

MATTHEW CURTAIN

CEO



Dear Members,

June and July have been thrilling months for British Weight Lifting, filled with incredible events and remarkable achievements among our team and athletes. Here's a quick update on all the notable events and developments:

Pride Month

June was Pride Month, and at BWL, we proudly celebrate and support the LGBTQIA+ community. Inclusivity is core to our values, and we strive to create a welcoming environment for all.

Emily Campbell's Selection

We thrilled to announce Emily Campbell's selection as the sole weightlifter representing Great Britain at the 2024 Paris Olympic Games! Competing in the 81+KG category on August 11. We're incredibly proud and excited to cheer her on!

Para Powerlifting Squad for Paris 2024

We are thrilled to announce that seven outstanding Para powerlifters have been selected to represent Great Britain at the Paris 2024 Paralympic Games.

Zoe Newson (women's up to 45kg), **Olivia Broome** (women's up to 50kg), **Lottie McGuinness** (women's up to 55kg), **Louise Sugden** (women's up to 79kg), **Mark Swan** (men's up to 65kg), **Mattie Harding** (men's up to 80kg), **Liam McGarry** (men's over 107kg).

BWL Debuts at Turf Games

On June 15, BWL made its debut at the Turf Games in Ealing, marking a significant step in integrating with the CrossFit and Functional Fitness communities. Our team, led by Naomi Howell Sivosh and Niamh Collins, showcased incredible strength and camaraderie. This event highlighted our commitment to bridging weightlifting and functional fitness, fostering a stronger community.

2024 European Youth Championships

The 2024 European Youth Weightlifting Championships in Thessaloniki, Greece, saw the British team deliver standout performances. With ten athletes, six of whom made their international debut, we achieved a bronze medal for Amelie Pelta, numerous British records, and personal bests. Special congratulations to all our athletes and the dedicated coaching team for their remarkable achievements.

2024 Tbilisi Para Powerlifting World Cup

Our athletes shone at the 2024 Para Powerlifting World Cup in Tbilisi, Georgia. Mark Swan won Gold with a personal best of 217kg, while Olivia Broome and Zoe Newson secured silver medals. A big congratulations also to Louise Sugden, Matthew Harding, Rebecca Bedford, and Charlotte McGuinness for their incredible performances on the international stage!

2024 British Championships

The 2024 British Championships, our biggest event of the year so far, were a great success with 306 athletes competing over the weekend. The event saw 27 records broken, including five senior records. Olympic Silver Medallist Emily Campbell excelled in the 87+ kg category, earning the title of Best Female Lifter, while guest lifter Solfrid Koanda put on an amazing performance. A huge thank you to all our athletes for your tremendous efforts. We are delighted to have received a plethora of positive feedback from our lifters and community. Thank you to everyone on the BWL team for their hard work in making the event an incredible experience. Special thanks to our sponsors: UK Sport, The National Lottery, Sport England, Eleiko, SBD, Optimum Nutrition, TYR, CJC Gains, Sportscover Europe, and TASS.

Gymshark Lift Off x BWL

The Gymshark Lift Off x BWL event, held from 19 – 20 of July in Regent Street London, marked an important moment in our growing partnership with Gymshark. This year, the event attracted over 350 attendees and featured 31 athletes: twelve in weightlifting and nineteen in para powerlifting. Saturday featured an energetic weightlifting session, while Sunday's Para Powerlifting session provided an intimate atmosphere for many first-time lifters.

BWL Podcast Launch

We're excited to have launched the BWL Podcast. The first episode featured Louis Martin MBE, Britain's greatest weightlifter. Head over to our Spotify for more inspiring stories and insights from the world of weightlifting.

Black Empowerment Mentorship Programme

We proudly launched the "Empowering Black Female Champions" BWL Mentorship Programme with the first workshop in Nottingham. The programme supports female Black athletes by providing guidance, resources, and mentorship. This meaningful initiative aims to foster growth and empowerment within our community, with more workshops planned this year.

Collaboration with Yazmin Stevens

We are thrilled to announce our collaboration with Yazmin Stevens, a distinguished weightlifter from Malta and a 2020 Tokyo Olympian. She has grown her social media presence to over 260,000 followers and works with global brands like GymShark. Yazmin will be completing Level 1, 2, and 3 BWL qualifications in Olympic Weightlifting coaching, and her learning journey will be documented and shared with our followers through exciting videos and training sessions.

TYR Sport x BWL Partnership

We're delighted to have partnered with TYR Sport for the 2024 British Championships. Every Senior Gold Medallist received a pair of TYR Weightlifting Shoes, with Masters lifters also eligible based on rankings.

New Independent Board Members

BWL is pleased to welcome Rebecca Wainwright and Josh Payne as our new Independent Non-Executive Directors (INED). Rebecca brings extensive experience in strategic management and advocacy for women and diversity, while Josh holds key roles in Rugby Unions and has a wealth of experience in High Performance sport. Their expertise will be invaluable as we continue to drive our strategic goals forward.

In Memoriam: John McNiven MBE 1935 – 2024

We mourn the passing of John McNiven MBE, a legendary figure in weightlifting. Competing for Scotland in six Commonwealth Games, John won numerous medals and dominated the national scene. Our sincere condolences go to the McNiven family and Weightlifting Scotland during this time.

Club Cup Round 2 at Lakeside Weightlifting Club

The second Club Cup took place at Lakeside Weightlifting Club on 21 July and was an exciting yet intimate competition. Congratulations to all participating clubs and athletes. The results are as follows:

1. Kingdom Barbell
2. Hampshire Barbell Club
3. Guildford Weightlifting
4. Lakeside Weightlifting
5. Legion Barbell
6. Crazy Strength

The next Club Cup will be held in Guildford on 21 September.

Thank you all for your continued support and dedication. Let's keep pushing forward together.

Strength in unity,

Matthew Curtain
CEO