

Top up Tuesday

January 2026 Week 1

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

Welcome to Powerlifting in 2026! Here's some snippets that you may find interesting as we prepare for a successful year.

IPF RULES CONSULTATION: OPEN FORUM

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](#)

The session will be attended by:

- **CEO, 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

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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.

PARTNERSHIP ANNOUNCEMENT: BRITISH POWERLIFTING & ROYAL NAVY POWERLIFTING ASSOCIATION

I'm pleased to formally announce a new partnership between British Powerlifting and the Royal Navy Powerlifting Association (RNPA), cemented through a signed Memorandum of Understanding (MOU) that strengthens our shared commitment to the sport.

This agreement reflects a shared commitment to providing clear, credible, and accessible pathways for Royal Navy personnel to participate and progress within British Powerlifting-sanctioned competition, while recognising the unique operational demands of service life.

The RNPA continues to demonstrate the strength of powerlifting within the Royal Navy, producing athletes competing at the very highest levels of the sport. Performers such as Sam Dew, one of the UK's top-ranked lifters, and Wes McGuinness, a consistent international bench press representative for Great Britain, exemplify the standards, professionalism, and dedication that this partnership aims to support and expand.

Through this collaboration, we will work closely to:

- Grow participation across the Royal Navy
- Support athlete progression from grassroots to national level
- Develop coaches and referees within the service
- Deliver high-quality, safe, and IPF-aligned competition

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This partnership is another important step in strengthening collaboration between British Powerlifting, the Armed Forces, and the wider Emergency Services community, ensuring the sport continues to develop in a sustainable and inclusive way.

I look forward to seeing this relationship deliver meaningful opportunities for athletes, volunteers, and officials alike.

PARTNERSHIP ANNOUNCEMENT: BRITISH POWERLIFTING & POLICE SERVICE UK (PSUK)

I'm pleased to formally announce a new partnership between British Powerlifting and Police Services UK (PSUK).

This agreement represents a shared commitment to supporting police officers and staff to participate, compete, and progress within British Powerlifting and IPF-sanctioned competition, while recognising the unique operational demands, shift patterns, and responsibilities inherent within policing.

Police Services UK plays a vital role in providing structured opportunities for police personnel to engage in powerlifting at all levels — from grassroots participation through to national-level competition. Under the leadership of Ally Donaldson, Chair of PSUK, the organisation continues to build a strong, values-driven community that reflects the professionalism and resilience of the police service.

Through this partnership, British Powerlifting and PSUK will work collaboratively to:

- Increase participation of police personnel in BP-sanctioned activity
- Provide clear and credible competition pathways from grassroots to national level
- Support the development of coaches, referees, and officials from within the police service
- Deliver safe, fair, and IPF-aligned competition opportunities
- Strengthen collaboration between civilian, emergency services, and armed forces powerlifting communities

This agreement also supports PSUK clubs in working towards British Powerlifting Approved Club status, enabling access to recognised competitions, development frameworks, and national ranking systems, while maintaining the highest standards of safeguarding, integrity, and anti-doping compliance.

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This partnership is an important step forward in ensuring that police officers and staff are supported in balancing operational commitments with high-quality sporting opportunities, and that powerlifting continues to grow in a sustainable, inclusive, and professionally governed manner across the UK.

I look forward to working closely with Ally Donaldson and the PSUK leadership team as this collaboration develops, and to seeing the positive impact it will have on athletes, coaches, officials, and the wider powerlifting community.

COACHING COURSES FOR 2026

The education team, headed up by Josh Inman, have been working incredibly hard to finalise the Lead Coach course ready for delivery and continue providing opportunities for people to engage with the Assistant Coach course by providing courses around the UK.

It has been a long passion of mine, having been part of the Coaching and Education pathway since 2017, to develop highly skilled, competent, knowledgeable and safe coaches for the benefit of people joining the sport, developing the sport and to ensure those who engage with Powerlifting experience the wonderful culture I've always known.

Josh and his team have continued that with the excellent standard of the Assistant Coach and Lead Coach courses.

As soon as the Lead Coach course is available, dates will be published and I will discuss them here. Until then, you can find more information on the [website](#) about the current courses and dates available.

WHAT'S COMING UP:

- ⌚ 2026 British Equipped Championships, 24-25 January in Chelmsford, Essex
- ⌚ 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.