



2023 Record Keeper Report.

It was a great year for record breakers with over 355 British records having changed hands across all categories, an increase on the previous year's 278. 2023 included 14 trips to the post office to dispatch 62 envelopes containing British record certificates celebrating our lifter's achievements.

The new female 69kg and 76kg weight classes introduced on the 1st of January 2021 are also now mostly populated with records having now benefited from two years of lifters transitioning across to the new classes.

Overall British championship numbers for 2023 increased by 20% from 2022. Early indicators show this trend looks set to increase dramatically for 2024 after having seen a 56% increase from the British Equipped and a 63% increase from the British Classic bench press. It's apparent the qualifying procedure will have to evolve to keep pace with these increases in numbers.

Craig Wilkins
Record Keeper