



**BRITISH  
WEIGHT  
LIFTING**

Welcome to May's newsletter.

It is great that restrictions are being eased even further in England as part of the move to step 3 of the UK Government's roadmap for easing Covid-19 restrictions and we move towards some sort of normality. We are working hard in the background to develop a competition calendar for the remainder of the year in the hope that we can hold several physical competitions by December 2021.

In the meantime and whilst restrictions are still in place, we've worked hard to find a solution to allow lifters to gain the totals they need to qualify for the Commonwealth Games in 2022 as well as offering a competition platform for our members. There are no qualification requirements for the Virtual British Championships taking place from 30 June – 7 July. If you've ever wondered how your lifting would compare against the rest of the country, or if you've been perfecting your Snatch and Clean & Jerk over lockdown and think the time is right to step up to the platform then this virtual competition is the perfect opportunity to test yourself.

Our workforce team have been working hard to develop a brand new coaching course and I am delighted to announce that we will shortly be able to launch our Level 3 Diploma in Coaching Olympic Weightlifting. The Level 3 Diploma has been part of a wider project to revolutionise our coach education pathway. Our ambition is to support coaches at every level, whether they be new to the sport or have aspirations to help athletes compete on the international stage.

Finally I would like to congratulate our Para Powerlifting team who have just competed in Tbilisi, Georgia in the Para Powerlifting World Cup. This event was a strategic qualifying competition for the 2020 Paralympic Games and British Weight Lifting are proud to announce they've all done brilliantly, bringing home two golds, two silvers and a World Junior Record for GB. Well done team!

Ashley Metcalfe  
British Weight Lifting