

Introducing Chris Williams

“I have recently taken over the role of Head of Events at British Weight Lifting, following on from the great work that had been done by my predecessor Mathew Marshall and I would like to take the opportunity to wish Mathew all the best in his new role with British Taekwondo.

I have previously been the Education Manager at Weightlifting Wales and was privileged to work with the team there working in both the education / coach education pathway and coaching and establishing the Para Powerlifting pathway.

I served for 29 years in the British Army with the majority of my career being in the Royal Army Physical Training Corps, working in a variety of establishments and units including Germany, Northern Ireland, Bosnia and was HRH Prince Harry’s Instructor at the Royal Military Academy.

During my time in the Army, I was heavily involved in sport both as a participant at both Army and Combined Services level and latterly as the lead Strength & Conditioning Coach for Army Rugby. The role with Army Rugby sparked my interest in weightlifting, which saw me attend the BWL Level 1 coaching course led by Dave Hemborough. This was followed by the Level 2 course which was delivered by the legendary Cyril Martin and I was then hooked on weightlifting.

Over the next decade, I led with weightlifting in the British Army and volunteered as both a Coach and Technical Official in Weightlifting Wales and British Weight Lifting competitions. This journey finally saw weightlifting as a recognised sport within the Armed Forces, a monumental occurrence after decades of work by a team of dedicated personnel including Ray Williams, who was years ahead of his time in the Military, trying to establish weightlifting as a sport and means of training.

I am delighted to be in the role, in a sport I am passionate about and feel a real responsibility to serve our members and clubs the best I can, with athlete centred competitions and creating opportunities for all lifters from novice to our seasoned internationals.

It is my intention to be at as many competitions as I can, and to talk to as many clubs/coaches/lifters that is possible to gain your thoughts and experiences. I also intend to continue being a Technical Official and Para Powerlifting Official, where my commitments at competitions allow”.

Chris Williams, Head of Events