

WEIGHTLIFTING WALES NEWSLETTER

WW LOOK FORWARD TO LOCKDOWN RESTRICTINGS BEING LIFTED

Finally, after over 18 months of no in-person events on the Weightlifting Wales calendar, the Welsh Age Groups is set to go ahead at Caerphilly Barbell Weightlifting Club on the 26th September.

This marks the first event that lifters are invited to attend in-person, and Weightlifting Wales are working hard to ensure the event is safe for all competitors, coaches, volunteers and officials.

Following this, the BWL Open will be held in Bangor University, followed by the Welsh Seniors on 11th December.

If you would like to volunteer at any WW events, please get in touch with justin.head@weightlifting.wales



**More updates and
announcements:**

**WELSH LIFTERS
BREAK RECORDS
AND WIN
NATIONAL TITLES
AT THE BRITISH
CHAMPIONSHIPS
2021**

**TWO WELSH
LIFTERS EARN
WORLD MASTERS
TITLES**

**WELSH LIFTERS
WIN MEDALS AT
THE VIRTUAL
INTERNATIONAL
GRAND PRIX
EVENT**

**FIRST WW IN-
PERSON EVENT IS
SET TO GO AHEAD
IN SEPTEMBER
2021**

**THE ANNUAL
GENERAL MEETING
WILL BE HELD ON
28TH SEPTEMBER
2021**

**WW NOMINATE AN
EQUALITY
CHAMPION ON THE
BOARD**

COMPETITION RESULTS

Weightlifting Wales selected its team for the **Virtual International Women's Grand Prix** event which took place on 22nd May 2021. The squad consisted of 9 athletes:

U15- Grace Morris

U17- Charlotte Whalley (Bronze), Mena Williams, Seren Mitchell, Nicole Roberts,

U20- Molly Greenwood, Chloe Hood (Bronze), Macy John, Bethan Jones.

Special thanks to clubs Number One (North Wales) and Evolve S&C (South Wales) for hosting the lifters during this event and well done to the coaches and lifters on their performances!

The World Weightlifting Masters Championships was successfully hosted online during the spring. It was fantastic to see some familiar Welsh names on the results table:

Tony Brook - WORLD CHAMPION - in the Men's 50yrs, 55kg category,

Sarah Dawes Clark - 7th place - in the Women's 4yrs, 64kg class

Jo McEwan - 3rd place - in the Women's 35yrs, 71kg class

Faye Pittman- WORLD CHAMPION- in the Women's 3yrs, 71kg category with a total of 200kg, which also landed Faye the best lifter award in the Women's age 35-39yrs category!

"I am not sure it has completely sunk in yet, but saying I am a World Masters Champion sounds pretty good! Even though the competition was done over Zoom, it ran very smoothly and was very similar to an in-person competition, which is just what I needed in the run up to the British Championships." -Faye Pittman, World Masters Champion



The British Championships were held on the 26th June 2021 in Twickenham. Not only was this event significant in regards to being the first physical BWL event in the UK since 2020, but it was also the first opportunity for any Welsh lifter to submit an official qualification total for the Commonwealth Games 2022.

The Welsh lifters did not disappoint; there were personal bests, Welsh & British records were broken, and titles and places were won. Special mention to medallists: Catrin Jones (2nd), Chloe Briggs (2nd), Hannah Powell (1st), Faye Pittman (3rd), Michael Farmer (3rd) and Jordan Sakkas (1st).

Congratulations to all lifters who took part!

"Saying I am a World Masters Champion sounds pretty good!" - Faye Pittman, World Masters Champion

ANNUAL GENERAL MEETING

Following the success of the 2020 virtual General Meeting, the 2021 AGM will also be held virtually. We welcome all members to attend the AGM to gain an understanding of what the organisation has been doing in the last 12 months, and what it plans to do moving forward. Please note that only WW members are able to join the AGM.

EQUALITY WORK UPDATES

WW submitted their preliminary level in equality work earlier this summer. As part of this project, WW conducted a full organisation survey, assessed the data, and selected four key areas to focus on over a three-year period. The plan was written by the newly formed Equality Working Group, who will continuously monitor progress made. The equality action plan is very closely linked with the strategy and the operational plan, and Weightlifting Wales are fully committed to making progress in all areas in the coming years.

Director Nathan Stephens was nominated to step into the role of the Equality Champion for Weightlifting Wales in May this year, and will continue to ensure that equality matters are a top priority for WW.



ANTI DOPING

Following the publication of the new UK Anti-Doping Assurance Framework in April 2021, the Weightlifting Wales board of directors has re-confirmed the National Governing Bodies adoption of the UK Anti-Doping rules in full and without amendment.

The Strategy and Development sub-group which reports to the full board took quick action in response to this update, working towards the many requirements of the new Anti-Doping Assurance Framework to ensure full compliance to the framework by April 2022.









In a recent board meeting, Simon Roach, Strategy and Development Manager, was appointed as the Anti-Doping Lead for WW and Gareth Evans, Athlete Representative to the board, was appointed as the Board Anti-Doping Lead.

All athletes have the right to compete in sport knowing that their competitors are clean. Weightlifting Wales believes in clean sport and work in partnership with UK Anti-Doping (UKAD), British Weightlifting and our International Federation to ensure that the integrity of our sport is protected.

The core anti-doping information for all members of Weightlifting Wales can be found [here](#).

ANNUAL
GENERAL
MEETING
28TH
SEPTEMBER
5:30pm
VIRTUAL
ATTENDANCE

WHATS COMING UP?

-  South Wales Development Squad - Sunday 12th September (Invitation only)
-  North Wales Development Squad - Saturday 18th September (invitation only)
-  Welsh Age Groups - Sunday 26th September, Caerphilly Barbell
-  Annual General Meeting - Tuesday 28th September, Virtual Attendance
-  Virtual Welsh Open - Wednesday 6th - Wednesday 13th October
-  British Weight Lifting Open - Saturday 13th - Sunday 14th November, Bangor University
-  British Age Groups - Saturday 27th - 28th November, Army Foundation College, Harrogate
-  Welsh Senior Championships - Saturday 11th December, Bangor University

UPDATES

Sport Wales has partnered with Crowdfunder to support community clubs and activities to raise money for facility improvements. The fund launches on 8th September.

Clubs and members may sign up for a **webinar session** on how to crowdfund, which takes place on 30th September 2021.

Please check the Sport Wales social media and website for further details

TRAINING OPPORTUNITIES

[Time to Listen Online \(Safeguarding, WSA\) 14th September](#)



Weightlifting Wales



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