British Weight Lifting

2011 – 2012 CHIEF EXECUTIVE REPORT

This report covers the period from 1st April 2011 until 31st March 2012.

2011 was the qualification period for the London Olympic and Paralympic Games with the World Weightlifting Championships and London Test Event. That said, it was our younger athletes who aspired at International achievements.



Sonny Webster setting a new British record for the U18 Category at 94 k with a lift of 135 kgs.
Sonny is watched by Andy Sutor, Head Coach of the Empire Sports Club and Kevin Bowden (Assistant Coach). Photo taken by Wendy Sutor.

Sonny Webster was nominated as the British Olympic Association Athlete of the Year 2011. Sonny had a successful year in winning the Commonwealth Youth Championships and winning silver in the Junior and Senior categories. In the World Youth Championships, Sonny won fourth place and throughout the year broke many British records.

Zoe Smith competed in two major competitions in 2011 and achieved great success. In the World Youth Championships in May she won the silver medal in the 63 kg category and in the World Weightlifting Championships in November, Zoe placed fifteenth in the 58 kilo category.



Zoe Smith cleaning 116 kgs at the European Championships in Antalya (where she was coached by Andrew Callard. (Photo taken by Per Mattingsdale).

In the Paralympic Powerlifting sport, another teenager, Zoe Newson was successful winning a gold medal in the IWAS Games and qualified for the

Paralympic Games with her performances at the Paralympic Powerlifting Championships in Malaysia and Dubai. Zoe also broke the European records. In March, the IPC announced that four other lifters alongside Zoe Newson had qualified for the London Games, they were; Natalie Blake, Anthony Peddle, Ali Jawad and Jason Irving.

In weightlifting, there were gold medal successes for British lifters in the Commonwealth Championships held in Cape Town. Jack Oliver, Jake Davies, Darius Jokaradeh, and Georgina Black won gold medals. In the Masters, World Championships, Jo McManus, Sue Trebillcock, Gwendolyn Leick, Bronwin Carter, Janis Kerr and Andy Seaber all won gold, whilst in the European Championships, Gurdawer Dhesi, Andy Seaber, Lawrence McConnell, Trish Forbes, Bronwin Carter and Janis Kerr all won gold medals.

Zoe Newson of Suffolk Spartans (below)



Mike Irani has continued to act as a member of the International Weightlifting Federation and European Weightlifting Federation Medical Committee and also Medical Adviser to the Commonwealth Weightlifting Federation. I have continued as a member of the European Weightlifting Federation Executive Board and Secretary for the EWF Technical & Scientific Committee, and Vice President of the Commonwealth Weightlifting Federation. Jon Amos served as the Chairman of the IPC Powerlifting Committee and Director of the British Paralympic Association. Bill Barton has continued to serve as the Chairman of the European Masters and the General Secretary of the World Masters. Sandra Smith has served as Vice Chair of the World Masters and Caroline Charles is World Masters Committee Vice Chair – Women's Representative.

The BWL held two major events during the year. The first event was the BWL Centenary held at the University of York in September 2011. Teams from England, Ireland, Scotland and Wales took part with teams consisting of Senior, Junior, Youth and Masters' Men and

Senior and Masters' Women. The second event was the Trinations of England, Norway and Sweden held at the Empire Sports Club in Bristol led by Andy and Wendy Sutor and the Empire Team. This event was professionally organised introduced by a classical violinist with a capacity crowd and fantastic set up. The teams were accommodated at the Grand Hotel in the centre of Bristol. Our thanks to Andy and Wendy Sutor for organising the best Trinations Event in England over the last decade.



Coaches of the participating Teams at the BWLA Centenary Event 2011 (with Louis Martin MBE and Steve Cannon)



The Empire Sports Club and the presentation of the Trination Teams of Norway, Sweden and England 2012

A special mention to Kazem Panjavi who has been busy developing the sport of weightlifting in the West London area. Kazem has been visiting schools in the West London boroughs, introducing weightlifting and identifying talent for Stars for the Future, from these initiatives, Stars for the Future have developed many British Champions. In addition, Kazem has been developing the club at St Mary's University who have won the best team award at the British Universities and Colleges Championships. Stars for the Future have also organised a Referees Course and Level One Coach course (assisted by funding from the Lord Mayor Fund).



Members of the Stars for the Future at the British Schools Championships held at Oldbury Academy, West Midlands.

I would like to thank all our Club Coaches for their hard work and dedication in preparing our lifters for all International and National Competition and securing our success.

Under the leadership of David Pendleton, the Executive Board has continued to develop its Strategy and focussed on the Sport England Strategy of "Grow, Sustain and Excel". In the year 2011 – 2012, the BWL has achieved the following:

- The Self Assurance rating is green;
- Sport England has recognised the valuable progress BWL has achieved in this period.
- The BWL has achieved a conditional pass on the Advanced Standard for Safeguarding Children.
- The BWL has introduced a new Membership Database on its website and will extend this to competitions, courses and an online shop with in the next year.
- The BWL has introduced a new website and monthly newsletter, of which we invite members to contribute.

Following on from 2010 – 12, the BWL has continued working with the Home Countries with the intention of the unification of Great Britain, this work has started and will continue into the next year. In addition, the BWL will form an English Association (responsible to BWL) with the need to redevelop the English Divisions in order meet the "Grow, Sustain and Excel" Strategy.

In the latter part of the year, the BWL Executive has been focussing on new funding submissions for 2013 – 2017 to UK Sport and Sport England, this will lead to a potential reorganisation of the Board and staffing structure.

I wish to give a special mention to Eddie Halstead who is our key organiser in the running of our National Championships Programme. Eddie attends all National Competitions, assists in setting up the competition by providing equipment from Mytholmroyd, acts as a Technical Officials for all groups, unless his lifters are competing, then he is seen coaching.

The BWLA ran a successful National Championship Programme with competitions held at Oldbury Academy, Holyhead, Lilleshall NSC and Leeds University. I wish to thank Sam Hayer and Ray Williams. The BWL is also indebted to the many volunteers for organising these competitions, in particular Shaun Taylor and Eddie Halstead, and the Home Countries event run by Charles Hamilton, Jim Holland and Ray Williams. Not to forget the BWL office who assisted in staging a very successful British Colleges and Universities Championships.

My big thank you to all those Officers, Referees, Coaches and Club Secretaries who have given their time voluntarily to support BWLA.

Steve Cannon

BWLA Mission Statement

We aim equally to foster competitive achievement in lifting and to promote the opportunity for all to enjoy the wider benefits of using weights, in a drug-free environment.

We seek to support all lifters in their competitive ambitions, in age, gender, disability or other groups, and to maximize success in international competitions.

We seek to support all who wish to use weights for fitness, strength and sports performance, through promoting safe weight training practices and standards.