

MATTHEW CURTAIN

CEO



Dear Members

As we wrap up another eventful month at British Weight Lifting (BWL), I am excited to share with you the significant strides we've made in November. This month has been filled with pivotal moments, from notable partnerships to impactful campaigns, all reinforcing our commitment to the sport and our community.

[Movember and Mental Health Awareness](#)

In November, we dedicated our efforts to Movember, focusing on the mental health of our athletes. Through our social media channels, we raised awareness about the importance of mental well-being in sports, emphasising the need for support and open conversations.

[Landmark Partnership with UK Armed Forces Weightlifting](#)

A highlight of this month was the formalisation of our partnership with the UK Armed Forces Weightlifting Team (UKAFWL). This collaboration is a significant milestone, merging BWL's expertise with the dedication of UKAFWL. It's a union that promises mutual growth and excellence in weightlifting.

[Junior World Championships in Guadalajara, Mexico](#)

Our athletes Isabella Brown and Stefano Cataldi proudly represented Great Britain at the Junior World Championships in Guadalajara. Competing in the Women's 76kg and Men's 89kg categories respectively, they showcased the high standards and determination synonymous with British weightlifting.

[Recognition for Sandra Smith](#)

A special congratulations to Sandra Smith for being selected as the Jury President at the 2023 Junior World Championships in Guadalajara, Mexico!

[European Weightlifting Championships Collaboration](#)

We are thrilled to announce our collaboration with the Bulgarian Weightlifting Federation in organising the 2024 European Weightlifting Championships in Sofia. This partnership symbolises a union of strength and expertise, setting the stage for a spectacular event.



[Anti-bullying Week and Instagram Live Session](#)

During Anti-bullying Week (13 - 17 November), we championed the cause of creating a supportive community in sports. Our Instagram Live session titled "Mind and Muscle: Conquering Challenges in Sports" featured insightful discussions with Alex Mackay, Hugh J Gilmore, and Anushka Bovill, focusing on mental resilience and standing against bullying.

[UK Disability History Month 2023](#)

Aligned with UK Disability History Month (16 Nov - 16 Dec), our focus is on understanding and addressing the experiences of disablement among children and young people. We are committed to fostering an inclusive environment, free from stigma and stereotypes.

[Safeguarding Adults Week](#)

In collaboration with the Ann Craft Trust, we observed Safeguarding Adults Week (20 - 24 November), reaffirming our commitment to protecting adults at risk in our community.

[Upcoming England Championships in Birmingham](#)

Looking ahead, we are excited about the England Championships (8-10 December) in Birmingham. This year, the event will be extraordinary, featuring three competition platforms for the first time. It's a celebration of weightlifting and para powerlifting that promises to be memorable.

In conclusion, November at BWL has been a month of progress, partnership, and planning for the future. We are grateful for the continued support of our community and look forward to the opportunities that lie ahead.

Strength in Unity,

Matthew Curtain
CEO