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Update from CEO Ashley Metcalfe

Welcome to April's newsletter. We hope you're all feeling as excited as us that the gyms have opened again. Let us hope that it's for good this time.

We had a very successful Para Powerlifting World Cup at the end of March with our exceptional GB athletes winning one gold (Mark Swan), four silver (Louise Sugden, Liam McGarry, Micky Yule and Olivia Broome) and three bronze medals (Zoe Newson, Kim Dean and Charlotte McGuinness). We also saw a new British record set in the women's up to 67kg category by Rebecca Beford. Ali Jawad and Sean Clare put in successful lifts, gaining their target lifts and beating Personal Bests. It was fantastic to be able to host an in-person event in Manchester, despite having strict social distancing in place. The live stream of the event was well attended, and we were delighted that so many people tuned in to watch our GB athletes. Training never stops and the athletes are back in the gym training for the World Cup in Dubai this June.

The Senior European Championships in Moscow have taken place more recently where four GB athletes competed: Zoe Smith, Sarah Davies, Emily Muskett and Emily Campbell. The competition saw Zoe Smith secure sixth place, boosting her rankings for the Tokyo Olympic Games. Sarah Davies set a new British record and brought home silver. Emily Muskett became the first British European Weightlifting Champion in 26 years. Emily Campbell was the last to compete on Sunday 11 April, who became the second weightlifter in the space of a week to win a European Championship, bringing home three gold medals. This has undoubtedly been the most successful team performance by Great Britain in over 70 years. These are fantastic results for our athletes, and I'd like to congratulate them on their brilliant success.

We are delighted to have launched two new courses over the last couple of weeks. We have added to our Continual Professional Development portfolio with the introduction of two new courses to help upskill coaches in programming and competition performance.

Stay safe and all the best

Ashley