

Weightlifting Wales

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WW HOLD A SUCCESSFUL FIRST VIRTUAL EVENT

Weightlifting Wales held its first online competition in November 2020; the Welsh Virtual Open. The competition manager and staff were delighted to see an excellent number of entries, with support from academies and clubs encouraging nearly 70 lifters to take part. The overall standard of lifting was very good. The process of judging the competition was supported by volunteer technical officials (TO'S). Submitted videos were sent to the qualified TO's and their judgement of the lift recorded. Each lift was viewed by three officials and the final decision was then collated by BWL. [Click here for results](#)

Best in Age Group

Youth - Cian Green and Charlotte Whalley

U20 - Theo Morris

Senior - Michael Farmer and Catrin Jones

Master - Tony Brooks and Sarah Dawes-Clark

The staff and volunteer officials have evaluated the previous virtual event and recommend the following advice for lifters:

1. Send in six lifts - what you think is a good lift may be failed so three chances is better than one!
2. Verbally state weight to be lifted or stamp the video with weight being lifted, this makes judging quicker and easier.
3. Lift to competition standard and don't put the bar down until lift complete - feet in line and legs straightened. Don't touch the bar with your feet.
4. Please use collars, 2.5kg metal if you have them or spring collars - your safety is important to us!

These competitions will run until May and remain open to members and non-members, members results being included in the BWL rankings and valid for qualification purposes. No Welsh records will be recorded from virtual competitions.

Despite WW having planned to announce a second Welsh Virtual Open throughout January, due to the recent lockdown announcement in Wales, we have postponed this event.

UPDATES

**WEIGHTLIFTING
WALES SECOND
VIRTUAL OPEN IN
JANUARY IS
POSTPONED**

**WW LAUNCH NEW
WEBSITE**

**WW ESTABLISH AN
EQUALITY
WORKING GROUP**

**HEAD COACH
ADVICE FOR
LIFTERS IN 2021**

**NEW BOARD
VACANCY,
DEADLINE FOR
APPLICATION
CLOSES 4TH
JANUARY 2021**



LLANELLI WEIGHTLIFTING TAKE PART IN THE NATIONAL LOTTERY'S "DEDICATED TO" CAMPAIGN

The National Lottery are launched their 'Dedicated to' campaign in mid-November to celebrate how their funds have helped support a huge number of good causes across the country. Back in October, the National Lottery "Dedicated To" campaign highlighted the heroes of grassroots sport that have kept people active and motivated during the pandemic. As part of this campaign, the National Lottery were delighted to showcase the lockdown efforts of Llanelli Weightlifting, which has recently been awarded a National Lottery grant. Before lockdown came into force last March, the club quickly shared out the weights and smaller items of equipment so that members could continue training from gardens, patios and bedrooms.

Club Chair Matthew De Filippo explains: "Whatever weights we had, we shared them out. We also decided to undertake a club challenge. It was designed to keep people motivated." And so Kilos for Cash was born. Raising vital funds towards the fitting out of the club's brand new gym at Coleg Sir Gâr in Llanelli, members asked friends and family for donations in return for lifting weights.

Coaches also led online sessions: "The sessions gave some structure to the training for our under 18s and it was also a chance for them to get together as a club," says Matthew. "They don't go to the same schools and they are not from the same area so there was an emphasis on the social side of belonging to a club as we know they all missed the sessions."

[READ MORE...](#)



Thanks to National Lottery players, £30 million is raised every week for good causes, many of which are supporting the most vulnerable in our communities across the UK during the Coronavirus crisis.

INSPORT CLUB PROGRAMME

The Insport Club programme is part of the wider Insport project to support physical activity, sport and leisure sectors to provide inclusively of disabled people.

Insport Club aims to support clubs to develop their provisions so that they offer appropriate facilities and activities for people within their local community who have disabilities. DSW have therefore developed a Toolkit which is intended to support the development of inclusive thinking, planning, development and delivery by the club so that ultimately they could deliver across the spectrum to disabled and non-disabled people, potentially in a range of different formats.

This toolkit is about good practice across the board, and in doing this will mean that opportunities for involvement in the sport(s) the clubs offer will increase. For more information, [click here](#).



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BOARD VACANCY

Weightlifting Wales have one remaining vacancy on the board of directors, and are looking for a passionate individual to join the team as a volunteer non-executive board director.

In particular, WW would like to invite applications from individuals who have some background in Para Powerlifting and disability sport.

To find out more, [click here](#)



WW LAUNCH BRAND NEW WEBSITE

WW have been working on a new website, which we are excited to announce has now been launched! Keep your eye out for informative blogs, news items, campaign information, competition information, announcements and important updates, board and staff bios and more! [Click here to have a look!](#)



EQUALITY WORK

Firstly, WW will thank all those who took part in the equality survey during the autumn. The survey was conducted in order to give WW an understanding of its current make-up; so that we can identify areas to be focused on in the coming years. WW now have a dedicated equality working-group who will work to assess and improve diversity throughout the organisation, and ensure that our equality values are visible. The first aim, is to reach preliminary level in equality in early 2021, which will shape a realistic and achievable three year strategy to improve in the identified areas. We value the opinions of our members and volunteers, and if you have an equality-based view-point, or anything you would like to share with WW that may help use, please send an email to hannah.powell@weightlifting.wales.



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A MESSAGE FROM THE CHAIR

"Can I start by wishing all members, coaches, staff and volunteers a very happy and safe Christmas holiday period. Since joining Weightlifting Wales I have had the honor to work with a very proactive and multi skillset Board, fantastic staff and to chair our National Governing Body. The online (lockdown lifts) competitions have been a successful way of competing, however I am looking forward to the prospect of normal style competitions in 2021. The support and advice received from BWL and Sport Wales on best ways to adapt during a global pandemic has been invaluable and I'm sure I speak on behalf of all in thanking them.

With the qualification period for Birmingham 2022 starting in less than a months' time I'm sure those hoping to qualify are already planning next year's calendar and I would like to wish these athletes every success.



I would also like to commend all athletes who have continued to train in lockups, garages, gardens and sheds. This indicates a true dedication to our sport and for this you should all be congratulated. It only remains for me to wish you all a healthy and prosperous 2021 where hopefully we can cheer lifters on the platform once again.

Stay safe, Merry Christmas"

Darren Rogers, Chair

COACHES CORNER

Firstly, may I extend a Happy Christmas to everyone and wish you all a healthy and happy New year. As we enter the qualification period for the 2022 Commonwealth Games from January 2021, my hope is that it harnesses everyone's focus, and determination to be part of Team Wales at a major Games.

The pathway to qualification has been broadly discussed and you will be aware that top six in the final Commonwealth rankings will be required to be nominated by our NGB to the Commonwealth Games Council for Wales for inclusion in the Team. This standard is attainable but, it will take a lot of hard work. Our NGB also may offer wild card nominations which CGCW can accept or refuse. The wild card can be requested for Athletes that show an improving trajectory and podium potential at the 2026 Commonwealth Games.

A broader issue impacting on our sport is the real possibility of losing our place within the sports programme at future Olympic Games. The International Weightlifting Federation is under severe pressure to restructure its current constitution and Executive Board membership. Our NGB along with many other member federations, has taken a strong stance and called for immediate change of personalities on the Executive Board of the IWF. We hope in the interest of the athletes that change within the IWF will come in 2021 at the IWF Congress planned for March 2021.



I hope everyone that competed in the Virtual Event enjoyed participating within a competition format in COVID secure environments. Hopefully you will all be back on the platforms at organised events next year.

Have a great peaceful Christmas and a productive 2021.

Ray
raywilz@hotmail.com

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H A P P Y

Holidays