



# Matthew Curtain, CEO

## British Weight Lifting updates

### October 2025

Dear members

October was a month defined by excellence, resilience, and community, both on and off the platform.

At the start of the month, our attention turned to Førde, Norway, where 45 British athletes represented Great Britain and the Home Nations at the [2025 IWF World Championships](#). This year's event was another big step forward for BWL, bringing together lifters from England, Scotland, Wales, Northern Ireland, and Jersey. With personal bests and standout performances on the international stage, our athletes showed strength, unity, and resilience at their best. The collaborative approach between the GB World Class Programme and Home Nation performance pathways ensured that athletes had the support and preparation needed to perform at their best, with the event also serving as a key qualifying step for the Glasgow 2026 Commonwealth Games.

Immediately following, attention shifted to Cairo, Egypt, for the [2025 World Para Powerlifting Championships](#), which featured the largest ever GBR representation at a Para Powerlifting Worlds. Fifteen athletes competed across multiple weight categories, with standout performances from Alfie Bezance, who claimed gold in the Men's up to 97kg Rookie category, and Evelyn Thomas, who secured silver in the Women's up to 67kg category, and Mark Swan, who claimed bronze in the men's up to 72kg category. The team's results reflected months of preparation and close collaboration across the Home Nations, highlighting the growing strength of the UK para powerlifting pathway and its role in building future Commonwealth Games success.

This month also marked [Black History Month 2025](#), and we were proud to celebrate the achievements of Black athletes past and present who have made a lasting impact on British Weight Lifting. Through our [Celebrating Black Excellence](#) campaign, we shared the stories and legacies of trailblazers whose contributions have shaped our sport and inspired future generations.

We also supported [Keeping Your Child Safe in Sport Week](#), reaffirming our ongoing commitment to safeguarding and ensuring that weightlifting and para powerlifting remain safe and supportive environments for every young person involved in our community.

On [World Mental Health Day](#), we reflected on the importance of supporting one another beyond the platform. Our community thrives when we lift each other up, and this day served as a timely reminder that wellbeing is central to sustainable performance and participation.

In other updates, the Glasgow 2026 Commonwealth Games announced ticket pre-sale dates - an exciting moment that brings us one step closer to welcoming the Games back to the UK. Meanwhile, BWL revealed the [full 2026 competition calendar](#), providing athletes and clubs with the opportunity to plan ahead for another busy year of national and regional events.

As we move into November, preparations are already underway for the European Junior and Under 23 Championships in Durrës, Albania, where 16 athletes will proudly represent Great Britain. I wish the team every success as they take the next step on their international journey.

Kindly,  
Matthew Curtain  
CEO