

Update from CEO Ashley Metcalfe

“British Weight Lifting find itself in another busy period amidst competitions, high performance camps, and course delivery.

The BUCS Championships were held on 12 April, and I would like to congratulate all the students that stepped out on to the platform. The event ran smoothly, to which we have our volunteers, staff, and partners to thank.

Upcoming competitions include the England Commonwealth Trials which will be a true spectacle as our best lifters compete for a spot at the Birmingham Games. The English Age Group Championships will be a great opportunity to spot potential talent as we move forwards. At the start of April, we reviewed our spectator ticket prices, and factoring in the current economic climate, we chose to reduce prices to make our competitions as accessible to our members as possible.

The first World Class Programme camp was held in Loughborough between 28 March – 1 April and saw para powerlifters ramping up training as we approach their test event competition on 1 May. I would like to congratulate Liam McGarry on his return to training following surgeries earlier this year.

For weightlifting performance, we welcomed the successful delivery of youth and junior GB camps, where we saw the hard work of the UK’s finest upcoming talent. A talent transfer camp saw some great potential, and we look forward to welcoming 10 talent transfer lifters at the England Commonwealth Trials on the 24 April.

The England athletes trained through another Commonwealth Games camp, and as we approach the Games later this year, we are excited to see which athletes receive invitations. We are delighted to also receive notification from the IWF that Gordon Shaw and Cyrille Tchatchet II are now able to represent England. We wish them every success in achieving their weightlifting ambitions.

In late March we launched a new CPD course- The Essentials of Youth Weightlifting. We look forwards to releasing other courses over the coming months to expand our offer and become a leading provider of strength courses in the UK.

Ashley Metcalfe, British Weight Lifting CEO.