

Top up Tuesday

January 2026 Week 3

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

IPF RULES CONSULTATION: OPEN FORUM

Tomorrow night is the Open Forum where we invite members to provide your views on the IPF proposed rule changes.

You can find the agenda [here](#)

Once again, I will leave the contents below so that those who haven't been able to read about the open forum, get a chance to do so.

Following the IPF Executive Committee's decision to postpone implementation of the 2026 IPF Technical Rule Book until 1 March 2026, the IPF has opened a formal consultation process to review proposed technical rule amendments. This includes the launch of an official IPF Technical Rule Book Feedback Form, allowing stakeholders to propose amendments, deletions, new rules, or clarity and editorial corrections. This feedback form is designed to be completed by each member nations organising committee i.e. British Powerlifting's board and sub committees.

However, we would like to feedback the voice of the membership along with our thoughts and opinions. Therefore, to ensure British Powerlifting (BP) gathers informed, representative feedback, we will be hosting an open member consultation forum on:

 [Wednesday 28 January](#)

 [7:00–8:00pm](#)

 [Zoom Video Call](#)

Top up Tuesday

The session will be attended by:

- **Interim-Chair, Fraser Montgomery, British Powerlifting**
- **CEO, Charlie Marillier, British Powerlifting**
- **Adam Reilly – Chief Technical Officer, British Powerlifting**
- **Other members of the British Powerlifting Board and Sub Committee lead**

This forum is an opportunity for members to raise questions, concerns, opinions, and ideas for amendments to the proposed IPF technical rules, helping BP shape its collective feedback to the IPF.

Can't attend?

Members who are unable to join the forum can still contribute by:

- **Emailing their thoughts directly to Adam Reilly at techofficer@britishpowerlifting.org, or**

A reminder on professionalism

Please note that this consultation process is managed entirely by volunteers at both IPF and federation level. Any feedback should be well considered, concise, constructive, and respectful, and free from abusive or inappropriate language.

The IPF has opened this process publicly to engage those operating under IPF rules, and we ask all members to approach it with the professionalism and respect expected of our sport.

We strongly encourage members to take part and help shape the future of IPF technical rules.

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BRITISH EQUIPPED CHAMPIONSHIPS 2026

What an incredible weekend I was fortunate enough to be part of with the Equipped British Powerlifting and Bench Press championships.

A huge thanks goes to Adam Fosbrook and his team for the dedication to delivering a high standard competition worthy of the Nationals 2026 title. Adam met every challenge head-on and delivered an incredibly enjoyable event, earning a huge amount of positive feedback.

Although there were so many highlights of the weekend, I must give a special mention to the incredibly dedicated and hard-working [Ray Bowring](#).

As many of you know, Ray was denied his final year of competing as a Junior due to issues out of his control, however, his return to competitions has been explosive. At the 2025 SBD British Classic Championships, he pulled for the win on his final deadlift, narrowly missing out on gold to Ajay Sharma. This weekend, he showed his tenacity once again, recovering from a fall with 500 kg on his back and returning to squat it with ease.

Ray is [one of only 2 people](#) in the IPF to ever squat 500kg, has the [fourth highest ever IPF Total](#) and he is only just out of being a Junior. Ray is a standout example of a powerlifter with the talent to excel across every aspect of the sport, much like Tony Cliffe and Ellie Steel before him.

He also is following in the footsteps of former World Champion, his dad, [Dean Bowring](#). Dean also is the Equipped Open Team head coach and still is dedicated to Equipped powerlifting both in Britain and Internationally. He works closely with the Juniors Head Coach, [Kate Sweatman](#), the Masters Head Coach, [Jordan Bolland](#), and the Interim Bench Head Coach, [Craig Coggle](#), to provide opportunities for lifters to engage with Equipped powerlifting, have a team to train with and support leading to competitions. If you think this is something you would like to know more about, I highly recommend contacting them.

I would also like to thank each of the athletes and coaches who attended the weekend. You brought with you a high standard of professionalism but enjoyment, displayed the close-knit Equipped team ethos and made both the warmup room, holding area and stage an inspiring place to be.

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EQUIPPED POWERLIFTING OPEN FORUM

The conversations over the British Equipped Championships highlighted the unique challenges that many equipped lifters face, not just from the equipment but also from some of the strategies and regulations British Powerlifting have brought in.

There are many people who cross over from Classic to Equipped and back again and they have a significant number of challenges that I believe need to be heard.

Therefore, I will be hosting another Open Forum to hear the lived experiences of Equipped Powerlifters over the past few years, look to engage with ideas to help enhance this area of the sport and remove barriers to enter.

If you would like to be involved in helping develop the future of Equipped Powerlifting, please join us on:

 **Wednesday 25 February**

 **7:00–8:00pm**

 [Zoom Video Call](#)

The session will be attended by:

- **Interim-Chair, Fraser Montgomery, British Powerlifting**
- **CEO, Charlie Marillier, British Powerlifting**
- **Josh Bell, CEO Northern Ireland**
- **Other members of the British Powerlifting Board and Sub Committee lead**

This forum is an opportunity for members to raise questions, concerns, opinions, and ideas to enhance the engagement, experience and enjoyment of Equipped Powerlifting in Britain.

Can't attend?

Members who are unable to join the forum can still contribute by:

- **Emailing their thoughts directly to me at** charlie.marillier@britishpowerlifting.org

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SBD SHEFFIELD 2026

This coming Saturday is the [SBD Sheffield 2026](#) competition which hosts an incredibly exciting [line up of lifters](#) including 2 from British Powerlifting:

- Official Line up
 - [Jurins Kengamu](#)
- Wild Card
 - [Ziana Azariah](#)

I will be in attendance, along with many of us Powerlifting enthusiasts! I am so excited to see records fall and people relishing in the joy of strength.

WHAT'S COMING UP:

- ⇒ SBD Sheffield 2026, Sold out!
- ⇒ European Masters Classic Championships, 7-15 February in Oulu, Finland.
- ⇒ European University Cup Classic Powerlifting, 17 - 20 February in Merignac, France

Check out all [the upcoming competitions](#) from British Powerlifting and you can find all the [International Competitions from the IPF Calendar](#).

I would like to wish all the athletes preparing for these upcoming competitions good luck.