



The 2nd Phoenix cup competition was a success. I am happy to say that everyone enjoyed it. We had many good results and positive comments.

The last three months has been busy to say the least. I have put my heart, time and a lot of effort into the organisation of this competition to make it more special than last year. My team and my family helped me along the way to put a lot of love energy and time into this event.

Boosting the profile of Weightlifting in this country is a must in order for this sport to grow nationally. This year we used Facebook Live to help engage more people who weren't able to be here in person, had a professional photographer come and take photos of the lifters and also have local journalists come to cover the competition. We hope these extra efforts to publicise will not only help grow the sport of weightlifting nationally but also in our borough.

Right so let's get to the juicy bits. Here are some of the highlights of the competition:

- We had 50 lifters participate from France, Sweden, four Universities and four clubs from the United Kingdom. • Male and female competed in youth, junior and senior categories, making the competition inclusive for a range of athletes.
- The competition was a great successes with 3 months of preparations, hours of phone calls, negotiations, paperwork not to forget the lifters who trusted my programme and follow it with no questions ask.
- Sponsorship deals with special thanks to **Eleiko** for the fantastic prizes (knee sleeves, t-shirts, supportive belts and waterproof rain jackets), and for **Harrow School** providing the venue, minibus, pack lunches and trophies.
- Special thanks must go to **Brunel University** for letting us use their winner's podium which made the prize giving more special.
- Teams from Iran, Kazakhstan, Tunisia, Turkey, Uganda and Nigeria were due to attend, but unfortunately couldn't due to visa complications. However, we look forward to seeing them next year.
- It was the kind of competition were everyone supported one another other regardless of club or country every single lifter was cheered and encouraged with lots of clapping and cheering after each lift, a venue that made new friends and contacts reinforcing weightlifting culture in UK and the world.
- France won the best team award beating us from our title last year but only because Adam Fedorciow was injured and couldn't perform to his best but still did what he could to get the team points.
- Sweden brought a very young team and one of them got best technical lifter award and another received silver medal. Our lifter Sessy Dhanda won the best technical female lifter too.

- Lucy Barrett from Phoenix team and Sony Faretie from France both won best lifter title from the competition.

The goody bag's were extra special this year as each lifter received:

**Icon nutrition** protein bars.

**Whittled of Chelsea**

Waterproof liquid, toothpastes from **Farbod Sarvandi**

Sweets & Nourishment drinks from **Kazolyifting**

**Harrow School** Guide Book and book mark.

**DJ Kim** Provide music to the competition.

Being the only internationally recognized competition this year in UK a fantastic feat which not many clubs and coaches could pull off in such a short space of time it. If anyone was going to be introduced to Olympic lifting for the first time whether as a spectator or athlete this would of been the perfect venue to compete in.

The venue being in Harrow school with amazing scenery fantastic facilities including readymade professional gym with platforms which made warming up to competing a smooth transition making the competition more prestigious and professional.

Even after the competition finished there was a instant unity between everyone we only had 30 minutes to clear up the venue including dismantling the platforms carry all the weights back to the cars. Every single person helped and did so willingly.

This is what stars for the future weightlifting club stands for and hopes to encourage in future competitions. We hope we have inspired many lifters from this year's competition and endeavour to make next years even more exciting and include many more nations from across the planet.

If anyone would like to sponsor the club or learn more about weightlifting please contact me.

Regards

Kazem Panjavi

