

Update from CEO Ashley Metcalfe

“British Weight Lifting has had another hugely successful month in weightlifting and para powerlifting performance.

The last weekend of April was busy with the England Age Group Championships, which saw a great pool of talent on the platform. Records were broken, and it was great to see so many young people getting involved in the sport of weightlifting.

On the 1 of May, there was a test event held at Loughborough to put the para powerlifting athletes through their paces. The competition had a great set up, with full lighting, music, and international competition procedure.

British Weight Lifting also made a visit to the Dwarf Sports Association’s National Games, with Connor MacDonald and Harry Waine putting on taster sessions and a competition for visitors to try out the sport.

We recently launched a new CPD called the Essentials of Youth Weightlifting to offer our coaches an exceptional level of knowledge and focussed information on youth training.

With Mental Health Awareness week on the 9 – 15 May, we put together a range of top athlete’s advice and experiences with training and released an interview with Junior World Champion Mark Swan.

We look forward to announcing the Commonwealth Games athlete selection later in May and wish athletes all the best in training as we approach Birmingham 2022.

As previously announced, May will be my final month working for British Weight Lifting, and I would like to take this time to say thank you to all our members, stakeholders and staff for all their support during my time as CEO. I have thoroughly enjoyed my time in this position and think we have made great progress in driving the sports of weightlifting and para powerlifting forwards. The past couple of years have been incredible with Emily Campbell securing her Olympic silver medal, and Louise Sugden, Micky Yule and Olivia Broome bringing home bronze Paralympic medals. I am confident the direction and growth of British Weight Lifting will continue and look forward to seeing its progression in this next cycle towards Paris 2024.”

Ashley Metcalfe, British Weight Lifting CEO.