

Update from CEO Ashley Metcalfe

“January was a fantastic month for para powerlifting and weightlifting. We had hundreds of spectators travel to Derby Arena to see the British Championships 2022.

The senior platform saw British records broken, and the para powerlifters and masters put on an incredible show. It was also fantastic to see international competitors as we welcomed guest lifters from Malta, the Netherlands, Gibraltar, Ghana, Cameroon and Jamaica.

We look forward to seeing all the athlete’s hard work in training being rewarded as we move closer to the Birmingham Commonwealth Games and Para Powerlifting World Cup.

I am delighted to announce that our workforce team have launched a new course, the Level 2 Award in Instructing Kettlebells which provides the underpinning knowledge to successfully integrate kettlebell training into an individual’s training programme. This course builds upon our educational offer and serves to offer our members a wider range of accredited opportunities.

The Couch2Kilos programme with partner Her Spirit concluded in February and we were thrilled to see over 2000 women signing up to the app to get involved with at-home strength workouts. The free six-week plan offers four levels of difficulty- catering to beginners that have never used free weights, to advanced gym-goers who regularly weight train.

February is a busy month for our developing athletes with the Welsh Age groups taking place in Gwynedd, a national youth training camp, and the talent transfer camp.

I would like to thank all our members and clubs for their continued support.”

Ashley Metcalfe, British Weight Lifting CEO.