

Top up Tuesday

December 2025 Week 1

Welcome to your weekly top up of newsbites from me, Charlie Marillier, British Powerlifting's CEO.

Here are some highlights of what we've been doing.

BRITISH OPEN CLASSIC: LATEST INFO

The SBD British Open Classic championships start this Friday! Featuring the top Classic senior lifters from across the country, we are about to watch some incredible lifting.

The Coaching Committee have been working furiously to respond to all your requests and approve last minute coaching applications. You have until THURSDAY to apply for your licence, after that no more licences will be reviewed.

I discussed how to obtain your coaching wrist band in [Top Up Tuesday 2](#), please do refresh yourself with it before coaching at the competition.

We are so incredibly excited to welcome all the athletes, coaches and spectators to the NEC this weekend.

This week, the organiser James Brincat-Smith, has been releasing updates daily on elements such as where the performance hall is, where the athlete and coach's check-in desk will be, more details around coaching for each flight and more. So please do check out the [Linktree](#) daily for information.

I would like to wish all the athletes the best of luck, you can find highlights of information on our [Instagram page](#).

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RECORDS FALL AND CHAMPIONS ARE MADE AT THE EUROPEAN SUB-JUNIOR/JUNIOR CHAMPIONSHIPS

We are currently 4 days into the European Classic Sub-Junior and Junior Powerlifting championships, and it has already been such a success.

We have seen medals claimed and records fall! A New World Sub-Junior Deadlift Record Classic with 315.5kg and New European Sub-Junior Record Total Classic with 767kg goes to Henri Goddard in -83kg class.

Gold medals across the board for Tiffany Pilnikova in the sub-Junior 43kg class and Silver medal for Ayana White Nwankpa in the Sub-Junior 63kg.

And there is still the rest of this week to come!

I would like to wish all of the lifters competing this week the best of luck.

Keep an eye on our [Instagram](#) for the latest results

WHAT'S COMING UP:

- 2025 SBD British Open Classic, Dec 5-7 at the NEC
- 2026 British Equipped Championships, 24-25 January in Chelmsford, Essex

Check out all [the upcoming competitions](#) from British Powerlifting

I would like to wish all the athletes attending these competitions the best of luck.