



**BRITISH
WEIGHT
LIFTING**

March 2021

Update from CEO Ashley Metcalfe

Welcome to the British Weight Lifting newsletter. The World Para Powerlifting World cup is set to return to Manchester this week after a successful inaugural year in 2020. Competing for podium spots along with crucial qualifying points for the rescheduled Tokyo Paralympic Games (24 August – 5 September), the athletes will be battling it out at Wythenshawe Forum from 25 - 28 March. Held behind closed doors, 13 athletes will represent the GB squad, which will be their first competition since the start of the Covid-19 pandemic.

The road to the Birmingham Commonwealth Games has officially begun. Selection has been made for the Commonwealth Training Squad, a selection of top performing English athletes who're on a trajectory to win medals. England Weight Lifting will be working closely with these athletes to gain the best possible chance of winning medals at Birmingham 2022.

We have been incredibly busy organising competitions – virtually and in person – to ensure as many people as possible have an opportunity to compete. The virtual England Championships took place last month. The competition was British Weight Lifting's largest online event to date attracting a record-breaking 200 entries. It was fantastic to see so much support for the virtual event. BWL are delighted to be working with BUCS for 2021. This is the first year that we've worked together and we're delighted that Weightlifting and Para Powerlifting has made it onto their schedule.

British Weight Lifting would also like to announce a number of changes to its flagship annual British Championships following the announcement of the UK Government's roadmap on Monday 22 February. Due to the ongoing COVID restrictions and continued uncertainty around the exact timetable of easing of lockdown the physical event has been scaled back, with the ultimate focus being a performance-based event for those athletes wishing to either qualify or benchmark their total against others for the Commonwealth Games in 2022. However, to ensure that lifters of all age groups have an opportunity to compete on a platform this summer, we will also be running a virtual British Championships.

If you'd love to have a go competing at one of our competitions then visit our membership page where we have a range of options for each lifter. Joining will allow you to compete in our competitions, as well as get great discounts on all of our courses and with our partners Pulseroll, Eleiko and Sport and Fitness Flooring.

Stay safe and all the best,
Ashley