

WEIGHTLIFTING WALES NEWSLETTER



RETURN TO TRAINING

Gyms across the UK are starting to re-open their doors for indoor training. We know that our clubs and academies have been working hard to get their facilities back up and running.

WW has provided academies and clubs with COVID-19 guidance which is updated with new information provided by the Welsh Government. Action plans and risk assessments for our licensed centres provide guidance and best practice allowing them to return to training, while ensuring the safety and well-being of anyone that enters a facility is considered during an ongoing period of "social distancing". The latest documentation for clubs and for athletes returning to training may be viewed [here](#)

Please contact Simon Roach for further information
(simon.roach@weightlifting.wales)

"We have sanitiser dispensers situated around the gym, social distance boxes, as well as baskets in each box (these baskets hold someone's belongings and is kept in their own box). Each lifter has their own individual chalk bag, they had their first chalk bag for free. Then everything is cleaned down after use. The new normal is working well!" - Diamond Weightlifting



**More updates and
announcements:**

**WEIGHTLIFTING
WALES AND
BRITISH WEIGHT
LIFTING
COLLABORATE TO
OFFER VIRTUAL
WELSH OPEN**

**FIVE NEW BOARD
MEMBERS JOIN
THE BOARD OF
DIRECTORS**

**COMMONWEALTH
2022 SELECTION
STANDARD
OUTLINED AS TOP
6 IN
COMMONWEALTH
RANKINGS**

WW AND BWL COLLABORATE TO HOST VIRTUAL WELSH OPEN THIS AUTUMN

**CONTACT JUSTIN.HEAD@WEIGHTLIFTING.WALES FOR
INFO**

Following the transfer of the BWL Regional Open Series into a virtual format, Weightlifting Wales and British Weight Lifting will now collaborate to deliver a virtual competition. The Virtual Welsh Open will use BWL's existing online competition system which has already hosted the 'Lockdown Lift Off' competition. The competition will take place between 12th October and 8th November.

All remaining 2020 events will be merged online as the Virtual Welsh Open. Totals will be eligible for qualification future national competitions. The results will be included in the national ranking lists. The top three ranked lifters in Senior, Masters and Youth age groups will receive medals in the post. Further information [CLICK HERE](#). Please contact Justin Head for further information
(justin.head@weightlifting.wales)

**"The new
normal is
working well"
-Diamond
Weightlifting**



WELCOME NEW DIRECTORS...

We are delighted that five new members have joined the Weightlifting Wales Board of Directors since August 2020. Two positions were appointed to Wendy Eley and Vicky Gottwald, and three new directors were elected by the members and announced in the recent General Meeting; Julian Farmer, Darren Rogers and Ross Miller. These five directors join current members, Gareth Evans as Athlete Representative, Roy Headey and Mark Hendy. Congratulations to all new members!

The General Meeting was the final meeting of former Chair, Barry Eaton, who we thank for his 6 years of voluntary time and contribution to the board of Weightlifting Wales and wish him the best.

"It's great to have five new board members following the election during the General Meeting. All five have a connection to Weightlifting, whether it be owning a WW club, officiating, involvement in studies linked to Weightlifting, or as a participant,, which for me as the athlete representative, is fantastic, as there will be a level of understanding when discussing athlete and member-related topics" - Gareth Evans, Athlete Rep

Minutes of the GM will be made available on the website shortly.

...AND TO NEW RDO'S

Congratulations to Ania Negele, and Christie Williams for their appointments into the South and North Wales Regional Development Officer roles.

As part of the new strategy going forward, Christie and Ania will be working on the development of Weightlifting and Para Powerlifting, working with clubs and academies and local authorities to create pathways for lifters, as well as providing support and guidance to clubs, working closely with the Strategy and Development Manager to deliver the main objectives of the new strategy.

"I am very excited to be stepping back into Weightlifting Wales, I am looking forward to working with the coaches of North Wales and developing a community that is inclusive and easily accessible for anyone to participate. I am keen to get a development squad up running by the end of 2020!" -Christie Williams, North Wales RDO



COACHES CORNER

"I hope everyone is coping in these uncertain times. Normal life has been impacted with the COVID Pandemic which has resulted in a lost year of competition performances which in turn leads to uncertainty in planning time-phased training programmes. The inclusion of the virtual Welsh Open gives everyone the opportunity to compete within their personal gymnasiums and with a time-phased period to submit your lifts until early November, it provides a period where training can be structured to enable you to gauge a start-point leading into 2021, when hopefully we will see a gradual return to full competition calendar. 2021 is an important year as it will see the opening of the qualifying window for Birmingham 2022. The standard required for automatic selection will be ranked in the top 6 in the Commonwealth rankings of your chosen weight categories. The WW performance panel have also requested two wild card selections for the Weightlifters that are showing the most promise for Hamilton 2026 Commonwealth Games but are ranked outside the top 6 in Commonwealth rankings. Their performance trajectory must show an improving competition profile over the qualifying period. The sport in Wales has recently appointed two full time Regional Development Positions. Ania Negele has responsibility for the South Wales regions and Christie Marie Williams has responsibility for the North Regions. Both are extremely competent individuals with experience at every level of performance. I am confident that the development of our sport is in capable hands. I congratulate both on their appointments and wish them well.

I will conclude by reiterating that our sport of Olympic Weightlifting is in my mind the greatest on the Olympic Programme. The physical and mental demands to become a champion are high. The strength, power, agility and mobility are an absolute requirement, and these take years of learning the skills and adaptation to master. Enjoy the process of training and the benefits derived from the engagement. Consistency and ability over time will determine your optimal performance level, the maturation of all these skills will take a decade to possess. Enjoy, do not impart too much pressure on numbers, they will come as a seamless process of adherence to training and time. To our elite tranche, I challenge you all to be on the start list at Birmingham 2022, I am confident you can all make it. It will not be easy, and neither should it be. Our nations flag demands! Let us see it fly again in Birmingham like we did at Gold Coast."

Ray Williams, Head Coach



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- RAY WILLIAMS**