

MATTHEW CURTAIN

CEO



Dear Members,

August and September 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:

Paris 2024

A massive congratulations to Emily Campbell, who secured a bronze medal at the Paris 2024 Olympic Games in the +81kg category with a total lift of 288kg. Emily's incredible performance continues her legacy as one of Britain's most successful weightlifters. We are immensely proud of her achievements and the inspiration she provides to athletes across the nation. We also want to highlight the extraordinary journey of Ramiro Mora Romero, who competed as part of the Olympic Refugee Team in the men's 102kg category. Ramiro finished seventh, lifting a total of 376kg; his presence on the Olympic stage was a victory in itself, symbolising hope and perseverance for millions of displaced people worldwide.

2024 Paris Paralympics

The 2024 Paralympics were an incredible success for all our para powerlifting athletes representing Team GB! Our squad walked away with three medals and four top-five placements. In the women's team, Zoe Newson claimed a silver medal in the under 45kg category, while Olivia Broome earned a bronze medal in the under 50kg category. Lottie McGuinness delivered an amazing performance, placing 4th in the under 55kg category, and Louise Sugden finished 5th in the under 79kg category. On the men's side, Mark Swan achieved a silver medal in the under 65kg category with his impressive lift of 213kg. Mattie Harding, in the under 80kg category, and Liam McGarry, in the 108+kg category, both placed 5th in their respective classes. A big congratulations to the team for their outstanding efforts and performances; you've truly made us proud!

Talent Identification (ID) Campaign

We are excited to introduce our new Talent Identification (ID) campaign focussed on finding the next generation of Para Powerlifters. Aspiring athletes from across the country are invited to participate in Talent ID days, allowing them to demonstrate their abilities and potentially join BWL's development pathways.

Scheduled for October and November, these events will feature expert coaches evaluating participants' strengths and potential. In collaboration with Disability Sport Wales, this initiative highlights our dedication to inclusivity and nurturing talent for international competition.

Stronger Together Coaching Conference 2025

Tickets are now available for the second Stronger Together Coaching Conference, set for 18 January 2025, at The Slate, Warwick Conferences, Coventry. This event is an unmissable opportunity for coaches aiming to elevate their skills and inspire the next generation of weightlifting talent. The line-up includes renowned speakers such as Emily Campbell, Adam Bishop, and Dr. Meghan Bentley.

European Junior & Under 23 Championships Team Announcement

We are excited to announce the selection of 15 outstanding young athletes who will represent Great Britain at the 2024 European Junior & Under 23 Championships in Raszyn, Poland. This team, featuring a blend of experienced competitors and rising stars, is set to showcase British talent on the European stage. We wish them every success in their preparations and competition.

IWF World Junior Championships

Our young lifters shone brightly at the 2024 IWF World Junior Championships in Leon, Spain, held from 19 to 27 September. Madeline Rosher, Erin Friel, and Isabella Brown delivered stellar performances, with Isabella clinching a bronze medal in the snatch session of the 76kg category.

Commonwealth Championships Team Success

We're excited to share that all three of our female athletes representing England at the Commonwealth Championships in Suva, Fiji, from 17 to 21 September 2024, brought home silver medals! Jessica Gordon Brown (59kg), Erin Burton (71kg), and Madias Ngake (87kg) each finished strong in their categories. We also want to acknowledge the remarkable efforts of the athletes representing Wales at the championships.

British Open x Lift Me Up

A special mention goes to the British Open x Lift Me Up event, our first-ever adaptive competition, hosted by Winners 2000 Gym. This event not only marked a significant step forward in inclusivity within our sport but also served as a charity fundraiser for the Motor Neurone Disease Association (MNDA). We're proud to share that nearly £9,000 has been raised so far. Donations are still open, and every contribution helps. If you would like to donate, please click [here](#).

BWL X BoxMate Partnership

We are very excited to announce that we have teamed up with BoxMate to help enhance Club Tracking & Engagement for all BWL Affiliated Clubs! This partnership aims to support our clubs to grow and thrive. BoxMate gives our clubs access to a custom BWL app library, personalised onboarding, and a great offer: 3 months free, plus 20% off for the rest of the first year. Find out more [here](#).

Club Cup 2024 – Round 3 at Guildford Weightlifting Club

We also want to highlight the success of Round 3 of the Club Cup 2024, held last weekend at Guildford Weightlifting Club. The atmosphere was fantastic, with lifters and supporters creating a truly community-driven event. It's been wonderful to see clubs come together in such a supportive and competitive environment.

Thank you all for your continued support and dedication. Let's continue to push the boundaries of British Weight Lifting together.

Strength in unity,

Matthew Curtain
CEO, British Weight Lifting