

OLYMPIC WEIGHTLIFTING & PARA POWERLIFTING SPORT REVIEW PROPOSAL



PREPARED BY BRITISH WEIGHT LIFTING | October 2019

CYCLE TWO

SUMMARY

Olympic weightlifting is a fast-growing yet traditional Olympic and Commonwealth Games sport, with a recent track record of increasing participation across the education sector. A gap in the provision of the BUCS Sport Programme has been identified as Olympic weightlifting which is not currently featured in any form. Paralympic powerlifting (para powerlifting) is similarly not featured in the BUCS Sport Programme and this can also be addressed by an existing event.

This proposal compiled by British Weight Lifting seeks to address the gap in provision by identifying which specific student-athlete types are most prevalent, and the best method by which to service their demand.

We believe that an existing competition delivered by British Weight Lifting addresses the gap in provision, and that this is evidenced in the research piece undertaken by British Weight Lifting.

The proposal is further guided by alignment to BUCS and BWL strategic targets, and the need to increase capacity for both organisations, without compromising financial sustainability or the quality of the offer to student-athletes.

1. INTRODUCTION

This proposal is being submitted by British Weight Lifting, the national governing body for Olympic weightlifting and para powerlifting in the UK. This proposal is focussed on the inclusion of Olympic weightlifting and para powerlifting within the BUCS Sport Programme, by formalising the recognition of an existing competition for students delivered by British Weight Lifting.

Olympic weightlifting (weightlifting) is a rapidly growing sport. This can be evidenced by the 98% growth in the number of student-athletes that have competed in the annual BWL University and College Championships in the last 12 months, which has been running in its current format for the past 6 years.

Participation numbers within the NGB competition programme are increasingly annually, with an increase of 98% in the number of individual competition entries received when comparing 2018/19 with the previous year. This is the exact same level of growth as in the University and College Championships event.

The sport is also well represented at an international level, Great Britain sent Olympic weightlifting teams to the World University Championships in both 2016 (6 athletes) and 2018 (3 athletes), demonstrating an existing pool of international calibre athletes within Higher Education.

It is common for athletes to come to weightlifting to improve performance in another sport and for athletes to take part in Olympic weightlifting competitions whilst still taking part in other sports. Therefore, we see weightlifting as an attractive option for athletes who stop participating in their initial sport of choice, or who are looking for another competitive outlet during the offseason for their primary sport. The same impact is present for para powerlifting as athletes are able to transfer and excel in multiple disciplines of para sport.

BUCS recognition for the sport can support the growth of weightlifting and para powerlifting in the UK. We believe it will:

- reinforce the demand for the creation of new clubs
- encourage the development of existing clubs
- increase awareness of the sport amongst students and staff
- Improve opportunities for continuous participation throughout education, bridging the gap in provision between community-based clubs for Youth (U17) and Senior participants (21+)
- Help create fitter, healthier and stronger communities within higher education and beyond

As a competition, weightlifting is an individual sport, with athletes completing three attempts at two lifting movements; the Snatch and the Clean & Jerk. The best result from each movement is added together to give the Total. The lifter with the highest total in kilograms is the winner.

BWL also operates a team award at other events that could be included. This functions by awarding points to lifters based on their placing, with the winners being awarded 10 points, decreasing to 1 point for 10th place. As this scoring system tends to favour larger team sizes, it could be amended to more heavily weight higher places, and/or award points to fewer places.

The sport takes part in bodyweight categories, with ten categories for men and ten for women. This allows for a large range of body types to engage in the sport, and also allows for differing stages of physical maturity.

All lifting takes place on a 4x4m competition platform, supplied by British Weight Lifting. With the existing University and College Championships utilising two competition platforms in order to accommodate the number of lifters.

Para powerlifting is similarly an individual sport with athletes making three attempts to record the highest weight bench press. The lifter with the highest result in kilograms wins. There are two bodyweight categories for men and two for women. The sport takes place on an adapted bench, provided by BWL.

2. PURPOSE

The opportunity

In 2015 the BWL University and College Championships attracted representation from 31 Higher and Further education institutions. In the 2019 edition, 59 institutions entered the event. This 90% increase in the number of institutions engaging with weightlifting is reflective of the increased demand for the sport within the education sector. The purpose of this proposal is to fill a clear and evident gap in the BUCS Sport Programme for Olympic weightlifting.

Why

The BUCS Sport Programme does not currently include Olympic weightlifting, this perceived gap by the NGB led to engaging in the BUCS Sport Review. Acknowledging that a lack of provision does not necessarily indicate demand, British Weight Lifting went out to consultation to its members, specifically individuals and clubs who have submitted an entry to our existing university and college championship event between 2015 and 2019.

The results of the consultation are conclusive and compelling and indicate that there is a clear and evident demand for Olympic weightlifting to be included in the BUCS Sport Programme (Appendix 3: BUCS Sport Review Research).

More specifically the research indicates that the clear majority of participants in the existing competition are Type 4 and 5 student-athletes, and that the current format of the event is perceived as being very appropriate for this participant (Appendix 3, Q3).

The evidence indicates multiple drivers for inclusion of Olympic weightlifting in the BUCS Sport Programme, with some of the key, and recurring points being;

- Recognition
- Credibility
- Access to support from institutions
- More enjoyable competition
- Higher participation and retention at clubs

Para powerlifting is a sport with relatively low overall participation numbers, however the proportion of participants currently in Higher or Further education is high (20% of total participants) and in itself shows a gap in provision for those athletes to compete in BUCS sport.

About the existing competition - weightlifting

The BWL university and college weightlifting programme is inclusive. The sport is run with an equal number of events for men and women but differentiated for each sex. As a bodyweight sport, with 10 categories each for male and female competitors, weightlifting is strongly placed to promote positive messages around body image and inclusivity. It is not an exclusive sport that requires a specific body-type or shape for participation.

For the annual university and college weightlifting championships, qualification totals are set for each bodyweight category. However, this does not preclude athletes of any ability taking part in BWL qualification

events, in fact totals for this event are specifically set at an achievable level relative to other national weightlifting events. This is to ensure the event is accessible to newcomers to the sport, whilst requiring a minimum level of technical proficiency to reduce risk of injury and to safeguard the prestige of the event.

Qualification to this event currently takes place by the achievement of a minimum standard, to be completed at an event recognised within the British Weight Lifting competition structure. These events are typically not specific to student-athletes and form part of the wider competition programme for Olympic weightlifting. With consideration to future growth of the event and the reality of capacity limits the qualification process could be amended to a two-stage process;

Stage 1 – Achieve a minimum qualification standard to become eligible to enter Stage 2 – The highest ranked X number of lifters are invited to enter

This process has been introduced at two other BWL events in 2019 with high levels of success.

The BWL university and college competition has developed from a single day event into a 2-day event that runs across 2 platforms (essentially 4 days' worth of competition) making it the largest single-competition format event within the British Weight Lifting competition programme.

With reliable data from the past 5 years of the BWL university and college weightlifting championships (Appendix 4: BWL BUCS participation history) we can demonstrate a 98% increase in the number of student-athletes participating from 2015 to 2019, and similarly an increase of 90% in the number of institutions represented.

Looking at the trends in participation we anticipate a year of consolidation in 2020, followed by continued growth in 2021.

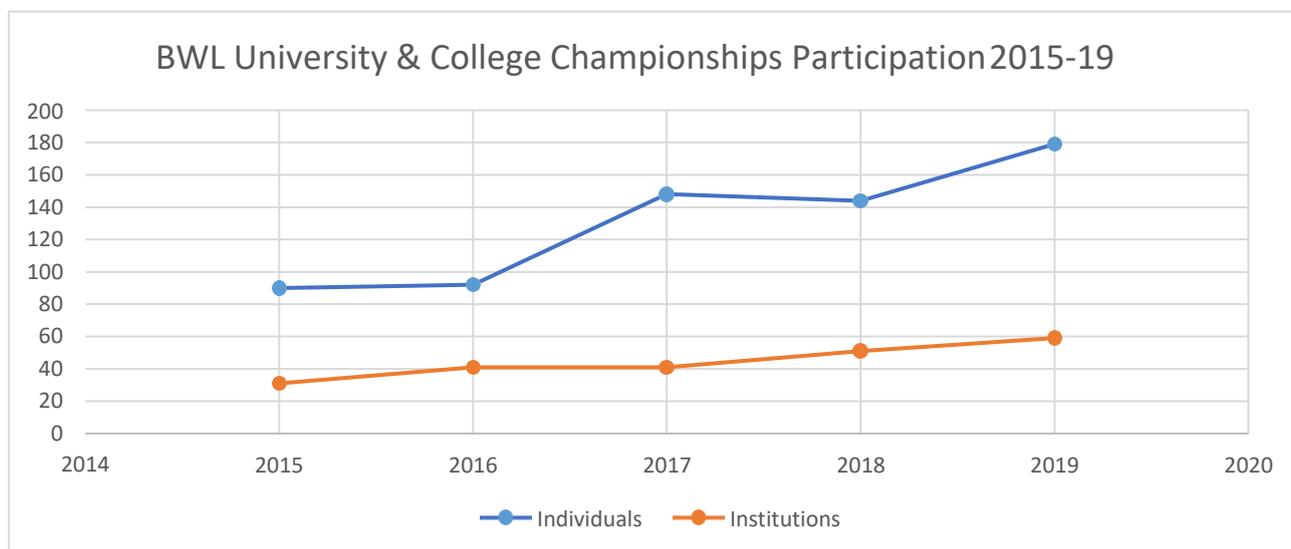


Figure 1 - Participation in the BWL University & College Championships 2015-19 showing a 90% increase in the number of institutions and a 98% increase in the number of student-athletes participating.

A frequent response in the consultation undertaken by British Weight Lifting was the positive competition experience at the existing event, with 'Good' and 'Atmosphere' being the 4TH and 5TH most common words used in response. In turn British Weight Lifting feels this empirical evidence is borne out by subjective evidence from the 2019 edition of the event; two of Great Britain's senior international athletes, Zoe Smith and Chris Murray, both returned from competing at the European Championships in Hungary to compete for and support their institutions (successful) efforts to win the overall team title.

We feel strongly that this kind of engagement by athletes who have transcended to a senior international level demonstrates the importance of this event to student-athletes and how it can underpin BUCS vision to *create the best university sport experience in the world*.

About the competition – para powerlifting

Para powerlifting is a core element of British Weight Lifting's sport programme, with British athletes winning two medals at the Rio 2016 Paralympic Games. A key focus of the NGB over the past two years has been to

closely integrate para powerlifting and Olympic weightlifting in competitions.

At the University and College Championships, para powerlifting typically features around 20 athletes, ranging from Paralympic medallists to near first-time competitors, with approximately 20% currently enrolled in Higher or Further Education.

Para powerlifting sees lifters make three attempts to record their maximum bench press lift, with the highest results being the winner. There are two bodyweight categories for men, and two for women. This element of the competition lasts between 2 and 3 hours and typically takes place either before or after Olympic weightlifting, but not at the same time as the technical announcements are different.

Sport specific eligibility for para powerlifting requires athletes to have completed initial documentation for IPC classification, and provide a letter from their GP stating they are medically safe to participate in the sport.

The barriers

The current growth of the British University & College Weightlifting Championships outside of the BUCS sport programme has been highly positive and a real success story for the sport. BWL anticipates that the next step in growth, both in terms of participation and profile in the academic sector, is to engage with major stakeholders like BUCS to increase the momentum of growth and pass on the associated benefits to student-athletes.

Therefore, we do not perceive specific obstacles to bringing the existing event within the BUCS sport programme, rather there are considerations about how to maximise the potential of the organic growth of the sport in Higher and Further Education to the greatest benefit of the student-athletes.

Furthermore, with a clear demand from the student-athlete population for a sport that is not necessarily widely advertised to the Higher and Further Education community we believe that inclusion in BUCS will overcome some of the inertia in accessing more institutions and individuals to make them aware of the opportunity.

Type 4 and 5 student-athletes who already participate in the event will directly benefit from this proposal as they have clearly demonstrated through consultation a desire to participate within the BUCS framework. We can see through BWLs research that BUCS inclusion of Olympic weightlifting is of key importance to existing participants, with words like 'recognition', 'credibility' and 'awareness' featuring heavily in responses (Appendix 3, Q4).

Student-athletes who are not already participating will benefit from the proposal as it will provide a clear and coherent opportunity within the existing university sporting framework. The variety of bodyweight categories, qualification standards and open-ended qualification pathway makes the event a highly accessible opportunity to compete and experience the atmosphere of a thriving university sports event.

Meeting the gap in provision

This proposal is specifically targeting the Type 4 and 5 student-athletes who want to compete at a high level in order to win and provide a measurable outcome against their training habits. The proposal targets this group as the consultation undertaken by British Weight Lifting demonstrates that over 78% of participants in the existing event identify as Type 4 or Type 5 student-athletes (Appendix 3, Q3).

British Weight Lifting undertook a consultation process with student-athletes and institutions who entered the previous 5 years of the existing university and college championship event. A full copy of the results of this consultation are attached as Appendix 3 – BUCS Sport Review Research.

This research conclusively demonstrates a demand for the inclusion of an annual weightlifting championships in the BUCS Sport Programme. It also demonstrates that the inclusion of weightlifting is driven by a desire for recognition, awareness and credibility from student-athletes to add value to their sporting experience throughout HE and FE.

When asked during consultation 'Would you view the inclusion of the British University and College Weightlifting Championships within the BUCS competition programme as a positive step for the sport of Olympic weightlifting?' (Appendix 3, Q4), 100% of respondents indicated that they felt it would be a positive step for the sport.

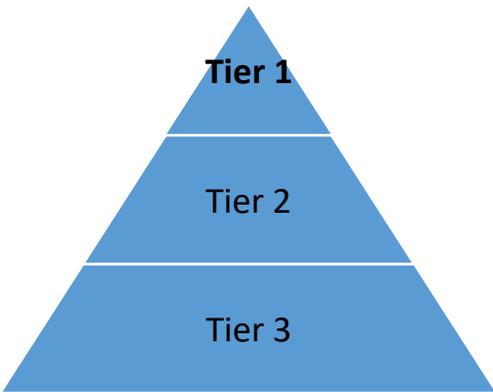
3. THE BRITISH UNIVERSITY & COLLEGE WEIGHTLIFTING CHAMPIONSHIPS – HOW IT WORKS NOW, AND HOW IT WILL LOOK WITHIN BUCS

Access to the competition: eligibility and qualification

British Weight Lifting has adopted the BUCS individual eligibility criteria for participation in the existing British University & College Weightlifting Championships. Moving forwards if the event were to become a BUCS sport, the BUCS entry process would be adopted.

British Weight Lifting envisages that formal adoption and policing of the criteria through the BUCS entry portal will have minimum impact in terms of changes to eligibility.

After eligibility according to BUCS criteria has been established, BWL requires that participants can demonstrate that they have achieved the minimum qualification standard for the event at a weightlifting event recognised by the NGB. This is to reinforce the delivery of the domestic competition programme and structure as outlined in the diagram below.



Tier	Description
Tier 1	British Championship events; including the British University & College Championships
Tier 2	Home Nation championship events
Tier 3	Club and regional events

Most qualifications take place at Tier 3 events, and the process to host a Tier 3 event is open and available to all BWL member clubs. British Weight Lifting has a network of Regional Relationship Managers who are tasked with increasing the number of and providing support to Tier 3 competition organisers.

Tier 3 competitions can be delivered as Open or Closed; whereby the competition can be entered by any member of BWL, or only by those specifically invited by the organiser respectively. We feel that this will allow university clubs to deliver in-house qualification events to increase their ability to field teams at the national event without being tied into extensive travel, time and cost commitments to qualify.

The results management system used by British Weight Lifting is fully digitised and comparable to the Power of 10 system used by athletics: https://bwl.sport80.com/ranking?id_ranking=8&_id=1571392317

Entering the competition; fees, process and deadlines

If successful with becoming a BUCS sport, event entries would use BUCS Play, with an anticipated entry fee in 2019/20 of £30.00.

Appendix 8 details the administrative processes and competition timeline for this event and can be provided on request.

4. STRATEGIC ALIGNMENT

This proposal clearly aligns with BUCS strategy in all four key strands: Physical

Activity and Health

This proposal is most closely aligned with Inter University and Performance Sport strands. However, it does cross into the Physical Activity and Health strand due to the current mixed types of student-athletes who participate in the event.

Approximately 78% of participants in the existing event identify as Type 4 and 5 student-athletes, with a further 19% identifying as Type 3 student-athletes (Appendix 3, Q3).

Furthermore, in light of the Chief Medical Officers recent recommendation that all UK adults should undertake muscle strengthening exercises twice per week, we believe that weightlifting is uniquely positioned to contribute towards physical activity and health objectives in the

student population. This in turn provides a potential foundation point for future projects between BWL, BUCS and its members.

Inter university sport

Providing a clear 'pinnacle' domestic event will create a focal point for institutions to target. A BUCS event offers a unique chance for competitive student-athletes to take part in a team event, in what has traditionally been a very individual sport, without diminishing the value of individual performances in the context of the NGBs competition programme.

The proposed format of a single annual championships is supported by over 75% of respondents in the research undertaken by British Weight Lifting (Appendix 3, Q5).

Linking to this point is the opportunity for institutions to create specific varsity competitions within the NGB competition programme which would act as qualification points to the annual championship event and service different student-athlete types. In turn, if successful these events may lead to an additional sport review proposal.

Performance sport

An annual weightlifting event in the BUCS programme would clearly answer the question regarding an outlet for high-performing Type 5 student-athletes who may also be targeting international competition. The BWL University and College competition already serves as an entry point for student-athletes to qualify for BWL national events that include:

- National age-group competitions (English U20/U23 Championships and British U20/U23 Championships)
- National senior competitions (English Senior Championships and British Senior Championships)

BWL would aspire to the competition acting as a qualification event for athletes wishing to qualify for the FISU World University Championships. In 2016 Great Britain entered a team of 6 athletes into the World University Championships and in 2018 a team of 3 athletes. We believe that formal inclusion of weightlifting in the domestic BUCS programme will lead to increased success and positive performance outcomes at international level given the high number of entries received for the event, and the participation crossover between this competition and senior national championships.

Professional and workforce development

The competition programme offered by BWL offers many opportunities for volunteering in the sport. This includes officiating, coaching and sport specific roles such as bar loading.

We believe that a unique strength of weightlifting and para powerlifting as a sport for volunteers is that bar loading is a form of exercise and constitutes active participation in physical activity without engaging in formal competition.

To be recognised as an affiliated club within British Weight Lifting, clubs must evidence that they have a minimum standard of coaches in their workforce. In all events within the Olympic weightlifting domestic competition programme only Level 2 qualified coaches with a valid coach licence can enter the warm-up area to support athletes. The NGB feels strongly that this demonstrates our commitment to safe sport by ensuring the highest levels of coaching, governance and safeguarding are not only aspired to, but delivered on, underpinning our 'Good' rating with the CPSU.

British Weight Lifting is also closely engaged with UK Anti-Doping to drive Clean Sport initiatives and promote education and understanding around anti-doping through all levels of the sport.

Profile and influence

Weightlifting is an Olympic sport steeped in history and as such attracts a large and loyal following. This traditional sport following is supplemented by the recent growth of CrossFit and other functional fitness initiatives that include weightlifting as a component.

By integrating the existing event in the BUCS framework, the BUCS brand will be extended consistently into a new, rapidly expanding community that has a track record of entrepreneurial activity and commercial success.

This proposal directly aligns with the BWL competitions and events strategy to enhance the influence and profile of its competition offer by seeking recognition and endorsement by appropriate external stakeholders. BUCS recognition for this proposal is mirrored by the introduction of International Weightlifting Federation approval for the British Weightlifting Championships, and recognition by World Para Powerlifting for the British Para Powerlifting Championships, and a successful bid to host a UK Sport funded Paralympic qualification event in 2020.

Inclusion

Olympic weightlifting is traditionally a highly diverse sport in terms of BAME and LSEG communities and is typically a gender-balanced sport at national competition level; 50-50 gender split with a 5% tolerance, and 37% of present membership from deprived post code areas. More detailed statistics on participation demographics can be supplied on request.

Weightlifting offers 10 different weight categories for both male and female competitors which allows student-athletes from a range of body-types to participate. British Weight Lifting strongly advocates for the inclusive nature of Olympic weightlifting as participants are not disadvantaged by being 'too short or 'too heavy'. Participants who may be regarded as such by other sporting disciplines would in fact be ideally placed to compete in bodyweight categories that reflect the different size and shape of the UK population and embrace the ideals of a positive body image.

Linked to the previously referenced case study, this makes Olympic weightlifting an ideal alternative option for student-athletes who might not meet the required stereotype for other sports but who nonetheless possess the physical abilities, and mindset to be high-performing athletes.

The 2019 edition of the existing event featured the para sport discipline para powerlifting for the first time. BWL envisages this integration as the first step in achieving a long-term objective of developing para powerlifting in the academic sector. This is clearly aligned with the BUCS strategic objectives around Inclusion.

Para powerlifting as a discipline carries many of the same positives as Olympic weightlifting in the sense of it being highly accessible to student-athletes taking part in other para sports and using equipment that is already present in university gym facilities. From an active competitive population of approximately 30 para powerlifters, 20% are currently enrolled in university.

This proposed way forward is aligned to ongoing conversations between the BWL, UK Sport funded, Paralympic Performance Programme and key para sport leads at education institutions for longer-term strategic relationships to bolster para powerlifting.

Legacy and future plans

The NGB aspires to achieve greater awareness of its work, objectives and position in the sporting landscape through its relationship with BUCS. Through the development of a closer association BWL expects to provide BUCS with a platform to reach a wider audience of student-athletes in an historic Olympic sport that is well-established in the education setting.

Engaging in the Sport Review process is the logical start of a longer and broader relationship with BUCS, initiated by the shared delivery of an outstanding student sport experience.

The lessons learned from the process will be used to identify opportunities for greater cooperation and projects in the future on areas not limited solely to competitions.

In order to underpin our desire for greater presence and awareness, and to develop the growth of the competition in terms of engagement by institutions BWL would seek to assess if a scheme similar to the Higher Education Volleyball Officer could be replicated for weightlifting and para powerlifting. Delivering a frontline resource package to institutions would directly address the number of member clubs and gather data on the presence of facilities suitable for the sport.

5. CONSULTATION AND SUPPORT

Consultation

The data collected by British Weight Lifting to evidence the growth in individual and institution entries is from the organisations events and membership system, delivered by Sport80. This system was adopted by the organisation in 2016 and since January 2016 has handled every event entry and membership transaction within our programme of events and competitions. Therefore, the evidence of growth in the past 4 years is not due to improved or changing data collection methods, but due to tangible and robust growth of the sport, measured and recorded centrally by the NGB.

Sport Advisory Group

Following a successful outcome of the Sport Review, BWL would seek to review and establish a Sport Advisory Group for weightlifting and para powerlifting. In conjunction with BUCS we feel that this would provide invaluable insight and direction for the future of the sport in Higher and Further Education.

Stakeholder support

At British Weight Lifting there is desire from Chair level to offer BUCS recognition to our membership, with a mirrored ambition from our stakeholders in the education sector.

British Weight Lifting operates as the governing body for Olympic weightlifting and para powerlifting both at British level, and in the Home Nation of England. To further underpin and evidence the UK-wide backing for this proposal we have sought letters of support from the other Home Nation Federations, attached as Appendices 5, 6 and 7.

Existing relationships and projects

As previously referenced, British Weight Lifting is an active stakeholder in Higher and Further Education. Our coach education and workforce products are widely embedded in education syllabuses and we are currently an active partner of TASS. The BWL workforce department is also undertaking a piece of work to offer a DiSE programme through Loughborough College and has recently launched a ground-breaking education project with Leeds United.

Through our Talent Pathway Programme, we are engaged in an ongoing project of sports science research with Middlesex University, and we have developed a positive long-term relationship with St Mary's University through the hosting of the existing university & college weightlifting championships for the past 5 years.

6. RESOURCE IMPLICATIONS

BUCS resource implications

There is currently a limited relationship between BWL and BUCS. With the adoption of this proposal a discussion will be required to ascertain the level of support required by the event and the level of involvement in the event desired by BUCS. British Weight Lifting view this development as significant positive step and look forward to building stronger and more formal links between the BUCS and BWL.

As the proposal is based on an existing event that is financially sustainable it is not anticipated that specific additional resource will be requested in terms of event delivery.

BWL would seek to maintain operational delivering of the event, allowing for any cashflow implications related to the implementation of this proposal, we do not anticipate any major impacts on our ability to deliver the event in a sustainable manner moving forward.

For institutions and student-athletes

As the proposal is to adopt an existing event, the impact on institutions and student-athletes who already engage with the event will be limited.

There are currently no sports or events that would be considered as competition for facilities or participation. Typically weightlifting is viewed as a complimentary activity by sports such as rugby, rowing and cycling and as such the timing of this event in the BUCS Sport Programme calendar could in fact increase retention. A similar impact is expected for para powerlifting.

Almost 60 university and college weightlifting clubs already enter the annual University and College event that is hosted by BWL, which indicates a present willingness by student-athletes to compete in the event.

From our consultation work (Appendix 3, Q9) we can see that student-athletes do not foresee placing significant resource demands on their institutions, with 82% of respondents indicating they would require either no additional support, or a small amount of additional support.

The anticipated entry fee for individuals in the first year of BUCS adoption would be £30.00. This would allow BWL to maintain the standard of delivery whilst covering all costs associated with delivering the event.

BWL resource implications

British Weight Lifting has delivered this event in its current format for the past 6 years, bringing it to the point of financial sustainability and positive reputation within the wider domestic competition programme.

Given that the proposal is based on an existing event that is financially sustainable it is anticipated that the resource demands on BWL will remain consistent with the current status quo.

BWL has a core events team of two full time and one part-time staff that oversee the running of BWL national level weightlifting and para powerlifting competitions. Alongside this core team, BWL has Regional Relationship Managers in place across England who support the delivery of competitions. Additionally, there is a regular pool of over 50 volunteers (including Technical Officials, sport specific volunteers and general volunteers) that help with the running of competitions.

We feel the core workforce will not need supplementing as a result of this proposal, and the surrounding workforce is currently sufficient and will remain so through the current levels of growth in the sport.

7. WIDER IMPACT ASSESSMENT

Pathways and competitions

As the event is currently well established on the domestic competition calendar, this proposal is not expected to have a significant impact on any domestic pathways or competitions. BWL would seek to assess if the competition could be closer aligned to international pathways and competitions to further enhance the alignment with the Profile and Influence strands of the BUCS strategy. Establishing the event as a FISU qualifier would be a key objective of BWL.

The competition would be delivered under BWL Technical Competition Rules and Regulations, which currently align with BUCS Regulation 6: Individual Eligibility. This has always been with a view to simplifying future inclusion in the BUCS Sport Programme.

Therefore, limited impact on Compliance and Governance is anticipated however we would seek to improve the way the BUCS specific regulations are implemented and monitored by use of BUCS Play and other systems.

A proportional increase in entry and rules and regulations queries to the BUCS office from members would be expected.

Dual career

The impact on the Dual Career offer within the sport is unknown, BWL would seek to assess this jointly with BUCS.

The weightlifting community

As a National Governing Body BWL has worked to encourage more positive links between university clubs and BWL affiliated clubs. This has the added value of clubs being able to pool their resources and share knowledge and expertise as the interest in the sport continues to grow.

Strong partnerships with BWL affiliated clubs are important as the clubs are potential exit routes for the student-athletes when they leave education. BWL currently has over 200 registered clubs across the country and we anticipate the success of this proposal will underpin and enhance our ambitions to seek closer integration and relationships between university sport and the wider weightlifting community.

8. CONCLUSION

Olympic weightlifting is an historic sport, with origins in the very first of the modern Olympic Games. From its historic origins it is now well placed to re-join and provide a valuable service to student-athletes in Higher and Further Education.

There are four key drivers that support the inclusion of Olympic weightlifting and para powerlifting within the BUCS Sport Programme:

Significantly, there is a gap in provision of weightlifting and para powerlifting in the BUCS sport programme, and the presence of a solution that can be implemented to effect long term, sustainable change.

British Weight Lifting has a defined objective, and drive from the highest levels of the organisation, to provide an improved offering to its membership and stakeholders within Further and Higher Education. This will be done by seeking recognition and undertaking joint work with the relevant organisations, namely British University and College Sport. This commitment is outright and forms part of the wider organisational strategy

to be a world leading NGB both on and off the platform, this in synergy with BUCS' vision of creating the best university sport experience in the world.

Furthermore, this proposal is not about a radical or revolutionary approach to creating a new event, or new concepts that will require significant resource, time and effort. It is about the evolution of a current offering to better meet the needs of the student-athlete. That is not to underplay the amount of work required to successfully deliver this transition, but an acknowledgement that the groundwork has been started and this will be the continuation of the project rather than the start.

Most importantly, there is clear and evidenced demand from student-athletes for the inclusion of the sport within the formal frameworks of university sport. British Weight Lifting is primed to deliver an exceptional sporting experience to student-athletes in conjunction with BUCS and its membership.

9. APPENDICES

Additional info available on request from Mathew.Marshall@britishweightlifting.org