

# MATTHEW CURTAIN

## CEO

BRITISH WEIGHT LIFTING UPDATES



July 2025

Dear members,

July marked a landmark moment for strength sport in the UK with the [British Championships 2025](#) at the NEC, Birmingham. The standard of performance, the electric atmosphere, and the professionalism on display from all involved were exceptional.

The lifting across the 3 days was nothing short of incredible, and we saw a number of British records broken and international qualification totals met. Notable performances included triple British record breaker Ramiro Mora Romero with a 166kg snatch, 206kg clean and jerk and 372kg total, Bella Brown also made triple British records with a 103kg snatch, 127kg clean and jerk and 230kg total. On the Para Powerlifting front, Ali Jawad made an incredible return to sport with a 187kg bench after retiring 4 years ago after a longstanding battle with Crohn's Disease.

We welcomed a number of VIPs to the British Championships, from those close to the sport through the BWL board, Commonwealth Games Northern Ireland, the England Weightlifting Committee and British Olympians, to professionals involved in other National Bodies and sports such as the British Olympic Association, British Shooting, Parkour UK, and of course our valued partners. Our guests shared a positive sentiment on the event, with Conal Heatley, CEO of Commonwealth Games Northern Ireland commenting it was a 'fantastic opportunity to keep an eye on and support athletes' adding that the event was an opportunity for athletes to "compete on a really professional stage"

I'd also like to express sincere appreciation to our partners, whose ongoing support plays a vital role in enabling opportunities for our athletes to thrive. We were delighted to have White Lights Media, SBD and CJC Gains host stands at the event, who I thank personally for their direct contribution throughout the competition. A fantastic prize package was given to gold medallists thanks to SBD, 2POOD, Eleiko, Optimum Nutrition, CJC Gains and Halo Chalk. I would also like to extend thanks to Sport and Fitness Flooring, Sportscover Europe, Ward Hadaway, Wow travel, Toprated Bingo Sites, and of course Sport England, UK Sport and TASS for their ongoing support- these strategic partnerships allow us to develop the sports of Weightlifting and Para Powerlifting and I am grateful for their backing.

Events of this calibre are only possible through the shared commitment of a passionate community—from athletes and coaches to officials, volunteers, and event personnel working tirelessly behind the scenes.

I'm incredibly proud of what has been accomplished and grateful to everyone who helped deliver an event that so strongly reflects the values and aspirations of British Weight Lifting. A few exciting initiatives have also emerged following the competition:

- **The People's Choice Awards** have launched, offering £500 each to three athletes: one senior weightlifter, one masters weightlifter, and one para powerlifter. This award was made possible through Power Grid projects—thank you for your support.
- **A new feedback loop** has opened between BWL and its valued members. [Feedback forms](#) following the event are now available to gather your thoughts and suggestions—both complimentary and constructive. Your input will be instrumental in guiding future decisions for our events team.

Beyond the British Championships, we've also seen some exciting appointments:

- Internally, **Phil Edmondson** has been appointed [Senior Independent Director](#) of the BWL Board. Since joining in 2020, Phil has made significant contributions and brings a wealth of legal expertise to the role.
- Externally, **Weightlifting Wales Chair Jo Calvino** has been appointed to the **IWF Coaching and Research Committee**, and Olympian and **WADA Athlete Council Member Cyrille Tchatchet II** joins the **IWF Medical Committee**. These appointments are a major milestone for BWL and a testament to the expertise we bring to the international stage. [Jo and Cyrille](#) are not only outstanding professionals but also passionate advocates for athlete development, safety, and education—their contributions will be invaluable.
- Lastly, it was announced in July that [Rosie McCann](#) has been appointed the new Chair of **Weightlifting Northern Ireland (NIWL)**. Rosie's leadership and passion for the sport will be instrumental in driving growth and strengthening the partnership between our organisations. We look forward to working closely with her to support the continued development of weightlifting across the region.

Kindly,  
Matthew Curtain  
CEO