



**MATTHEW
CURTAIN
CEO**

**BRITISH
WEIGHT
LIFTING**

**British Weight Lifting
updates**

We start the year of 2023 enjoying the incredible successes of weightlifting and para powerlifting athletes over the past year. There were some fantastic successes throughout 2022 at the Birmingham Commonwealth Games, WPP0 European Championships, the EWF European Championships and the IWF World Championships.

Before the close of December, we had twenty-one British Weight Lifting members represent GBR at the IWF Masters Championships in Florida. We had athletes set personal bests, new IWF records and had two lifters, Michaela Breeze and Kelly Friel, place within the top eight of the overall female rankings.

The start of 2023 has seen the re-launch of the new Her Spirit and British Weight Lifting collaboration 'Couch 2 Kilos' programme. This strength challenge aims to help women of all ages, abilities, shapes and sizes get stronger in just four weeks.

British Weight Lifting has released the date for the 2023 England Age Group Championships, which will take place between 25-26 February at Brunel University. We look forward to releasing the rest of the competition calendar soon.

I would like to personally welcome the two new staff members, who you may know as they are already involved in the sport of weightlifting. Maggie Lynes has taken up the role of Head of Events and Heather Flannery is Education Support Officer. Claire Deacon has taken on a different role in the business and is now Team Support Officer. I wish them every success in their roles.

To all the athletes, coaches, technical officials and friends and family of the sport, happy new year. I wish you well in your sporting and life endeavours, and hope you enjoy the process as well.

As the new year rolls in, British Weight Lifting and I will continue our pursuit of developing the sports of weightlifting and para powerlifting and look forward to the continuation of partnerships with the home nations, Sport England, UK Sport, the National Lottery and our partners Eleiko, Built for Athletes, SBD, Sport and Fitness Flooring, and Joymo.

Matthew Curtain
CEO