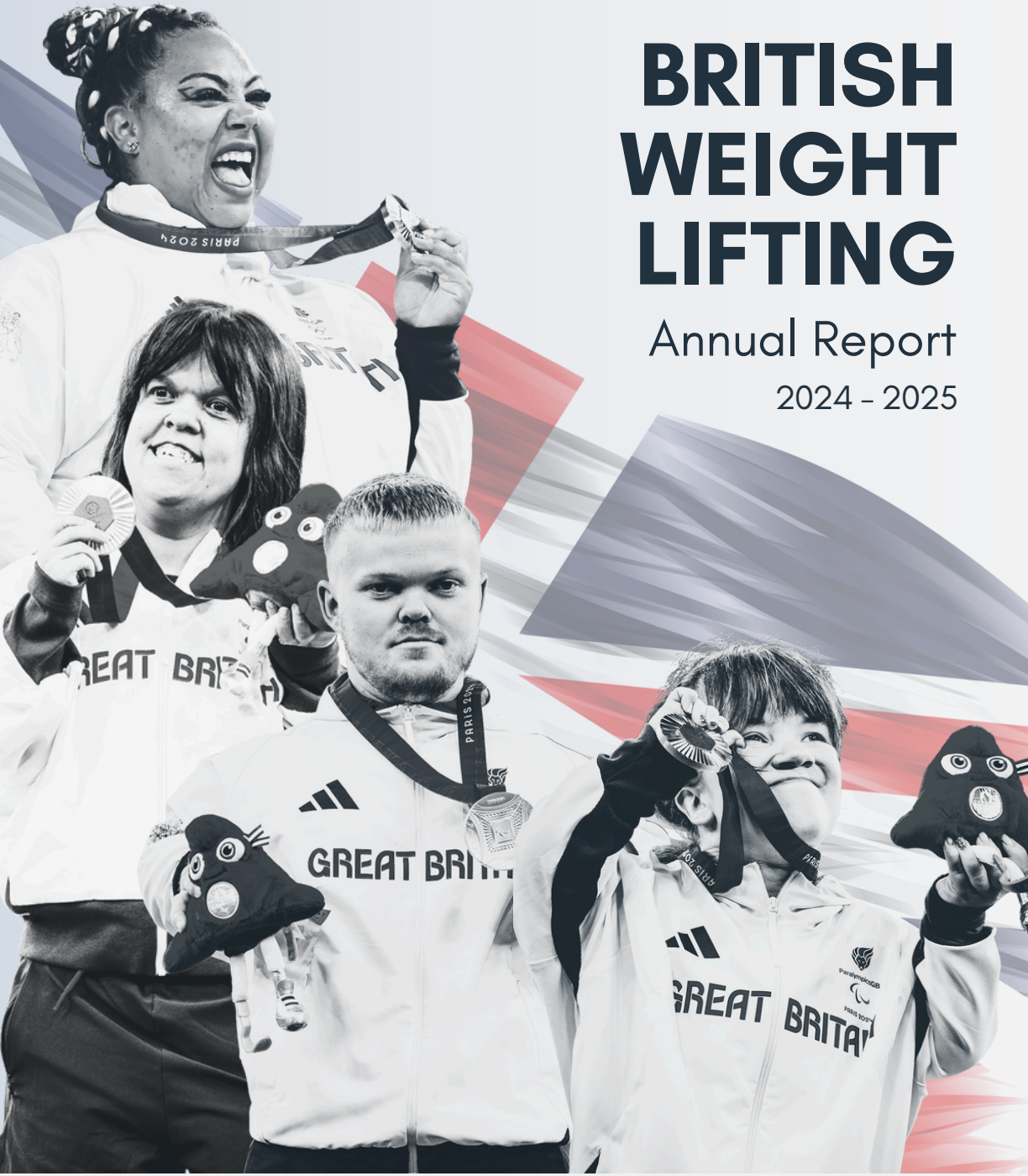
BRITISH WEIGHT LIFTING

Annual Report

2024 - 2025



BRITISH WEIGHT LIFTING

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In Memoriam

John McNiven MBE (1935 - 2024)



The weightlifting community lost one of its most respected figures with the passing of John McNiven MBE. Over a remarkable career, he represented Scotland at six Commonwealth Games, winning bronze medals in Edinburgh (1970) and Christchurch (1974). A 25-time Scottish Champion and 14-time World Masters Champion, he became the first weightlifter inducted into the World Masters Hall of Fame in 1993. His achievements were further recognised with an MBE in 1994 and his place in the Scottish Sports Hall of Fame in 2003.

McNiven also made a lasting contribution off the platform. He was instrumental in bringing the 1999 World Masters Championships to Glasgow, officiated at countless British events, and continued to support the sport at the Glasgow 2014 Commonwealth Games as a Technical Official.

Chung Kum Weng (1934 - 2025)



We were saddened by the passing of Chung Kum Weng, a distinguished featherweight weightlifter who left a lasting mark on both Malaysian and Welsh sport. Born in Ipoh, Malaysia, he won silver for his home nation at the 1958 Commonwealth Games in Cardiff before settling in Wales, where he combined work as a bus driver with his training. In 1966, he achieved his greatest success by winning Commonwealth Games gold for Wales in Kingston, lifting a total of 337 kg. He also represented Malaysia at the 1960 and 1964 Olympic Games and went on to compete for Great Britain at the 1970 World Championships.

Trisha Forbes (1962 - 2024)



We mourn the passing of Trisha Forbes, a passionate and accomplished Masters weightlifting competitor who competed in an impressive 28 international events from 2008 to 2023, including the European Championships, World Championships, and World Masters Games. Her extraordinary record includes standing on the podium 26 times, with seven gold medals across her illustrious career.
Trisha was known not only for her strength but also for her infectious enthusiasm and kind spirit, qualities that resonated deeply within the Masters community.









About us

As the UK's recognised Governing Body for weightlifting and para powerlifting, our mission is to inspire a nation of lifters through exceptional leadership and expertise.

We are committed to driving the growth and success of weightlifting and para powerlifting at every level. Our work supports a thriving network of weightlifting bodies, clubs, and gyms across the UK, alongside the thousands of people actively engaged in Olympic and Paralympic disciplines.

Beyond participation, we deliver high-quality training programmes, robust educational pathways, and world-class competitions – creating opportunities for everyone to discover, develop, and excel in our sports.

BWL's 2021 – 2025 **Stronger Together** strategy sets out a vision to educate, inspire, and create greater opportunities for weightlifting, para powerlifting, and strength-based activity across the UK. The plan recognises the value of strength as both a competitive sport and a lifestyle, positioning BWL as an advocate for the physical, mental, and social benefits of lifting. By engaging a wider and more diverse audience, the organisation aims to contribute to a fitter, healthier, and stronger nation.

The strategy is built around two central themes. The first, **Showcasing Strength as a Lifestyle**, focuses on making the sport more visible and accessible by promoting the benefits of strength training beyond traditional participants. This includes building inclusive, positive experiences for people of all ages, backgrounds, and abilities, as well as developing partnerships across sport, health, and community sectors to broaden reach and impact.

The second theme, **Strength as an Enabler of Sporting Success**, is centred on performance, people, and pathways. BWL is committed to placing membership and community at the heart of its work, while delivering clear, high-quality progression routes for athletes, coaches, and officials, from grassroots through to international competition.

Alongside this, the strategy highlights the importance of innovation, integrity, and inclusivity in governance, ensuring that weightlifting and para powerlifting in the UK are sustainable, successful, and respected on the global stage.

Chair's Foreword



Having been appointed on 23 May 2025, it is my great privilege to present my first annual report as Independent Chair. In these first months, my priority has been to listen to our members, athletes, and stakeholders and to understand both the opportunities and challenges facing our sports. But what is clear is that we have a strong foundation to build upon, and a shared determination to see our sports thrive at every level, from grassroots participation through to international podium success.

Our competitions are very well supported and often oversubscribed, which is a testament to the commitment of our lifters, coaches, technical officials, clubs, and volunteers. Governing both Weightlifting and Para Powerlifting, we are proud of the diversity across our community, and it has been inspiring to see clubs engaging their members and extending their reach into local communities.

In this respect, the Board has dedicated much of this calendar year reflecting on how BWL is governed and to explore ways to foster greater cooperation and a stronger sense of community across our membership, while also recognising and carefully monitoring our growing commercial appeal.

As part of this, BWL undertook an Organisational Health Review in January 2025 with the Board, Senior Leadership Team, and our funding partners UK Sport and Sport England. The review confirmed that our vision of building a "stronger, fitter, healthier nation" is widely understood across the organisation, and that both the Board and leadership team are strongly committed to driving progress. It also highlighted the culture of passion and resilience that underpins both performance and participation.

At the same time, the review identified important challenges. Limited resources continue to constrain the pace at which long-term plans can be delivered, while looking ahead there are clear opportunities for further development especially in the area of long-term financial resilience outside of public funding.

This diagnostic provides an important foundation as we begin drafting BWL's Strategic Plan for 2026-2030, ensuring that our vision is underpinned by clear goals, measurable impact, and an inclusive approach to growth.

Insofar as public funding is concerned, we continue to secure record levels of investment from UK Sport and Sport England. Namely in December 2024, BWL was awarded £5.6m from UK Sport for the Los Angeles 2028 Olympic Games & Paralympic Games cycle. With an uplift of 52% from Paris 2024 and a return to the World Class Programme, the funding of the Weightlifting programme rises to £3,450,000. At the same time, Para Powerlifting has retained its status as a World Class Programme and sees a 21% increase of funding to £2,150,000.

Building on the foundations of our 2022 - 2029 partnership agreement, BWL was also awarded an additional £1 million investment from Sport England to further accelerate our talent and development programmes. Importantly, this also included a dedicated allocation for Para Powerlifting for the very first time, marking a significant step forward in ensuring our pathways are inclusive and sustainable across all disciplines.

Regarding international successes, we couldn't be prouder of our performance teams. Set against our best performance ever with four medals in Tokyo, BWL was able to repeat the same result at Paris 2024 Olympic and Paralympic Games namely through the courageous and amazing efforts of Emily Campbell (Weightlifting bronze, +81kg), Zoe Newson (Para Powerlifting silver, 45kg) Olivia Broome (Para Powerlifting bronze, 50kg) and Mark Swan (Para Powerlifting silver, 65kg).

But equally, the rest of the para team comprising of Lottie McGuiness (55kg), Louise Sugden (79kg), Mattie Harding (80kg), and Liam McGarry (+107kg) are recognised for their top five placings as well as our weightlifting squad that endured the most difficult qualifying system ever. Moreover, a special mention goes to UK-based athlete Ramiro Mora Romero, who placed 7th while representing the Refugee Olympic Team, embodying the spirit of resilience and inclusion that defines the Olympic movement.

Huge congratulations are offered to Stuart Martin, Tom Whittaker, Dave Sawyer, Ben Richens, Andrew Callard, Connor MacDonald, Hugh Gilmore, Katie Collis, Sinead Roberts, Clare Churchman, Meghan Bentley, Sarah Hayes, Nabil Shah and indeed the whole support group including our Board, Committees, main office, personal coaches, families, and friends alike. The team behind the team.

Their selfless dedication, steadfast energy, and individual expertise and contribution was unparalleled always ensuring the best possible environment for our lifters - on and off the platform.

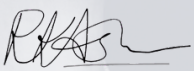
In closing, I would like to extend my sincere thanks to the volunteer BWL Board, our CEO Matthew Curtain, and his team for their professionalism and absolute commitment to driving forward BWL; much of which extends well beyond normal business hours.

To our funding and strategic partners: UK Sport, the National Lottery, TASS, Sport England, Youth Sport Trust, UK Active, Women in Sport, and the BWL Foundation, I extend my heartfelt gratitude for your generous and ongoing partnership, which enables us to deliver directly to our members and programmes.

Equally, to our commercial partners: SBD Apparel, Eleiko, Sport & Fitness Flooring, Optimum Nutrition, White Lights Media, Joymo, Sportscover Europe, Ward Hadaway, CJC Gains, WOW Travel, TopRated Sites, Titus Learning, Focus Awards, and CIMSPA; your support is deeply valued and plays a vital role in strengthening and growing our sports.

Finally, I want to pay special tribute to our volunteer coaches, technical officials, their families, and supporters. We are fortunate to be part of a thriving, diverse sporting family with growing participation at all levels. This is our strength. BWL remains committed to providing the structures, opportunities, and pathways that enable everyone in our community to fulfil their potential.

But above all, thank you and congratulations to our athletes - you are, and always will be, the very best of us and our role models.



Rupinder Ashworth
Independent Chair



CEO / Executive Summary

On behalf of the Directors, I am pleased to present this strategic summary for the financial reporting period 1 April 2024 to 31 March 2025.

This past year has been one of strategic progress and consolidation for BWL. Guided by our **Stronger Together Strategic Plan**, we have strengthened the foundations of the organisation while ensuring our sports grow in relevance, inclusivity, and impact. This progress was achieved against the backdrop of the hugely successful Paris 2024 Olympic and Paralympic Games, which brought global visibility and unprecedented promotion for our lifters.

Our work this year has continued to be shaped around the two central pillars of the strategy:

Showcasing Strength as a Lifestyle	Enabling Sporting Success
Strength as a positive force	Membership at the heart
Inclusive experiences for all	Supporting talent & performance
Health & wellbeing through strength	Skilled and committed workforce
Uniting communities beyond boundaries	Innovation for the sport's future

Aligned to these priorities, we strengthened organisational resilience. In December 2024, UK Sport confirmed BWL's continued full compliance with the UK Code for Sports Governance, while in November 2024, our Diversity and Inclusion Action Plan (DIAP) was formally approved, reflecting tangible progress in representation, culture, and inclusivity. Safeguarding has also been further embedded, with the Sports Welfare Officer Network delivering practical improvements at national events. Importantly, the year also saw record levels of investment from UK Sport and Sport England – a clear endorsement of our direction and the impact being delivered from grassroots through to high performance.

A particular focus has been raising the visibility and profile of weightlifting and para powerlifting. National events provided a stage for our athletes to shine, while athlete storytelling, stronger digital engagement, and partner collaborations extended our reach to new audiences and deepened connection with existing members. This was exemplified in August 2024, when BWL partnered the British Open and supported Lift Me Up, a charitable event organised by Olympian and Commonwealth Games gold medallist Emily Muskett, which raised vital funds for Motor Neurone Disease (MND) research and demonstrated the power of our sports to inspire and unite communities.

The highlight of the reporting period was undoubtedly BWL's performances at the Paris 2024 Olympic and Paralympic Games. Our athletes across both sports showcased excellence and determination on the world stage, inspiring the next generation and affirming the strength of our talent pathways. Beyond Paris, weightlifters secured medals at the World Senior Championships, World Junior Championships, Commonwealth Championships, European Youth Championships, and the European Junior & U23 Championships, while our para powerlifting athletes delivered success at the 2024 World Cup.

Through our Charitable Foundation, we continued to invest in the future. In March 2025, a new scholarship scheme awarded 138 individuals fully funded places on BWL education courses, with 40% of recipients under the age of 26 and 26% from low socio-economic backgrounds. This initiative has already benefitted 64 clubs nationwide through the addition of newly trained coaches, expanding opportunities for aspiring lifters.

Looking forward, we recognise that challenges remain. While government funding remains critical, it cannot be the sole driver of long-term sustainability. Diversifying income through partnerships, sponsorships, events, and digital innovation is essential to ensure resilience. We must also continue to grow our coach education framework in a competitive market, ensuring services remain relevant, high-quality, and accessible.

On behalf of BWL, I extend our sincere thanks to our funders, sponsors, and partners whose support enables us to deliver meaningful impact across performance, participation, and governance. I also wish to acknowledge our athletes, coaches, clubs, staff, Board, volunteers, families, and friends – all of whom are vital to our progress.

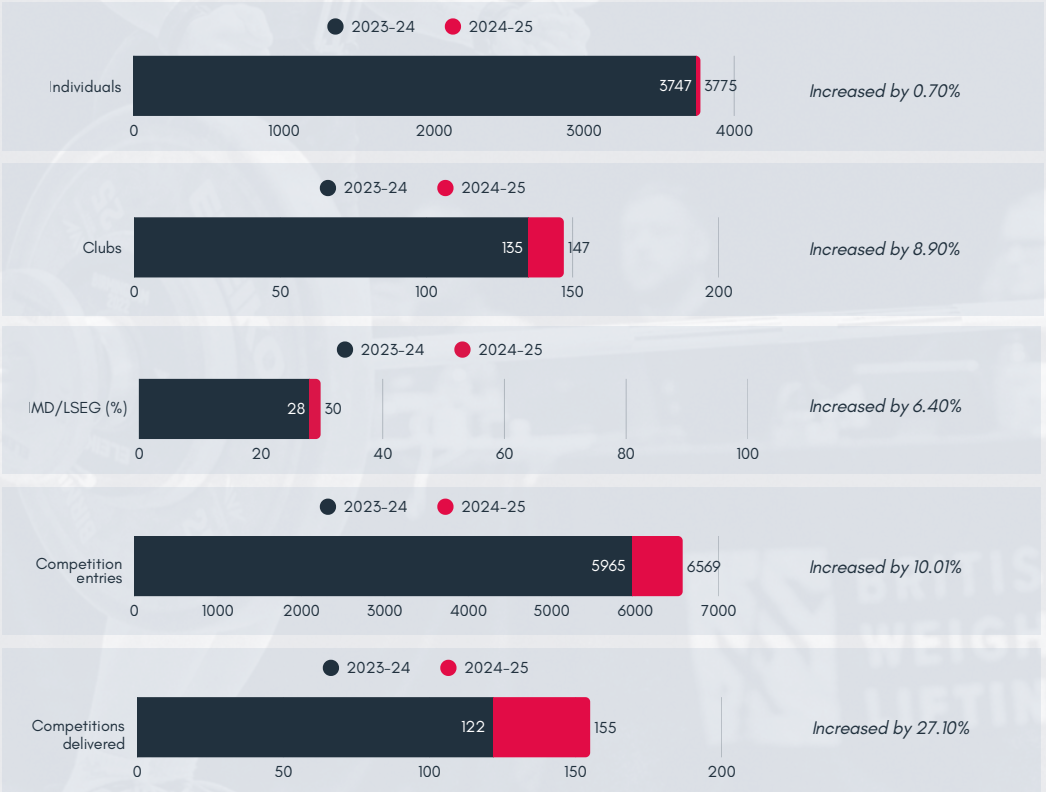
This year has brought both challenges and achievements, but the dedication and passion of our movement give us confidence in building a stronger, more sustainable future.

People and Partnerships remain at the heart of our organisation. Thanks to the commitment of those across the country, weightlifting and para powerlifting continue to grow in profile, relevance, and impact.



Matthew Curtain
Chief Executive Officer

BWL Membership & Competition Growth (2023-24 vs 2024-25)



KPI Dashboard 2024-25

Showcasing Strength as a Lifestyle

Delivered

- **3,775** members (+0.7%)
- **147** clubs (+8.9%)
- IMD/LSEG representation **29.8%**

- **138** new coaching scholarships, with strong youth and inclusion focus
- **1,000+** learners supported across courses and CPD
- 1 bespoke **international course** delivered in Malta

Record competition entries: **6,569, +10.1%**

2.5M+ reach via socials and **300+** posts

bwl.tv livestream launched

first UK **adaptive lifting** competition

Not yet delivered

⚠ Partner Gym Scheme delayed due to capacity.

⚠ Wider school rollout (beyond 4 pilot schools) and national research projects slowed.

⚠ Strength Series competitions struggled to gain traction.

Enabling Sporting Success

Delivered

Paris 2024 delivered **four medals** (across Weightlifting and Para Powerlifting), *matching Tokyo 2020*

28 Weightlifting and 6 Para Powerlifting medals across all international competitions

Para Powerlifting achieved its **best-ever Paralympic return**, embedding data-driven diagnostics and expanding squad depth

Talent academies and regional squads continued, with **over 20 centres** accredited

Not yet delivered

⚠ Talent Transfer recruitment below target; Para pathway recruitment limited.

⚠ Scottish pathway delivery ceased in March 2025.

⚠ Virtual coach development events not delivered.

Governance

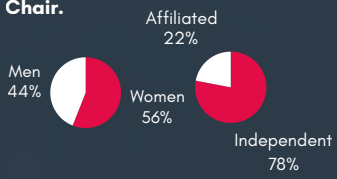
Delivered

Compliance milestones

DIAP Approval Confirmed — *Nov 2024*

Governance Code Confirmed — *Dec 2024*

Board diversity exceeded sector benchmarks Rupinder Ashworth appointed as the **first female Chair.**



- Safeguarding compliance **fully achieved**
- Clean Sport education **enhanced**

Not yet delivered

⚠ Environmental & Sustainability Governance Strategy (ESG) initiated but action plan not yet rolled out.

⚠ Volunteer and Technical Official strategy incomplete.

Financial Sustainability

Delivered

Income reached £2.77m, a 13% increase.

Expenditure amounted to £2.71M, an 11% increase.

Surplus was £58K, increasing **reserves** to £359K.

Funding secured:

- UK Sport £5.6m for LA 2028 cycle (+52% vs Paris)
- Sport England +£1M including first Para allocation

Not yet delivered

⚠ Commercial income declined 6%, leaving BWL heavily reliant on public funding.

⚠ Limited progress on major sponsorship expansion and broader event revenue diversification.

Where we stand

Strengths

Elite Results	Historic Para Achievements	Secure Funding	Robust Governance	Greater Inclusivity

- Medal-winning performances on the international stage.
- Best-ever Paralympic return and expanded squad depth.
- £5.6m UK Sport allocation for LA 2028 cycle (+52%).
- Board diversity exceeding benchmarks; safeguarding and compliance achieved.
- Expanded coaching scholarships, adaptive lifting competition, and broader community reach.

Areas for Further Focus

Membership Growth	Commercial Income

- Membership Growth – Modest increase of +0.7%.
- Commercial Income – Decline of -6%, leaving reliance on public funding.

Side note: *A final report on the 2021-2025 plan will follow, providing full delivery assessment and lessons learned.*

Looking Ahead | **Priorities 2026–2030**

BWL enters the new cycle with financial stability, medal-winning credibility, and governance leadership.



Governance, Operations & Compliance

BWL Board

The BWL Board is the ultimate decision-making body and exercises the powers of the organisation and is responsible for:



Day-to-day management of BWL is delegated by the Board to the Senior Leadership Team under the leadership of the CEO. Clear financial authorities are in place for each level of the executive structure to ensure accountability and effective decision-making.

The Board operates to the highest standards of governance and is pleased to report that, on 11 December 2024, UK Sport confirmed that BWL remained fully compliant with the UK Code for Sports Governance by way of the following updates:



Compliance with the Code is subject to ongoing monitoring by UK Sport, and the Board remains firmly committed to maintaining the highest standards of governance.

The Board has ensured that BWL's governance structure, governing documents, policies, and procedures continue to meet the Tier 3 requirements of the Code. Many of these, including financial policies, benefit from regular and thorough review to ensure best practice.

Financially, BWL maintained compliance with its reserves policy, introduced new charge card systems to improve efficiency, and delivered timely budget monitoring, forecasting, and stakeholder reporting. External audits were successfully completed, and new accountants appointed to strengthen financial oversight.

As of 31 March 2025, the BWL Board comprised nine (9) members, including the CEO. Of this number, seven (78%) are independent of the sport, five (56%) are women, four (44%) are men while two members have an ethnic minority background and one is White-Asian. The Chair of the Athletes Commission also serves as a full voting member of the Board ensuring that the athlete voice is represented at the highest level of decision-making. This structure reflects BWL's ongoing commitment to diversity, transparency, and athlete-centred governance, in full alignment with the requirements of the Code for Sports Governance.

On 18 March 2025, Angus Kinnear stepped down as BWL Independent Chair. In line with succession planning, Senior Independent Director Rupinder Ashworth assumed the position of Interim Chair while the organisation undertook a formal recruitment process. Following this, on 23 May 2025, Rupinder Ashworth was appointed as the first woman to serve as Independent Chair of BWL. She will hold the position for a four-year term, in accordance with the organisation's articles.

The BWL Board remains supported by a framework of sub-committees of which operate under terms of reference approved by the Board and continue to meet virtually throughout the period, minuting such meetings and reporting to the Board at the next available opportunity.

Sub-Committee	Chair
Finance and Audit	Nikki Absolom
Commercial	Josh Payne
Home Nations	Josh Payne
Nominations	Rupinder Ashworth
Performance & Selection	Dave Leith
Appeals	Rupinder Ashworth
International Relations	Matthew Curtain (Facilitator)
Athletes	Jennifer Tong

The Board is further supported by Independent Director Phil Edmondson, who serves as Legal Counsel, and Independent Director Rebecca Wainright, who serves as Chair of the BWL Foundation.

Board Meetings and Attendance 2024-25

During the financial year, the Board met five (5) times, using a combination of face-to-face, hybrid, and online meetings to ensure effective participation and decision-making.

The table below sets out individual directors' attendance at those meetings:



Name	Position	Attendance	Meetings
A R Kinnear	Independent Chair	5	5
R K Ashworth	Senior Independent Non-Executive Director	5	5
M F Curtain	Chief Executive Officer	5	5
J E Tong	Non-Executive Director	5	5
P I Edmondson	Independent Non-Executive Director	4	5
S E Southern	Independent Non-Executive Director	4	5
R Wainwright	Independent Non-Executive Director	3	3
J J Payne	Independent Non-Executive Director	2	3
N C Absolom	Independent Non-Executive Director	2	2
D W R Leith	Independent Non-Executive Director	2	2
K J Sotherton	Independent Non-Executive Director	1	3
N C Wood	Independent Non-Executive Director	1	1

In line with BWL's commitment to transparency, the minutes of Board meetings are published on our website. A further Board Skills Audit will have taken place in September 2025 to ensure that the Board continues to maintain the breadth of skills, experience, and diversity required to meet the needs of the organisation and our sports.

Safeguarding

We remain fully compliant in safeguarding following the most recent independent review by the Child Protection in Sport Unit (CPSU). Safeguarding continues to be a central priority for the organisation, with regular Board oversight and reporting. Progress includes:

- Delivery of the BWL Safeguarding Action Plan, ensuring continuous improvement.
- Development of new guidance and support resources for clubs, coaches, and volunteers.
- Completion rate of 100% of safeguarding training among registered coaches and officials.
- Clear and accessible reporting mechanisms in place, with all concerns reviewed by trained staff and external safeguarding leads where appropriate.

Furthermore, the BWL Safeguarding Group, working with the Sports Welfare Officer Network, has strengthened welfare support at events through advice, surveys, and member feedback. This collaboration has already led to improvements such as clearer safeguarding information points, and stricter enforcement of venue smoking/vaping areas.

GDPR & Data Protection

The organisation remains fully compliant with GDPR and data protection regulations. In 2024-25 there were no reported breaches. Ongoing measures include:

- Staff training and updates on GDPR.
- Annual review of policies and procedures.
- Reappointment of a designated Data Protection Lead.

Clean Sport & Anti-Doping

BWL is firmly committed to protecting the integrity of weightlifting and para powerlifting by promoting Clean Sport. In 2024-25 we:

- Maintained compliance with the UKAD Assurance Framework.
- Delivered education workshops for athletes, coaches, and support staff.
- Offered free of charge to all current members our Lift Clean Awareness online course.
- Worked closely with the International Weightlifting Federation (IWF), the World Para Powerlifting Organisation (WPPO), and UK Anti-Doping (UKAD) on intelligence-sharing and education.
- Published our Clean Sport policy, reinforcing expectations across all levels of our sports.
- Fully trained two staff members and one contractor as UKAD Educators, meaning that we can offer tailored, proactive education to our athletes and athlete support personnel.
- Included Anti-Doping as a standing agenda item for all Board Meetings.

Insofar as the IWF is concerned, BWL remained for a second year in a row a Category C designated Member Federation meaning there are no minimum testing or education requirements for our athletes to compete internationally. Despite this, we already include IWF recommended modules as part of our Clean Sport Education Strategy and Implementation plan.

Diversity and Inclusion Action Plan

On 14 March 2024, the Board formally endorsed BWL's Diversity and Inclusion Action Plan (DIAP), marking the start of work to progress the four ambitions we committed to:

Ambition 1: Ensure our people are reflective of UK society.
Ambition 2: Create an inclusive and trusted environment in which to work.
Ambition 3: Promote weightlifting as a vehicle for social cohesion, bringing communities together.
Ambition 4: Actively promote inclusion to everyone connected to the organisation.

Prior to submission, the DIAP underwent an independent review and received a 'good' rating. In August 2024, UK Sport granted conditional approval, providing guidance on areas to strengthen, particularly around tightening targets related to activities, members, and employees from diverse backgrounds. Following this work, on 7 November 2024 our DIAP was confirmed as compliant by UK Sport.

Our commitment to equal opportunities ensures everyone is treated fairly and on an equal basis. We do not condone discrimination on the grounds of sex, age, disability, race, colour, nationality, ethnic or national origin, religion or belief, sexual orientation, pregnancy or maternity or marital or civil partnership, gender reassignment or social status.

Inclusivity is again one of our core values running through the heart of BWL's 2021-2025 Strategic Plan, as we strive to ensure our sport is accessible and attractive to the widest audience. We encourage all connected to weightlifting and para powerlifting to embrace diversity and we are actively seeking new partnerships to broaden our offer.

Commitment and day-to-day practice

BWL commits to ensuring that equality and diversity procedures, policies and practices are active at all times throughout the organisation, including in internal and external facilities.

We are committed to promoting equality, diversity, and inclusion across all areas of our sport by ensuring that at least 30% of Board members are from each gender, striving for an equal gender balance in competition entries and among technical officials, and actively developing and supporting more high-quality female coaches, while regularly monitoring equality across the Board, staff, job applicants, members, coaches, instructors, officials, and squads.

Risk Register

During the year, an updated Risk Register was developed to capture risks across all areas of BWL's activities and operations. The Register was formally reviewed and approved by the Board, ensuring that organisational risk is clearly identified, regularly monitored, and effectively mitigated. This process strengthens Board oversight and provides a structured framework for on risk management discussion, enabling proactive responses to emerging challenges and opportunities.

Formally, the Finance & Audit Committee reviews the Risk Register before each Board meeting, providing assurance to the Board that risks are being effectively monitored and managed. In addition, the CEO and Senior Management Team maintain oversight of emerging risks between meetings, ensuring that the Register remains current to operational and strategic developments.

This principal risk relates to the uncertainty of future revenue streams and particularly commercial revenue. The risk of revenue loss is mitigated to some extent in that a large element of expenditure in each financial year is discretionary and can be reduced in subsequent financial years to match income without breaching legal commitments. Additionally, cash balances and reserves mitigate short term impacts of these risks.

The Board reviews the effectiveness of risk management and internal controls at each meeting and is satisfied that they provide reasonable assurance.

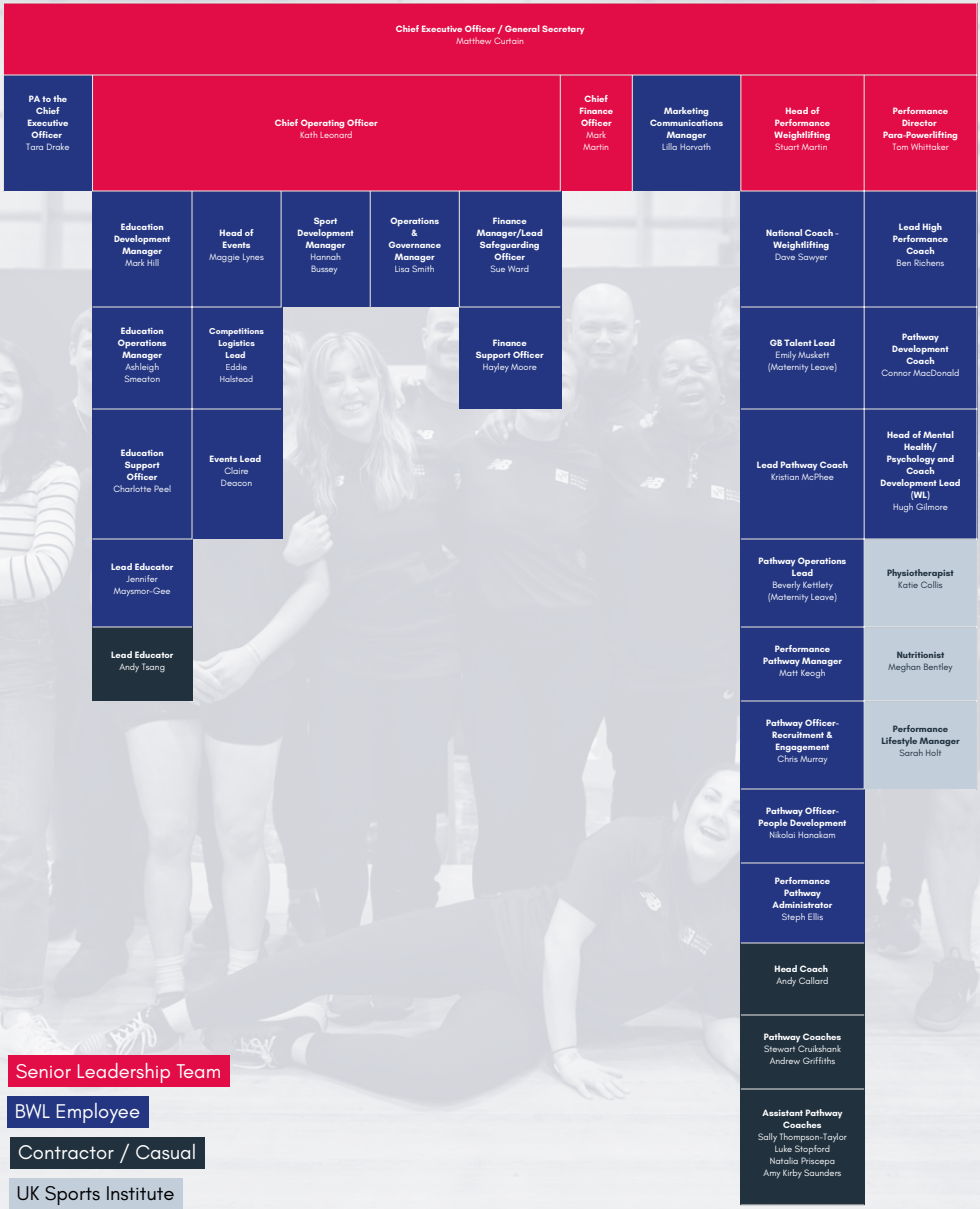
Operational Summary

Aim	Outcome
Ensure strong financial governance	2023-24 statutory accounts completed and filed; 2024-25 budget operational; monthly management accounts and forecasts delivered; reserves policy maintained; new accountants appointed; charge card system introduced.
Ensure compliance with the Code for Sports Governance.	Confirmed compliant by UK Sport; Business Continuity Plan developed; Senior Independent Director appointed; regular governance reporting to Board embedded.
Implement the People Plan Strategy.	Staff feedback gathered; recommendations developed for benefits and wellbeing; next phase of review scheduled for Away Day 2025.
Deliver the Diversity & Inclusion Action Plan.	D&I Working Group established with Board champion; athlete feedback gathered; priorities and terms of reference drafted. Wider recruitment into group planned.
Develop Environmental & Sustainability Strategy (ESG).	Carbon Footprint baseline completed; ESG Action Plan priorities identified. Standing Board agenda item.
Embed safeguarding across organisation.	CPSU safeguarding plan signed off; coach licensing scheme updated to require safeguarding qualification (387 licensed coaches); para coach licence launched; Ann Craft Trust (ACT) framework in progress; Sport Welfare Officer Network launched and promoted to our members/clubs
Maintain anti-doping compliance (UKAD).	Annual education strategy signed off; implementation plan developed and monitored; centralised register in development; assurance submission completed; annual review attended.
Ensure statutory compliance and effective governance.	AGM delivered in line with Articles; Companies House & HMRC compliance up to date; risk & complaints registers maintained and reviewed; new Board members recruited, including Home Nation lead; international relationships maintained.

BWL Workforce

As of 31 March 2025, British Weight Lifting employed a team of 29 staff, comprising both full-time and part-time employees, across all key areas to ensure the successful delivery of our strategic objectives.

All positions were filled during the year, with regular appraisals and line management processes firmly in place to support staff development. The organisation continued to provide access to its Employee Assistance Programme alongside wider wellbeing initiatives, while maintaining effective staff communications throughout the year. Two members of staff took maternity leave during this period, with cover arrangements implemented smoothly to ensure continuity of operations without disruption.



International Relations

Through our UK Sport-funded International Relations strategy, BWL continues to strengthen its profile and influence both nationally and globally. By actively engaging with key stakeholders, forging robust partnerships, and contributing to policy and strategic discussions, we are positioning BWL as a respected voice within sport sector. This approach not only enhances opportunities for our sports but also ensures that the United Kingdom plays a leading role in shaping the future of weightlifting and para powerlifting.

Official	Role
Matthew Curtain	IWF Executive Board Member & IF Delegate Paris 2024
Heather Allison	IWF Technical Committee Member & CWF Vice-President
Keith Morgan OBE	IWF Coaching & Research Committee Member
Cyrille Tchatchet II	IWF Athletes Commission Member & WADA Athlete Council Member
Jennifer Tong	EWF Executive Board Member & Chair, EWF Athletes Commission
Emily Muskett OLY	British Olympic Association Athlete Commission Member
Louise Sugden PLY	ParalympicsGB Athlete Commission Member













Weightlifting Performance

The Weightlifting performance pathway programme entered the reporting period with a clear set of aims across athlete pathways, coach development, talent identification, and international representation. In 2024-2025, significant progress was made against these objectives, with standout international medal success, continued growth of talent academies, and closer alignment with UK Sport and home nation partners.

Across the year, BWL athletes secured 28 international medals, with podium finishes at the World Juniors, European Youths, European Juniors and Under 23s, World Seniors, Commonwealth Championships, and the Olympic Games. Pathway sustainability was strengthened through the accreditation and maintenance of more than 20 academies, while the Raise the Bar programme engaged 964 participants and regional squad delivery was sustained. Coach development also advanced, with the Coach Acceleration Programme exceeding targets, the integration of multidisciplinary team operations improving significantly, and the National Coaching Conference successfully re-established as a flagship event.

Challenges remain, particularly around strengthening communications, the cessation of Scottish pathway delivery, and the need for sharper focus on Talent Transfer recruitment to ensure long-term balance within the pathway. Nevertheless, BWL has delivered strongly against its core aims, securing international success while continuing to invest in the sustainability of athlete and coach development despite structural challenges in communications, recruitment, and devolved governance.

UK Sport Athlete Programmes

Aim	Outcome
Deliver Academy and Podium programmes with induction, athlete health compliance, Individual Development Plans, and partnership hubs at Brunel and Nottingham.	Six athletes inducted into the Academy and Emily Campbell confirmed as Podium athlete. Five Academy camps delivered, athlete health systems reviewed, and a signed partnership secured with the University of Nottingham. A Mental Health working group was established, with regular multi-disciplinary Team (MDT) operations embedded.

GB National Teams

Aim	Outcome
Ensure transparent selection, athlete health compliance, and performance planning for Paris qualification and major age-group events.	Selection policies delivered on time; all athletes completed WADA ADEL. Performance planning embedded across all international events with 25 medals secured internationally, including 13 at the European Junior & U23 Championships, 1 World Junior medal, 1 World Youth medal, 1 World Senior medal, and an Olympic medal in Paris.

2026 Commonwealth Games

Aim	Outcome
Build and promote England (20 athletes) and Scotland (8 athletes) squads through camps and anti-doping compliance.	England squad of eight named with four camps delivered; Scotland squad reviewed post-British Championships. UKAD 100% Me education completed across both squads.

Regional & Pathway Development

Aim	Outcome
Maintain 4 English and 2 Scottish regions, deliver six squads per region, and integrate with Wales and UKAF.	Targets met with six English squads delivered and additional activity in summer. UKAF Cup successfully hosted at RAF Cosford. Collaboration with WL Wales and WL Scotland limited, and as of March 2025 BWL stepped back from delivering the Scottish pathway.

Coach Development

Aim	Outcome
Deliver Coach Acceleration programme, coaching conference, MDT integration, and virtual people development events. Coaching Conference (Jan 2025) attracted 75 attendees, exceeding expectations.	CAP exceeded target with 16 coaches engaged; MDT culture now embedded through weekly meetings and athlete-inclusive workshops. Virtual development conferences were not delivered.

Talent Academies & Raise the Bar

Aim	Outcome
Maintain 4 English and 2 Scottish regions, deliver six squads per region, and integrate with Wales and UKAF.	Targets met with six English squads delivered and additional activity in summer. UKAF Cup successfully hosted at RAF Cosford. Collaboration with WL Wales and WL Scotland limited, and as of March 2025 BWL stepped back from delivering the Scottish pathway.

Talent Transfer

Aim	Outcome
Maintain 4 English and 2 Scottish regions, deliver six squads per region, and integrate with Wales and UKAF.	12 athletes maintained with reduced recruitment due to weaker campaign promotion. Restructure introduced: athletes supported locally in clubs with financial and technical backing. Despite a smaller cohort, notable successes included Madi Farley's graduation to the WCP with three medals at the European U23s, plus multiple podiums for Funmi Morgan, Lottie Absolom, and Amelie Pelta. A re-engineered Talent ID/Transfer strategy will launch in 2025 targeting men (15-17) and women (15-20).

International Weightlifting Representation

IWF World Cup, Thailand (31 March – 11 April 2024)

Athlete	Category	Snatch	C&J	Total
Zoe Smith	64kg	32nd	23rd	24th
Sarah Davies	71kg	21st	12th	18th
Chris Murray	73kg	20th	DNF	DNF
Katrina Feklistova	81kg	19th	18th	17th
Ramiro Mora	102kg	24th	20th	18th
Emily Campbell	+87kg	DNS	DNS	DNS

World Youth Championships, Peru (22 – 26 May 2024)

Athlete	Category	Snatch	C&J	Total
Phoebe Davis	59kg	8th	11th	9th
Maddie Rosher	71kg	6th	6th	7th







European Youth and U15 Championships, Greece (15 – 22 June 2024)

Athlete	Category	Age	Snatch	C&J	Total
Thomas Duggan	49kg	U15	5th	7th	6th
Ella Henrey	64kg	U15	5th	5th	6th
Elisha Cruikshank	49kg	Youth	6th	6th	6th
Eliza Pratt	55kg	Youth	6th	6th	5th
Amelie Pelta	55kg	Youth	Bronze	4th	4th
Corey Duncan	73kg	Youth	12th	5th	8th
Annabelle Pettit	59kg	Youth	10th	9th	10th
Phoebe Davis	59kg	Youth	6th	14th	11th
Martha Bailey	76kg	Youth	4th	5th	5th
Maddie Rosher	71kg	Youth	4th	4th	4th

Olympic Games, France (7 – 11 August 2024)

Athlete	Category	Snatch	C&J	Total	Result
Emily Campbell	+81kg	126	162	288kg	Bronze
Ramiro Mora	102kg	166	210	376kg	7th

Commonwealth Championships, Fiji (17 – 21 September 2024)

Athlete	Category	Snatch	C&J	Total	Result
Jess Gordon Brown	59kg	86	108	194	Silver
Erin Barton	71kg	93	118	211	Silver
Madias Ngake	87kg	112	132	244	Silver

World Junior Championships, Spain (19 – 27 September 2024)

Athlete	Category	Snatch	C&J	Total
Maddie Rosher	71kg	19th	15th	16th
Erin Friel	71kg	16th	14th	15th
Isabella Brown	76kg	Bronze	5th	5th

European Juniors and U23 Championships, Poland (26 October – 3 November 2024)

Athlete	Category	Age	Snatch	C&J	Total
Nikole Roberts	49kg	Junior	Silver	4th	Silver
Elisha Cruikshank	49kg	Junior	5th	7th	6th
Amelie Pelta	55kg	Junior	8th	9th	10th
Erin Friel	71kg	Junior	6th	5th	5th
Maddie Rosher	71kg	Junior	5th	6th	6th
Isabella Brown	76kg	Junior	Silver	4th	Bronze
Charlotte Absolom	87k	Junior	Bronze	Bronze	Bronze
Alex MacKay	45kg	U23	7th	5th	5th
Madaline Connelly	55kg	U23	7th	8th	8th
Rachel Bemrose	71kg	U23	10th	5th	8th
Madison Farley	76kg	U23	Bronze	Gold	Silver
Funmi Morgan	81kg	U23	Bronze	Bronze	Bronze
Drew Burns	96kg	U23	6th	5th	5th
Myren Madden	96kg	U23	4th	6th	6th

World Senior Championships, Bahrain (6 – 15 December 2024)

Athlete	Category	Snatch	C&J	Total
Jess Gordon Brown	59kg	15th	14th	15th
Sarah Davies	64kg	17th	7th	9th
Erin Barton	71kg	20th	14th	19th
Isabella Brown	76kg	11th	12th	12th
Madias Ngake	87kg	Silver	10th	8th
Emily Campbell	+87kg	4th	DNF	DNF
Ramiro Mora	96kg	11th	7th	10th



















Para Powerlifting Performance

Managed by Performance Director Tom Whittaker, Para-Powerlifting entered the 2024-2025 reporting period with clear aims focused on team selection, Games preparation, athlete health and innovation, pathway development, and cultural growth. Over the course of the year, the programme delivered its strongest Paralympic performance to date while embedding new systems to support future success.

The World Class Programme team was successfully selected, with eight athletes completing qualification and seven representing Great Britain at the Paris Paralympic Games. The squad achieved its best-ever medal return with two silver and one bronze, and every athlete placed inside the top five.

Innovation was a defining feature of the cycle. Strength diagnostics were enhanced with the integration of Ascend Labs technology and the ForceFrame protocol for shoulder health monitoring, while Power BI dashboards were introduced to provide world rankings analysis and improve training data monitoring. Biostrap daily activity monitoring was piloted successfully at the Games, supporting behaviour change and performance awareness.

Challenges were experienced in pathway development, with athlete recruitment proving difficult and new intakes remaining below target. However, integration of weightlifting and para-powerlifting pathways was initiated in Nottingham to create stronger alignment and sustainability.

Overall, Para-Powerlifting delivered strongly against its performance aims by achieving record Paralympic success, embedding advanced diagnostics and data systems, and maintaining financial stability. While pathway recruitment, cultural initiatives, and external partnerships remain areas for improvement, the progress made in 2024-2025 provides a robust platform for long-term growth and continued international achievement.

Aim	Outcome
Select 2024/25 World Class Programme team and complete qualification pathway (2 mandatory World Cups).	Team selected in July; 8 athletes qualified, 7 competed in Paris. Largest Paralympic squad to date.
Prepare teams capable of achieving milestone targets at the 2024 Paris Paralympic Games.	Best-ever Paralympic medal return: 2 silver, 1 bronze. All athletes placed inside the top five.
Explore and invest in strength diagnostic equipment for the LA cycle.	Ascend Labs technology embedded into training; ForceFrame adopted for shoulder health monitoring.
Finalise and embed Power BI dashboards for data analysis.	World rankings dashboard completed; training log dashboard in development with UKSI.
Add objective shoulder diagnostics to annual screening.	ForceFrame protocol introduced and integrated into monitoring.

Aim	Outcome
Establish a mental health steering group.	Decision taken to defer until post-Games and establish in next cycle.
Manage WCP budget effectively.	Budget delivered on track; final funding plan submitted to UK Sport for next cycle.
Establish new camp location at SBD Sheffield and deliver pre-Games camps.	New Sheffield camp delayed; 2 pre-Games camps delivered in Loughborough and SGEL.
Run culture health checks and maintain 'Beacons of Brilliance' outputs.	Culture checks postponed due to UKS restructuring; Beacons of Brilliance maintained.
Pivot pathway to individually funded training days and deliver annual engagement schedule.	Individual athlete engagement increased, but overall contact time below target.
Recruit 2 – 3 new athletes into the GB development or exploration programme.	Recruitment proved challenging; limited new intake. New campaign planned post-Games.
Establish sustainable competition partnerships (British Powerlifting collaboration).	First proof-of-concept BP x BWL event delivered; further events delayed.
Grow partnerships (Gymshark, Adaptive CrossFit, Disability Strongman, Arnolds).	Engagement initiated, though momentum slowed post-Games.
Complete women's health project.	Project ongoing with athlete involvement (Louise Sugden).
Implement isometric strength diagnostics into training.	Ascend Labs force hook fully embedded and informing training decisions.
Complete social impact project and submit to UK Sport.	Project not completed; case study remains outstanding.





International Para Powerlifting Representation

WPPO Para Powerlifting World Cup, Tbilisi, Georgia (20 – 26 June 2024)

Athlete	Category	Best Lift	Rank
Zoe Newson	-45kg	100	Silver
Olivia Broome	-55kg	119	Bronze
Charlotte McGuinness	-55kg	104	5th
Rebecca Bedford	-61kg	99	7th
Matthew Harding	-80kg	196	4th
Mark Swan	-72kg	217	Gold
Louise Sugden	-79kg	128	4th
Liam McGarry	+107kg	232	5th









Paralympic Games, France (4 – 8 September 2024)

Athlete	Category	Best Lift	Rank
Zoe Newson	-45kg	109	Silver
Olivia Broome	-50kg	119	Bronze
Charlotte McGuinness	-55kg	105	4th
Mark Swan	-65kg	213	Silver
Louise Sugden	-79kg	132	5th
Matthew Harding	-80kg	200	5th
Liam McGarry	+107kg	228	5th







Marketing and Communications

BWL's marketing and communications activity in 2024-25 played a central role in keeping members informed, raising the visibility of weightlifting and para powerlifting, and delivering campaigns to inspire broader engagement. Across the year, BWL maintained consistent multi-platform communications, supported commercial objectives, delivered strong storytelling around athletes, and raised the profile of weightlifting and para powerlifting in the build-up to Paris 2024. While progress was strong in member communications and campaign delivery, limited capacity constrained projects such as the monthly newsletters, partner gym scheme and a full website redesign.

Although overall traffic volumes dipped during the reporting period, the quality and depth of user engagement improved significantly. This demonstrates the resilience of BWL's communications strategy and the strength of its alignment with the Stronger Together Strategic Plan. Looking ahead, increased workforce capacity and renewed focus on digital campaigns will be central to rebuilding reach while sustaining deeper audience engagement.

Key Statistics	**Member Communications** • 20+ newsletters delivered to members, clubs, and stakeholders • Linktree streamlined for easier access to start lists, livestreams, and policies • Social Media impact • 300+ posts across Instagram, Facebook, LinkedIn, TikTok, and YouTube • Strong engagement focus: reels, carousels, athlete spotlights, and behind-the-scenes stories • 2.5M+ cumulative reach across platforms (organic & partner-shared content) **Campaigns** • Pathway to Paris Olympic & Paralympic series • Month of the Masters celebrating veteran lifters • Black History Month athlete features • Pride Month • UK Active's Make Britain Stronger campaign • Podcast series • 10+ national campaigns including UKAD & CPSU

Aim	Outcome
Develop and deliver effective member communications.	Newsletters, Linktree optimisation, and timely updates on safeguarding, anti-doping, competitions, and policies maintained strong engagement. Feedback loops ensured members remained central to communications.
Create integrated marketing campaigns.	Campaigns promoted education courses, competitions, and partner initiatives (e.g., UK Active's Make Britain Stronger). Seasonal discounts and influencer collaborations boosted course uptake.

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Engage broader and diverse audiences.	Campaigns such as Month of the Masters, Black History Month features, and Para Powerlifting storytelling highlighted diversity and inclusion. Emily Campbell's UK Active campaign reinforced weightlifting's broader social impact.
Support grassroots clubs.	Grassroots stories were shared across platforms, free competition photography was provided, and a marketing toolkit for clubs was developed. Club success was celebrated through newsletters and social posts.
Enhance partner engagement.	Supported partner campaigns (UKAD, IWF, WPPO, Team GB, Paralympics GB) and met sponsor obligations. Collaborations with BBC and Men's Health elevated the sport's public profile.
Enhance para powerlifting communications.	Strong storytelling delivered, including Para Powerlifter Pathway video and Pathway to Paris spotlights.
Paris 2024 campaigns.	Athlete-led content, Pathway to Paris, a podcast series, and real-time competition updates brought members closer to Olympic and Paralympic lifters.
Social media growth.	70-75+ posts per quarter across Instagram, Facebook, LinkedIn, TikTok, and YouTube. Stronger focus on reels, carousels, and horizontal YouTube videos. Engagement prioritised over volume, with quality content driving reach.
Website optimisation.	Audit completed, developer appointed, and redesign planning underway to improve navigation and user experience. Full rollout expected in next cycle.
Annual Achievement Awards.	Delivered successfully with updated voting process to ensure fairness.

Social Media				
Followers	March 2023	March 2024	March 2025	Performance
Instagram	19,967	21,341	21,883	2.54%
Facebook	17,647	19,870	24,001	20.79%
Twitter	14,321	14,988	-	-
LinkedIn	1,397	1,453	1,860	28.01%
YouTube	195	282	351	24.47%
TikTok	330	976	1395	42.93%

Website	March 2024	March 2025	Performance
Total views	978K	812K	-16.95%
Event count	2.3M	2.2M	-4.35%
User engagement	477K	482K	1.05%
Session Start	352K	363K	3.13%
First visit	193K	205K	6.22%
Scroll	113K	138K	22.12%
File download	103K	97K	-5.83%
Active Users	198K	211K	6.57%
New users	193K	205K	6.22%
Average engagement	1m 12s	1m 7s	-6.94%

Coach Education

During 2024–2025, BWL Education focused on reviewing and enhancing its coaching qualifications, expanding the product portfolio, supporting the educator workforce, developing the DiSE programme, and strengthening partnerships. While strong progress has been made across most areas, some projects have been delayed into the next cycle due to capacity and external factors.

Work to update the Level 1 and Level 2 Weightlifting Coaching courses has been delayed to 2025/26, although recommendations from Focus Awards and CIMSPA quality assurance reviews are already being actioned. The Level 3 Certificate in Coaching Youth Weightlifting has been the major development project this year, with content for most modules now drafted or uploaded to Moodle, qualification specifications revised, and mapping to CIMSPA standards underway.

Educator development has progressed with updated delivery guidance, the creation of new resources, and CPD opportunities through an educator development day. Internal and external quality assurance processes have been strengthened, and staff have been upskilled to assess across more qualifications.

The DiSE programme continues to thrive in partnership with Loughborough College, with 36 athletes across cohorts 5 and 6 currently engaged. Camps have been delivered successfully, and BWL secured funding for the next intake of 20 athletes, ensuring the programme's sustainability.

Partnerships remain a priority, with UKAF maintaining course delivery and achieving CAT2 status, while discussions continue with Virgin Active following their restructure. PureGym engagement has been inconsistent due to organisational changes. Education delivery has also expanded internationally, with a bespoke course delivered in Malta.

Administrative and customer service improvements have been made with new part-payment options added to the Arlo booking system after delays with Sport80 integration. Marketing and sales activity continues to be supported by digital campaigns, blog content, and influencer engagement. While the partnership with influencer Yazmin Stevens has ended, work with micro-influencers is being trialled. Marketing capacity challenges have limited some course promotion, particularly around new launches.

Overall, Education delivered strongly in maintaining high-quality learning standards, expanding the product portfolio with a new Level 3 coaching qualification, securing DiSE funding, and strengthening the educator workforce. Challenges remain in course review timelines, marketing capacity, and some partner engagement, which will be key areas of focus in 2025–2026.

Key Statistics	
	• 36 athletes engaged across DiSE cohorts 5 & 6 • Funding secured for 20 new DiSE places (cohort 7) • 22 academies engaged through education programmes • 1,000+ learners supported across courses and CPD • 1 bespoke international course delivered in Malta

Aim	Outcome
Review and update Level 1 & 2 Coaching Courses.	Full review postponed to 2025/26, but recommendations from CIMSPA and Focus Awards already actioned. CIMSPA quality review rated BWL "Enhancing Overall" (highest outcome).
Develop new Level 3 Coaching Youth Weightlifting courses.	Level 3 Certificate in Coaching Youth Weightlifting in development: most modules drafted/uploaded, qualification specification revised, mapped to CIMSPA standards, and content created with consultants.
Ensure alignment of education syllabus with Talent Pathway.	Performance team engaged in course development; new youth-focused modules created to strengthen pathway alignment.
Maintain and develop educator, assessor & IQA workforce.	Educator development day delivered; CPD and updated delivery resources created. Lead educators upskilled to assess new qualifications. IQA/EQA checks ongoing.
Manage and expand the DiSE programme.	36 athletes engaged across cohorts 5 and 6. Funding secured for cohort 7 (20 athletes). Strong partnership with Loughborough College maintained, camps delivered, and programme aligned with performance pathway.
Strengthen partnerships (UKAF, commercial gyms, others).	UKAF achieved CAT2 status; course delivery continues. Discussions ongoing with Virgin Active post-restructure. PureGym engagement inconsistent. Delivered bespoke education course in Malta.
Improve administrative, tracking & reporting systems.	Sport80 integration delayed; part-payment options now live on Arlo. New staff recruited for education admin and customer service.
Meet requirements for CIMSPA & AO reviews.	Focus Awards review completed – no changes required. CIMSPA review provided recommendations, which have been actioned.
Implement marketing plan and sales techniques.	Digital campaigns and blogs delivered. Influencer agreement with Yazmin Stevens completed; micro-influencer strategy in trial. Marketing content created, but capacity issues limited course promotion.








ELEIKO
BIRMINGHAM 2022
SBD
World Para Powerlifting
GREAT BRITAIN

BWL delivered its most ambitious and wide-reaching competition calendar to date, spanning national championships, para powerlifting events, virtual competitions, and the introduction of adaptive lifting.

Traditional Tier 1 and 2 championships continued to grow, with record entries at the British and England Championships, while the British Age Group Championships achieved their highest entry levels to date. BWL also partnered with external event providers, most notably Strength in Depth and Gymshark, to showcase weightlifting and para powerlifting to new audiences, and successfully ran collaborative events such as the British Open and Lift Me Up charity event, which raised funds for MND research. Virtual qualifiers remained a core feature of the calendar, and the new Strength Series extended competitive opportunities to a wider community of lifters.

The lifter, coach, and spectator experience were enhanced through improved scoreboards, presentation, and the launch of bwl.tv, with livestream coverage across major championships. BWL also worked to ensure competitions remained inclusive, with equal gender representation across entries, the addition of para powerlifting within flagship events, and the historic launch of the UK's first adaptive lifting competition as part of the Lift Me Up charity event. Masters lifters were given new opportunities through open Masters-only events, while regional open competitions were also introduced.

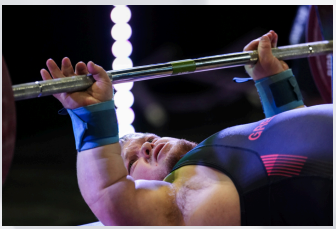
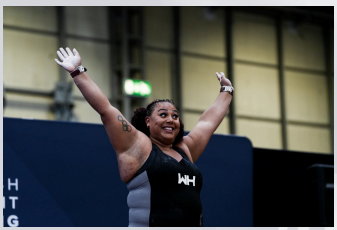
Challenges were also evident. Technical difficulties with competition management systems; particularly internet reliability at larger venues caused disruption to event delivery and highlight the need for investment in upgraded systems. In addition, engagement with volunteers outside of traditional technical official roles was mixed, underlining the importance of developing more flexible, inclusive pathways to attract and retain a wider volunteer base. Nevertheless, partnerships with UK Armed Forces continued to provide skilled loader teams, and BWL sustained its commitment to high governance standards by ensuring all technical officials and coaches were fully licensed.

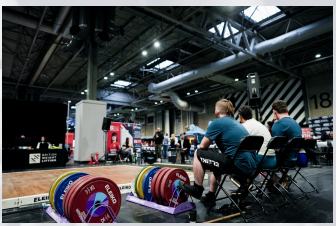
Looking forward, BWL has confirmed all 2025 competition venues, secured funding and planning for the UK's first adaptive-only competition, and is exploring international hosting opportunities, including future bids for European Championships. Despite operational pressures, BWL has established a competition programme that is more inclusive, more visible, and more impactful than ever before, balancing record participation with innovative formats that expand the reach of weightlifting and para powerlifting.

Aim	Outcome	Challenge
Deliver inclusive national competition calendar.	Record entries across British, English & Age Group events; expanded to include para powerlifting & first adaptive lifting event; successful collaborations (SiD, Gymshark, Lift Me Up).	Late venue confirmations created planning pressures.
Expand virtual & Strength Series competitions.	Virtual qualifiers delivered for all championships; new Strength Series launched with alternative lifts for broader audiences.	Mixed engagement; financial viability of virtual model under review.

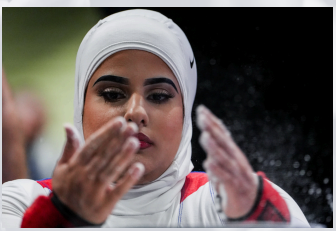
Aim	Outcome	Challenge
Enhance competition experience.	Improved scoreboards & presentation; launched bwl.tv livestream; strong athlete & audience feedback.	Technical issues with competition management systems & internet reliability.
Strengthen governance & compliance.	Rules reviewed & updated; strict licensing checks for coaches/officials in place.	Communication of rule changes not always timely.
Develop volunteer & TO workforce.	New volunteer roles trialled at major events; UKAF provided loaders; updated TO attire.	Volunteer strategy not yet complete; limited progress on TO pathway due to staff capacity.
Improve access & inclusivity	Equal gender representation; Masters open competitions introduced; adaptive lifting pathway launched; regional opens confirmed for 2025.	Adaptive lifting requires structured development.
Build partnerships & future hosting.	Strong collaborations with external partners; discussions underway with UK Sport & European Federation for 2028 hosting.	Hosting ambitions delayed by 2027 European Games scheduling.









Competition Statistics			
Event	2023-24 Entries	2024-25 Entries	Performance
BUCS Championships	186	220	18.30%
England Legacy Masters Championships	81	n/a	n/a
Para Powerlifting Open	12	12	0%
British Championships	146	157	7.50%
British Age Group Championships	254	286	12.60%
British Masters Championships	110	177	60.90%
British Open	99	94	-5.10%
England Championships	162	178	9.90%
England Championships (Para)	n/a	18	n/a
England Masters	55	107	94.60%
England Age Group Championships	195	223	14.40%
Tier 3 & Home Nation Events	4665	5097	9.30%
Total	5965	6569	10.10%
















Event	2023-24	2024-25	Performance
	Held	Held	
Tier 3 & Home Nation Events	101	135	33.70%
Tier 2	16	12	-25%
Virtual	5	8	60%
Total	122	155	27.10%

Participation	2023-24		2024-25	
	Men	Women	Men	Women
	48%	52%	47%	53%

Sport Development

Sports Development focused on strengthening engagement with clubs, widening participation pathways, and advancing BWL's role as a sector leader in safe, inclusive governance. Club affiliation grew steadily, with 20 additional clubs joining the network by Q3, and we supported numerous clubs through small and large-scale funding applications resulting in successful investment, particularly in Northern Ireland, where a new working group was formed. Practical resources such as template constitutions, safeguarding support, and Canva branding tools were developed to enhance club governance and value for affiliation.

Despite capacity challenges, the Club Cup pilot was completed across four rounds with strong club engagement, while Tier 4 competition guidance was successfully embedded in the TCRRs, creating a pathway for more grassroots competition. The Strength Series, however, struggled to gain traction, with limited uptake leading to a review of the model. Positive new partnerships were formed, including with Battle Cancer, where ten clubs signed up to deliver funded community programmes, and initial charity and school engagement projects are showing promise.

Progress in schools was a highlight, with the soft launch of the School Partner Scheme, first submissions for the School Games project, and continuation of our partnership with Herefordshire & Worcestershire Active Partnership and the Academy Programme to deliver the Worcester Schools Fitness Festival programme. New connections were made with the Association of Colleges and Association for Physical Education including BWL representation at national conferences. Early strategic engagement with universities also opened doors for youth lifting research and participation projects.

Social inclusion initiatives continued through partnerships with Soma Space (mental health and strength projects), the launch of First Lift membership, and the delivery of BWL Foundation's Coaching Scholarship to 138 recipients. However, reaching IMD 1-4 communities remain an ongoing challenge.

Capacity and resource constrained the development of the Partner Gym Scheme, slowed the launch of school initiatives, and restricted promotional campaigns for competitions. Some membership benefits, such as legal and insurance support, were delayed due to external dependencies.

Overall, Sports Development delivered strong progress in club growth, funding support, and governance resources, while pioneering new partnerships in health, education, and inclusion. Yet, key ambitions in gym partnerships, Strength Series growth, and wider school rollout will require renewed focus and resource allocation in 2025/26 to fully realise their potential.

Key Statistics	
	• Club affiliation: +20 clubs (138 → 158) maintained into Q4. • Funding support: Successful £20k bid from Sport NI; guidance provided to 20+ clubs on applications. • Education & Inclusion: 138 Coaching Scholarships awarded (40% under 26, 26% IMD 1-4). • Schools: 4 Partner Schools recruited; first School Games submission made; national conference presentations delivered. • Grassroots competition: 4 rounds of Club Cup completed; Tier 4 competitions embedded in TCRRs. • Health & Community: 8 clubs signed up to deliver Battle Cancer funded programmes; Soma Space mental health partnership completed 3 projects. • New membership offers: First Lift membership launched; SBD 20% club discount agreed.

Aim	Outcome
Strengthen relationships with existing members and clubs to ensure good governance and enhance investment.	Club affiliation grew from 138 (Q1) to 158 (Q3) and has remained steady into Q4. Supported multiple clubs with funding applications (e.g. Liverpool WLC, Staffs LC, Soma Space, Lee Valley Weightlifting WLC, Oldbury Academy). Successful £20k Sport NI bid established an NI working group. Produced governance resources (safeguarding, template constitution, Canva branding templates). Paused legal support benefit pending Board review, while progressing new insurance and SBD discount benefits.
Build relationships with new gyms to improve awareness and influence of BWL.	Partner Gym Scheme planned but delayed due to restricted capacity. Some indirect gym engagement achieved through collaborations (e.g. Battle Cancer, PureGym conversations) but scheme not yet launched.
Build relationships with schools, colleges, universities to enable opportunities for young people.	Soft launch' of School Partner Scheme with 4 schools recruited. First submission to Youth Sport Trust for School Games project (major milestone). Contributed to Worcester Schools Fitness Festival programme. Presented at Association of PE and Association of Colleges Curriculum conferences, securing new strategic contacts (including Active Schools). University of Birmingham research project agreed to study weightlifting in schools









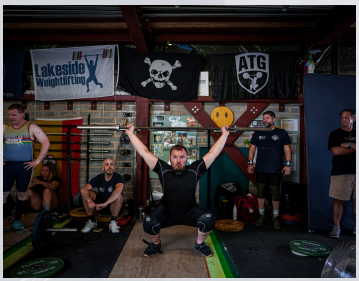

Aim	Outcome
Support development of grassroots competition	Tier 4 competition guidance finalised and published in the Technical Competition Rules and Regulations (TCRR). Club Cup pilot completed (4 rounds), strong club engagement, with national pilot planned for 2025. Strength Series launched but had poor uptake. Trial of one-day membership (Gymshark competition) successful in enabling one-off participation.
Explore and develop partnerships in health.	Developed partnership with Battle Cancer, with 8 clubs delivering funded community programmes. Attended UK-wide initiatives (e.g. Big Help Out, National Fitness Day scoped but not pursued due to capacity). Soma Space partnership delivered projects linking weightlifting to mental health outcomes. Limited progress on broader social prescribing and disability gym access due to resourcing constraints.
Support delivery of DIAP to reduce inequalities.	Delivered BWL Foundation's Coaching Scholarship to 138 applicants, tied to DIAP goals. First Lift membership launched to widen entry point. Soma Space projects supported inclusion / mental health. Captured baseline data (36% of members under 26 vs 12% of TOs/coaches). Continued challenge in reaching IMD 1-4 communities.
Engage with sector partners.	Completed reporting for Sport England legacy programme. Sport NI project completed; final funding requirements being processed. Ongoing engagement with CIMSPA (NGB review completed).













Investment, Funds, and Partners

UK Sport

BWL is proud to receive recognition from UK Sport, whose continued support has been instrumental in our progress. This recognition not only highlights the strides we are making as a governing body but also affirms our growing influence on the national and international stage. Backed by UK Sport, we are better equipped to deliver world-class opportunities for athletes and coaches, strengthen our governance and pathways, and ensure that BWL remains a respected voice.

In December 2024, we were awarded £5.6 million for the Los Angeles 2028 Olympic and Paralympic Games cycle – a 52% increase on the Paris 2024 cycle and marking our return to the World Class Programme. Within this, funding for Weightlifting has risen to £3.45 million, while Para Powerlifting has retained its World Class Programme status with a 21% uplift to £2.15 million.

Sport England

Aligned with Sport England's Uniting the Movement strategy and building on the foundations of our 2022 - 2029 partnership agreement, BWL was awarded an additional £1 million investment to accelerate our talent and development programmes. Importantly, this includes, for the first time, a dedicated allocation for Para Powerlifting; a significant milestone that reflects our shared commitment to creating inclusive and sustainable pathways across all disciplines.

Appreciation to the National Lottery

Each November we mark the National Lottery's anniversary with gratitude for its long-standing contribution. Their investment has enabled athletes to perform on the world stage and helped build a stronger community around our sports.

International Partners

We are grateful for the cooperation received from our international partners throughout the year. The International Weightlifting Federation (IWF), European Weightlifting Federation (EWF), and Commonwealth Weightlifting Federation (CWF) have each provided counsel and strategic support that has been instrumental in helping BWL continue its progress. In particular, we extend our thanks to the IWF for providing valuable financial assistance through its development programme which enabled BWL to deliver the Stronger Together Coaching Conference in January 2025.

We also recognise the partnership of our home nation governing bodies; Weightlifting Wales, Weightlifting Scotland, Weightlifting Northern Ireland, as well as the Crown Dependencies and British Overseas Territories that sit within the direct authority of BWL. Your ongoing work is vital as we collectively endeavour to prepare our best teams ever ahead of the Glasgow 2026 Commonwealth Games.

Recognition of Partners and Contributors

We acknowledge the vital role of our partners SBD Apparel, Eleiko, Sport & Fitness Flooring, Optimum Nutrition, White Lights Media, Joymo, Sportscover Europe, Ward Hadaway, CJC Gains, WOW Travel, TopRated Sites, Titus Learning, Focus Awards, and CIMSPA.

We also extend thanks to the British Olympic Association, British Elite Athletes Association, UK Anti-Doping, Commonwealth Games England, and the home country sports councils — Sport Wales, Sport Scotland, and Sport Northern Ireland. Together, they have helped elevate athletes and broaden the reach of weightlifting and para powerlifting across the UK.

GYMSHARK

Funding and Finance

The Board of Directors (the Board) is pleased to report that the audited accounts for the year ended 31 March 2025 show that the company has consolidated its financial position, returning a surplus of £58,353 (2024: surplus £28,205).

The year end result maintains positive operational progress and builds upon the reserves, which increased to £358,966 (2024: £300,613). This value remains above the minimum level set by the board of three months' operating expenditure.

With the support of our stakeholders remaining buoyant, the organisation has demonstrated financial resilience, in the face of strong commercial headwinds. This can be demonstrated by a comparison of financial performance with the previous accounting year.

2024 vs 2025 Expenditure and Income

Expenditure Type	2024	2025
Staffing	49%	42%
Commercial Income Costs	7%	7%
Project Delivery	32%	40%
Professional Services	2%	2%
Administration Costs	10%	9%

Income Source	2024	2025
Government Grants	62%	67%
Commercial Income	32%	27%
Membership Subscription	6%	6%

Total income in the financial year increased by 13% to £2,767,393. Government grant income increased by 23% in a year where the focus was on maximising the potential of our Olympic and Paralympic athletes at the Paris 2024 Games. Whilst membership subscription revenue maintained its relative importance to our income generation, the challenging financial environment impacted our commercial income, which fell during the year by 6%.

Expenditure during the financial year rose by 11%, which was to be expected given the increase in grant delivery. In the light of commercial income pressures, the company took positive action to effectively control its staffing and administration expenditure. Accordingly, total expenditure fell in both of these areas by 3%. This swing in the area of investment of resources is demonstrated graphically by the proportion of project delivery expenditure rising by eight percentage points, to 40%.

BWL continues to strive to achieve a balance of maximising the amount of our revenues which are invested into the sport, yet at the same time ensuring that the organisation is financially stable enough to manage future challenges. Maintaining our reserves at the levels stipulated by the Board demonstrates this.

The renewal of UK Sport's investment through to 2029 is further evidence of the confidence that our stakeholders share in our plans.