

2023  
&  
2024

# EALING

## WEIGHTLIFTING CLUB



### Head Coach's Message – Kazem Panjavi

In August 2022, we reopened Ealing Weightlifting Club after three years of closure. The journey since then has been both challenging and rewarding. 2023 was a rebuilding year as we worked to reconnect with British Weightlifting, local clubs, and the wider UK weightlifting community. Our focus was on rebuilding our membership base and re-engaging young athletes. Through persistence and dedication, we successfully established weightlifting programs at Greenford High School and Elen Wilkinson School, supported by the I CAN LIFT project. This initiative was built on my long-standing efforts to introduce weightlifting into schools from 2011 to 2015 across 28 schools. However, despite my contributions, I was denied permission to expand into more schools, which was disheartening and caused me to lose motivation for continuing the outreach. After receiving initial support, I chose to rely on myself—organizing competitions, taking lifters to local, national, and international events, and supporting athletes wherever I could.

In 2024, our focus shifted toward securing planning permission for our gym extension. The process was slow and difficult, taking over eight months due to delays with Ealing Council. However, after facing these challenges, we made significant progress with the help of Ealing MP. If we secure proper funding, we will be on track to expand the facility and provide more opportunities for young athletes.

At the same time, I actively supported British Weightlifting (BWL) as a referee and official, traveling across the country to be part of the sport I love. Initially, everything seemed positive—I was warmly welcomed by old friends, coaches, and officials. However, when I expressed my interest in a national coaching position, similar to my role from 2011 to 2016, the atmosphere changed. I felt pushed aside, excluded from opportunities, and forced to step back from the involvement I once had in the sport.

Weightlifting has the power to develop discipline, character, and resilience, and I believe that through this sport, we can reduce crime, provide structure for young athletes, and create a safer, more positive community. This is our mission for 2025—to use weightlifting as a force for good, making our club a foundation for growth and success for everyone involved.



## 2023 & 2024 Lifters of the Year

### Lifter of 2024: Reza Rouhi: From Refugee Team to British Champion

Reza Rouhi's journey from refugee to English and British Champion is a story of resilience and dedication. Arriving in the UK in 2022, he faced many challenges but remained focused under the guidance of his coach, Kazem Panjavi, a fellow Kurdish Iranian immigrant. In 2023, with support from BWL, Reza competed as a guest at the British Senior Championships and earned a spot on the IWF Refugee Team. A year later, his hard work paid off—he claimed both English and British titles, setting a new British record with a 203kg clean and jerk. Though injuries and administrative delays kept him from Paris 2024, Reza's success at the British Championships proves that with the right support, refugee athletes can achieve greatness.

### 2023 lifter of the year -seesy

English Championships 2023 (-49kg) – 1st place, 5 British records.

Youth World Championships 2023 (-49kg) – 11th place (qualified).

European U15 Championships 2024 (-55kg) – 2 British records.

Qualified for:

- European Youth Championships
- European Junior Championships at just 14 years old

Currently holds 12 British records (+2 unofficial) across U15, U17, and U20 age groups in the -45kg, -49kg, and -55kg weight categories.

Achieved Olympic Pathway Standard at -45kg, -49kg, -55kg, and -59kg.

Joint highest BWL U17 total across all weight categories.

## I CAN LIFT' – Fort crossfit Event at Elephant Castle (03/12/2023)

A big thanks to all the young talents who showcased their potential at the Fort crossfit Event, including 23 lifters from Ealing Weightlifting Club. The project engaged 41 girls from Ellen Wilkinson girls School, with 9 competing at the Fourth Gym competition. Additionally, 4 other under-13 lifters who trained at Ealing also competed. From the Harrow School competition, there were 6 under-17 lifters in the open group, with Dome Srithong earning a silver medal. In the senior category, Danielle Tinloi and Matt Fan both took gold. 2 junior female lifters also participated for experience.

In total, 23 lifters from Ealing Weightlifting Club competed, marking the largest number of participants for a club that was recently reopened.

Watch the event highlights here.

<https://youtu.be/v7mdFOXUz4k>





# Harrow School Weightlifting Competition: A Groundbreaking Event!

*I would like to share the tremendous effort and dedication that went into our recent competition, highlighting the many benefits and opportunities it provided:*

## 1. Free Entry for All Lifters

We ensured that every participant could compete without any entry fee, making the event accessible to all.

## 2. Free Food for Everyone

We provided free food for all attendees, including families, creating a welcoming and supportive atmosphere.

## 3. Free Goody Bag Even for Guest Lifters

Even guest lifters received a goody bag, something rarely seen at this level of competition in the UK. I had to use my own packet to buy gifts, while Harrow School provided packed lunches and all drinks.

## 4. Great Experience in Competing Like an Official Championship Without Real Stress

Participants gained invaluable experience competing in an environment that simulated an official championship, but without the usual stress.

## 5. Platform for Our Club Officials to Practise Coaching, Refereeing, and Dealing with the Scoreboard

The event gave our club officials a chance to practise coaching, refereeing, and managing the scoreboard, enhancing their skills.

## 6. Certificates as Awards and Memories

Unlike most youth competitions, we provided certificates to all participants, serving as both awards and cherished memories. Even the six teams who participated received team certificates.

## 7. Pioneering School Competition in London

If I am not wrong, this was likely the first school competition in London, England, after the old British Weightlifting removed school competitions from their system. I hope this paves the way for my school to regularly host such events in the future.

I must say a big shout and thanks to Reza, Laurina, Nasrin, Allistair, and Mou for refereeing, and Kian for being the MC and handling the scoreboard, computer, and TV setup. Additionally, thanks to Danielle and Shila for their support.

A huge thanks to Harrow school and Andy Haston for supporting this competition, handling the lunch boxes, providing water, and ensuring free energy drinks for everyone. He also coached group one after long working hours to set up the competition venue and create a safe environment for the gym to get ready for the competition (of course, I was there too ).

These efforts reflect our commitment to fostering a supportive and enriching environment for our young lifters, offering them experiences and memories that go beyond the competition itself.



## 17th June 2023 – 25th Mémorial Decottignies International Weightlifting Tournament

The 25th Mémorial Decottignies International Weightlifting Tournament in Lille, France brought back great memories for the club, marking our return to international competition after a four-year hiatus. Kristian Mcphee made an impressive comeback after injury, lifting 106kg in the snatch and 140kg in the clean & jerk. Sara Zubilewicz, a 19-year-old newcomer, completed 5 out of 6 lifts, lifting 69kg and 83kg. Debbie Alawode achieved personal bests with 96kg snatch and 120kg clean & jerk, narrowly missing the World Senior Championship qualifying record. Steve, a 23-year-old member of the GP Under 23 National Team, earned bronze with lifts of 140kg and 170kg, though he fell short in his attempt for a 180kg clean & jerk.

The team secured 6th place out of 12 teams, with Steve and Debbie each earning bronze medals. It was a successful and enjoyable trip, setting a positive tone for future events.

Watch the highlights from the event here!

<https://youtu.be/v7mdFOXUz4k?si=fAhdR4Lne87BTIz>

# Inter-Club Competition Report

At Ealing Weightlifting Club, we hold two Inter-Club Competitions each year to foster friendly competition

build camaraderie, and provide our lifters with valuable experience. These events bring together athletes from different skill levels, creating a vibrant atmosphere where everyone, from beginners to seasoned lifters, has the opportunity to compete and improve.

The most recent Inter-Club Competition was a huge success, with athletes showcasing their hard work and determination. These competitions help develop both technical skills and mental toughness, providing a platform for lifters to push themselves and set new personal bests.

Beyond just competing, the Inter-Club Competitions build team spirit. It's a chance for lifters to watch, cheer, and shout out for new members, strengthening connections and boosting everyone's morale. New lifters also get the chance to experience mini-competitions, learning how competitions run and gaining valuable exposure to the sport.

Additionally, these events provide learning opportunities for lifters to act as officials, operate the scoreboard, and use the competition software. Lifters also have the chance to coach each other and learn directly from the head coach about how to choose weights, plan warm-ups, and develop their competition strategies.

These competitions are an integral part of building our club's community and providing our athletes with all-around growth and development.



## Masters Athletes at Ealing Weightlifting Club

We are proud to support masters athletes of all ages and abilities, regardless of their experience level. For those who wish to compete, we provide a comprehensive competition programme and take them to events.

- **Mohammad Khan:** A regular competitor at the European and World Masters competitions, Mo placed 5th at the European Championships in 2023 and finished 8th at the World Masters in 2023. He is one of our most dedicated lifters and encourages others in the masters category to follow his path to competition.
- **Laurina Mullings:** Laurina competed in the English Championships in December 2023 for the first time, securing an impressive silver medal in the 81kg category. She achieved personal records in both the snatch and clean & jerk.
- **Nadia Al-Bazaz 59kg and Nasrin Panjavi 64kg :** Both athletes competed at the Southern Masters competition at Bathenhall Green, earning silver medals and showcasing their strength and determination.

We are dedicated to helping all masters athletes reach their competitive goals, offering the same level of care and focus to every lifter.





# February 2024 – English Champions and British Champions Under 12 in October 2024 (Khans Siblings)

We had a fantastic time at the English Weightlifting Championship 2024 on Saturday, February 24th. The inspiring journey of Dua and Sabih Khan in Olympic weightlifting continues to impress. Both clinched silver medals this year, with improved technical execution after a year of rigorous training. Dua, competing in the under-12 -55kg category, and Sabih, in the under-10 -35kg category, have honed their skills under the guidance of their father, Mou Sohil Khan, a British Master Champion. Their dedication and the support from Ealing Weightlifting Club have played a key role in their success.

Additionally, Atticus and Alex Choi, both from Harrow School, made significant progress at the English Weightlifting Championship 2024. Atticus narrowly missed out on a medal due to an unsuccessful second lift attempt, while Alex missed a medal because of a missed clean attempt. Both finished in 4th place, and they are now eagerly looking forward to the British Championship in October.

The Khan siblings, alongside Atticus and Alex, are setting their sights on gold next year, with their continued progress making it a very real possibility. Watch their journey here.

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October 2023 British Age Championship Recap.

(<https://www.youtube.com/watch?v=fW93WmZATOE>)

Watch their journey here.

(<https://www.youtube.com/watch?v=fW93WmZATOE&feature=youtu.be> )



## Senior Lifters Achievements – Winter 2024 London Weightlifting Club – December 2024

Ealing Weightlifting Club's senior lifters showcased their strength and determination at the London Weightlifting Club competition in December 2024. The event saw two of our athletes securing silver medals:

- Matthew Fan (Sui-Fung) – Silver
- Dr. Gemma Wells – Silver

### Brunel Open 2024

At the Brunel Open 2024, our lifters dominated the competition, bringing home gold medals:

- Danielle Tinloi – Gold
- Matthew Fan (Sui-Fung) – Gold
- Tom from Harrow – Competed at the youth level, showing promising performance for future competitions.

### Gymshark – July 2024

In the Gymshark event (July 2024), our lifters continued their success, with a remarkable win by:

- Reza Rouhi – Gold (Strongest Man)

These achievements reflect the dedication and hard work of our senior lifters, pushing boundaries and setting new records for the club. Congratulations to all!

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