



## **EUROPEAN MASTERS GENERAL SECRETARY'S REPORT**

**Dear European Masters Weightlifting Family,**

We reached again an impressive number of participants for the 2024 European Masters Weightlifting Championship in Haugesund – Norway.

This is the first time that the European Masters Weightlifting Championship takes place in Norway.

Although we had an impressive number of participants last year in Waterford – Ireland, we noticed that very few nations were represented at the 2023 European Masters Congress.

Very sadly ONLY 14 nations decided to participate. I hereby emphasize again how important it is for each nation to ensure that they participate at each Congress. Important decisions and votes are taken each year that determines the constant development and future in International Masters Weightlifting.

**We cannot do this without you!!**

The **EUROPEAN MASTERS WEIGHTLIFTING ASSOCIATION – EMWA follows the INTERNATIONAL MASTERS WEIGHTLIFTING ASSOCIATION - IMWA, who included this year the Gender Identity Policy.**

**This is a very sensible subject and in development. The IMWA decided to follow the current IWF Gender Identity Policy and our Head of Masters Medical Team Mark Lavalée is the driving force in Masters Weightlifting.**

**There are no Transgender registered at this Championship.**

Our main aim is to open the door for inclusion by proposing simplified rules to embrace all Masters Weightlifters.

Some National federations' rules are not made for Masters Weightlifters and we are still trying to find a neutral position with more flexible rules in the best interest of Masters Weightlifting.

We do understand that for some National Masters bodies, who are under their National Federation, that this is a big challenge and it takes courage to stand up to put some common sense. Since we are in no way the same like Youth, Junior or Senior level.

Of course, this does not mean that we have all the solutions at hand.

You have surely noticed that not only we have an increase in women but also in the older age groups more women and men come forward to enjoy healthy and fun Masters Weightlifting.

One other big change we are now introducing is the inclusion of **European Masters Adaptive Weightlifting.**

**Masters Adaptive Weightlifting** is divided into categories of permanent physical and or mental disabled athletes . Nowadays we see a lot of these athletes performing highly under for us unbelievable physical/mental conditions. Never giving up and teaching us the deepest value of life itself.

We are in development of extending our Weightlifting family. In Haugesund we have 2 female registration and we are hoping for more. We are kindly asking you to reach out to those athletes in your club, gym or federation to come forward and to participate together with us on our competition platforms.

Very, very sadly the Ukrainian war is still going on like now also in the Middle East/Israel/Palestine region.  
We all know that in a war nobody wins.

**One more reason to keep up with Masters Weightlifting to stay healthy and happy.**

I look very much forward to see you all in Haugesund.

Warmest wishes,

Denise Offermann

General Secretary

European Masters Weightlifting