

MATTHEW CURTAIN CEO

BRITISH WEIGHT LIFTING UPDATES



June 2025

Dear members,

We entered June on a high following the [Adaptive Open on 31 May at Oldbury Academy](#). This event marked an important step in the expansion and development of weightlifting. Weightlifting is for everyone, and this game-changing competition proved just that. We were proud to host such talented athletes, and I extend my thanks to Nigel Barber and Craig Graham for their invaluable support. A heartfelt thank you also goes to our partners: BoxMate, White Lights Media, CJC Gains, To the Bar, and Optimum Nutrition.

June marks an important time in our calendar in more ways than one. Most notably, we celebrate Pride Month, highlighting the importance of pride and inclusivity within our organisation and beyond. We've published an [article detailing the history of Pride](#) on our website and have recorded Pride edition [podcast featuring weightlifter Harry Nelms](#).

June also brings us one month closer to our inaugural flagship event: the British Championships. Our staff are busy preparing, and we're excited to welcome the UK's finest lifters onto the platform to showcase their hard work. [Tickets are on sale](#) via the Strength in Depth website, and the final schedule will be released on 2 July, once all rounds of entries have concluded.

British Weight Lifting (BWL) is as busy as ever, and I'm pleased to share several upcoming opportunities. Firstly, [three consultancy positions have become available](#) to support pathway athletes. If you have relevant experience in the fields of physiotherapy or coaching, I encourage you to apply. Secondly, BWL has released [an invitation to tender for a data agency](#) to help us gain valuable customer insights.

In terms of governance, I'm pleased to welcome [Rupinder Ashworth as BWL's new Independent Chair](#), marking an exciting new chapter in the organisation's leadership and governance.

Kindly,
Matthew Curtain
CEO