

Top up Tuesday

December 2025 Week 2

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 (this is a long one!)

BRITISH OPEN CLASSIC

We held the SBD British Open Classic championships over the weekend and what a show!

Held at the NEC in Birmingham, it was the culmination of the National Series program developed by James Brincat-Smith in 2024.

The event was run along side the ATHX Games, British Rowing and British Weightlifting's English Championships.

British Powerlifting held a two-platform event that was supported by an incredible team include:

- James Brincat-Smith as Promoter
- James Kemmery as Tech lead
- Adam Reilly as Officials Lead
- Paul Foran and Wes McGuiness leading the military team of platform crew
- Lukas Kasamov as Visuals lead
- White Lights Media with the incredible pictures and livestreaming
- British Powerlifting's partners Avancus and ESN
- Sponsored by Peak Barbell
- Competition provided by SBD

Events such as this take a huge team effort and I saw these individual teams working very effectively together including all the volunteers who took time out of their weekend to make this event possible.

British Powerlifting's new Board are really looking forward to continuing the standard of competitions that has been developed over the last 2 years.

I would like to congratulate all our winning athletes, who are featured and celebrated on our [Instagram page](#).

You can find a full list of all the national competition results on our [Results page](#) and I urge each of you to check out the results page.

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The battles that took place over the 3 days were, frankly, mind-blowing.

The level of strength in British Powerlifting is something I, and many of us who have been in the sport for decades, never thought achievable. Every single body weight brought to the platform talent, determination and numbers that were simply incredible.

We also know, this result takes years of dedication to themselves, and I want to celebrate every athlete that took a step on that platform. I believe British Powerlifting is a world leader for Powerlifting talent, so our National Championships is a step above, to compete at that level is such an achievement.

It was great to see UKAD out in force over the 3 days, showing our Anti-doping processes coming into effect. When the full Anti-Doping report is ready, I will be sharing this with you.

I also really enjoyed talking to so many of you, from athletes to coaches, competition crew to spectators as well as members from other sports who came over to admire the impressive event.

Your feedback, thoughts and ideas are all so valuable to helping develop and shape our future and I thank each of you for taking the time to speak to me.

EUROPEAN SUB-JUNIOR/JUNIOR CHAMPIONSHIPS

We continue the European Classic Sub-Junior and Junior Powerlifting championships from the last newsletter as it culminated over the same weekend as the British Open Classic.

The achievements from these under 18 and under 23-year-olds is beyond my capacity.

Mateenah Alli achieved a 430kg total and silver medal in the sub-Junior -84k women's category. I, too, am an -84k lifter, and to see this total for someone under the age of 18 both blows my mind and makes me incredible excited for the future.

Congratulations to all the athletes from the European Championships, including Gold Medallists such as:

- Gerard Murphy
- Manson Adagu with his European total record to 817.5kg
- Peter Mendy with his junior world record of 370.5kg

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This also led to the GB Sub-Junior and Junior men both winning Best Team with the Sub-Junior Women third and the Junior women fourth.

Best Male Sub-Junior lifter of the European Championships goes to Henri Goddard with best male Junior lifter going to Manson Adagu!

You can find all the write ups on our [Instagram](#) but also check out [Chalk Talk Blog](#). You can find all the results from the [EPF results page](#).

BRITISH EQUIPPED CHAMPIONSHIPS

Our [next national championships](#) is the British Equipped being held on 24-25 January in Chelmsford, Essex.

This competition will feature Equipped Powerlifting championships and Equipped Bench only championships.

As we have a combined championship, selection for the Equipped Bench team will be possible from the Bench total posted in the full powerlifting and bench only championships.

If you are only attending one championship, you need only pay for one entry to be considered for the Equipped Bench team selection. However, if you are entering both championships, you will be required to pay both entry fees.

This has been agreed to provide the best opportunity for international selection when combining two national championships.

Should you have any questions around this, please do contact the Equipped Bench team Head Coach [Craig Coggle](#), who can advise specifically.

WHAT'S COMING UP:

- ⌚ 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.