

Update from CEO Ashley Metcalfe

“As the atrocities in Ukraine unfold, British Weight Lifting stands together with the people of Ukraine. Our thoughts are with the Ukrainian people and our colleagues in the weightlifting and para-powerlifting family.

British Weight Lifting fully supports the decisions taken by the IWF, EWF and IPC, including the WPPO Executive Boards to revoke the right of Russia to host any International or Continental competitions and the suspension of Russian and Belarussian athletes and officials until the current crisis is suitably resolved.

BWL has further written to the IWF and EWF expressing its serious concern that Russian and Belarussian individuals are still eligible to sit in positions of authority on their Executive Boards. BWL has sought assurances that they should be suspended with immediate effect as well as ensuring that individuals from those countries would not be eligible for future elections whilst the conflict remains.

As we approach the Birmingham 2022 Commonwealth Games, we made the current IWF rankings list available on our website, so members and supporters can see where our athletes sit as we get closer to selection. On 24 April, fifty of England’s best weightlifting athletes will go head-to-head to compete for a place on the Team England squad. The competition will act as the final qualification event for England weightlifters wanting to compete at the games in July. We would like to wish all competing athletes the best of luck.

April will continue to be a busy month for para powerlifting and weightlifting performance. The BUCS Weightlifting & Para Powerlifting Championships will take place between 12 and 13 April at St Mary’s University, Twickenham. The competition is our first official BUCS event and will bring students from all over the nation together to compete for BUCS points.

The English Age Group Championships will see the country’s youth and junior athletes battle it out to claim the title of English Champion. Taking place between 30 April and 1 May at Oldham Academy, this is also an important event for athletes hoping to be selected for regional pathway squads.

Our collaboration with Her Spirit saw the second intake of the 6-week Couch2Kilos programme kick off at the end of February, which offers free at home workouts to women wanting to get started with strength training.



I was encouraged to hear that another DiSE camp was successfully delivered at the beginning of March to develop our second cohort of students as they move towards passing their 2-year diploma. It's fantastic to see fresh talent being developed in the sport. DiSE is a 2-year programme where aspiring athletes can learn industry and personal skills to equip them to succeed in the future. It also provides athletes with unique opportunities to work with specialist practitioners in areas such as psychology, nutrition and lifestyle. If you are interested in being part of our September 2022 cohort please contact us to register your interest."

Ashley Metcalfe, British Weight Lifting CEO.