



**MATTHEW  
CURTAIN  
CEO**

**BRITISH  
WEIGHT  
LIFTING**

**British Weight Lifting  
updates**

The month of October had an incredible start, with Andy Griffiths and Emily Campbell competing at the fiftieth anniversary Meissen Cup. Another win for Emily continues to secure her position as reigning champion, after a fantastic performance!

October is Black History Month and we have taken this as an opportunity to celebrate the achievements of Black weightlifters and para powerlifters. We have taken feedback from our members to shine a spotlight on more athletes and have been adding further information onto our website as we have received it to share some of our athletes' incredible accomplishments. We were also delighted to hear from Emily Campbell, Deborah Alawode and Jenny Tong on their thoughts and experiences around Black History Month.

On 11 October, we announced that Emily Muskett (nee Godley) and Cyrille Tchatchet II have been endorsed by the BWL Board to be the British nominations at the first-ever International Weightlifting Federation (IWF) Athletes' Commission election.

We were pleased to be approached by West Yorkshire Police to help with their Youth Early Intervention Programme (YEAPP). A cohort of young people under 18 were identified by WYP due to being victims of crime or vulnerable to criminality. The attendees were introduced to the sport of weightlifting and taught a variety of strength exercises over the course of a three-hour session.

A team of eleven athletes representing Great Britain have recently returned from Durres, Albania after competing at the European Junior and Under 23s Championships. The team put on amazing performances, setting new personal bests and British records. Special congratulations are given to Catrin Jones who was crowned European Champion, Chris Murray for his triple Silver medal performance, and Alice Aitchison for her Bronze clean and jerk medal.

I look forward to hearing from our members, in person and virtually, when British Weight Lifting host the Annual General Meeting on 27 October, where members and staff are encouraged to attend to discuss issues pertinent to the National Governing Body of weightlifting and para powerlifting.

I am looking forward to the English Championships at the weekend. Derby proved to be a great venue for the British Championships and so it will be great to return for another championships, where we will see the best of England's weightlifters battle it out on the platform.

Matthew Curtain  
CEO