

Top up Tuesday

December 2025 Week 4

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.

ANTI DOPING UPDATE

British Powerlifting has made progress in strengthening its anti-doping framework following the appointment of Craig Coggle as Anti-Doping Lead. A dedicated team has been established across four key areas: Education, Data & Intelligence, Contact & Compliance, and Advisory Support.

Communication channels with the ICF have been formalised, creating clearer expectations and improving alignment for the 2026 season. Internal coordination has also been enhanced, with updated contact networks across divisions and home nations to streamline testing logistics and ensure timely implementation.

A major advancement has been the introduction of data-driven intelligence. With support from a newly recruited data scientist, a model was developed to analyse athlete progression and identify unusual performance patterns. This model demonstrated high predictive accuracy and was used to inform targeted testing ahead of the British Open. Special recognition is given to Vicky Catterall for initiating this innovation.

Education remains a central priority. Tailored resources are being developed for athletes at divisional, national, and international levels, as well as for those in the testing pool. This ensures that guidance is relevant, accessible, and proportionate to each athlete's stage of development.

Overall, British Powerlifting has strengthened its anti-doping infrastructure, with improved governance, enhanced intelligence capability, and a renewed focus on athlete education.

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BRITISH UNIVERSITIES POWERLIFTING LEAGUE

I'd like to share an update on the BULP from Lukas Amosovas (Founder of BULP).

Since launching in September, the British University League of Powerlifting (BULP) has now completed the first half of its inaugural season, marking four months of delivery, development, and rapid growth within the UK university powerlifting landscape.

During this initial phase, BULP has focused on establishing a national league structure designed to support, track, and promote university powerlifting across the UK, working in alignment with British Powerlifting and its affiliated competitions. To date, 40 university teams have registered on the BULP Club Portal, enabling clubs to submit results, earn league points, and engage directly with the league throughout the season.

In the first four months, BULP has actively supported four university-level events, delivering close to £2,000 in sponsorship value through prizes, partner contributions, and athlete recognition initiatives. Alongside this, BULP has attended numerous competitions in person, providing on-site media coverage including athlete interviews, event highlights, and digital content aimed at increasing visibility for student lifters, clubs, and events.

A key technical milestone this season has been the introduction of live team forecast functionality, successfully trialled at recent university competitions. This feature allows team standings to update in real time as competitions unfold, improving transparency and engagement for athletes, coaches, and spectators, while offering event organisers an additional layer of live presentation and insight.

A significant achievement this season has also been the formation of a season-long partnership with Avancus, created to support and grow the university powerlifting community on a wider scale. This partnership has enabled meaningful reinvestment into grassroots lifting, enhanced athlete recognition, and a more professional standard of presentation across supported events.

The primary focus throughout this first half of the season has been grassroots growth and promotion, supporting university clubs, recognising emerging talent, and building a league structure that rewards performance of different levels, ranging from local to international. The response from clubs, athletes, and organisers has been overwhelmingly positive, reinforcing the value of a dedicated university league running alongside existing competition pathways.

As BULP moves into the second half of the season, with major university events still to come, the focus will be on expanding live features, continuing athlete and club promotion, and delivering a strong and competitive conclusion to the league's first-ever season. Momentum is building, and there is clear excitement around the impact the league is already having and the opportunities ahead.

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You can find out more about the British University League of Powerlifting on our website and social media:

Instagram: @bulp.uk

YouTube: @bulpuk

Website: bulp.uk

BRITISH POWERLIFTING VACANCIES

As 2025 ends and we look forward to welcoming 2026, we would also like our members and interested parties to review the [vacancies](#) we have available within the organisation.

Available Positions (Volunteer / Leadership):

1. Performance Director – Strategic oversight of high-performance pathways and national team development.
2. Athlete Commissioner – Voice and representative for athlete interests at the executive level.
3. Webmaster / Website Manager – Manage and improve the federation's website presence.
4. Policy Review Officer – Review and refine organisational policies and governance documentation.
5. Membership Registrar – Oversee membership records and support database integrity.
6. Medical Committee Member – Contribute to health, safety, and medical guidance for members.
7. Law and Legislation Committee Member – Support legal and governance frameworks within the federation.
8. Safeguarding Committee Member – Help protect and promote welfare and safeguarding standards.
9. Audit Committee Member – Assist with financial oversight and accountability processes.

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10. Volunteers Manager – Coordinate volunteer recruitment and support activity.

These positions range from board-level leadership to committee and operational support, all designed to strengthen British Powerlifting's community and governance while offering flexible, meaningful ways to contribute.

It is worth noting that many of these positions have had a range of applications already received, however, we would like to promote the opportunities to as many people as possible. It is only through the hard work and dedication of the volunteer community that British Powerlifting can operate and thrive as it does. So, we welcome you to apply to be part of that community.

WHAT'S COMING UP:

- ⇒ Final Top up Tuesday of the year will be Tuesday December 23.
 - Top up Tuesday will be back from January 13, 2026
- ⇒ 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 preparing for the British Equipped a weight managed Christmas!