vision for the sport's future in the United Kingdom. But in particular, the core focus of President Conflitti's visit was aimed at evaluating BWL potential candidacy for the city of Birmingham to host the 2027 European Championships.

BUCS 2024

The 2024 British University Championships, held at Brunel University on April 18-19, saw a record-breaking 222 entries. Highlights included multiple British records being shattered: Katie Kirkpatrick set a new record in the Women's 64kg category, lifting an impressive 105kg in the clean and jerk. Similarly, James Davis broke the Men's 81kg snatch record with a lift of 132kg. Isabella Brown led the way in the 76kg category with a record snatch of 97kg, a record clean & jerk of 120kg, and a total of 217kg, setting new benchmarks in both the U20 and U23 age groups. Funmi Morgan also set new U23 records in the clean & jerk (114kg) and total (204kg) within the 81kg category.

Inaugural Club Cup at Hampshire Barbell Club

The first-ever Club Cup took place on 21 April at Hampshire Barbell Club, marking a significant milestone in our efforts to engage with local clubs and promote competitive spirit at the grassroots level. The event was well-received, with enthusiastic participation from 33 athletes across six different clubs. The competition saw Kingdom Barbell securing first place, Hampshire Barbell Club in second, and Guildford Weightlifting Club in third. We are excited to announce that the next Club Cup will be held on 21 July at Lakeside Weightlifting Club, promising another thrilling day of competition and community engagement.

Ramiro Mora's Selection for the Olympic Refugee Team

Ramiro Mora has been selected for the Olympic Refugee Team for the Paris 2024 Olympics. Originally from Cuba, Mora has set records in multiple weight categories in the UK and embodies the spirit of resilience and hope. His selection not only highlights his athletic prowess but also his inspiring journey from Cuba to the UK, overcoming significant challenges to achieve his Olympic dreams.

Para Powerlifting World Class Programme

We are proud to unveil the elite para powerlifters who have been selected for the World Class Programme (WCP) for the 2024 to 2025 season. Funded by UK Sport, the programme is integral to our commitment to nurturing top talent and achieving excellence at the highest levels of international competition, including the Paralympic Games. The selected athletes: Liam McGarry, Matthew Harding, Mark Swan, Sean Clare, Louise Sugden, Rebecca Bedford, Olivia Broome, Charlotte McGuinness and Zoe Newson.

Breaking Barriers: British Powerlifting x BWL Bench Press Championships Celebrate Inclusivity

The British Powerlifting x BWL Bench Press Championships were a resounding success, celebrating inclusivity and showcasing the strength of our diverse athletes. This event highlighted our commitment to providing an inclusive platform for all competitors, breaking down barriers and fostering a supportive community.

BWL and The Soma Space - Movement for Mental Health

We are pleased to announce our collaboration with The Soma Space to promote movement for mental health. This initiative aims to highlight the positive impact of physical activity on mental well-being, providing valuable resources and support for our members.

Weightlifters Shine at 2024 IWF Youth World Championships in Lima

Our young athletes delivered solid performances at the 2024 IWF Youth World Championships in Lima. Phoebe Davis, competing in the 59kg category made her debut on the international stage and secured a 9th-place finish while Maddie Rosher finished 6th in the 71kg category with a 5kg personal best.

Annual Achievement Awards

We are excited to announce that the voting for the Annual Achievement Awards is now open! After an incredible response in the first round, we have shortlisted the nominees who received the most nominations. Now it's your turn to decide the winners! Your vote is crucial in recognising and celebrating the outstanding achievements within our community. The voting is open for our members only and is open until 16 June.

British Open x Lift Me Up - 31 August 2024 (Devon)

The upcoming British Open x Lift Me Up event in Devon promises to be an exciting day of competition and community engagement. Scheduled for 31 August 2024, this event will feature top-tier lifting, community activities, and opportunities for everyone to get involved. Mark your calendars and join us for a day celebrating strength and unity.

'Gymshark Lift Off' with British Weight Lifting.

We are thrilled to announce the 'Gymshark Lift Off' event in collaboration with Gymshark. This partnership aims to promote the sport and engage new audiences. The event will feature exciting competitions and showcase the incredible talent within our community. We look forward to seeing many of you there.

Thank you for your ongoing support and commitment to British Weight Lifting. Together, we continue to push the boundaries of what is possible in our sport.

Strength in unity,

Matthew Curtain
CEO