

Top up Tuesday

January 2026 Week 2

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

IPF RULES CONSULTATION: OPEN FORUM

This message remains as the top item of my newsletter this week as it is so important we at British Powerlifting gain feedback from our members. Next week's Top up Tuesday will provide an agenda of how the meeting will operate and how you can provide your thoughts and feelings on the IPF rules changes.

I am leaving last week's information below the same to ensure as many people have access to the information.

Please share this newsletter with members of British Powerlifting who would like to have their voice heard on the IPF rule changes consultation 2026.

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](#)

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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

We are so very excited to be approaching the first of our Nationals 2026 this weekend with the British Equipped Bench and Full Power championships.

There is a star-studded line up from the Equipped lifters including current World Champions, World Record Holders and some of our up-and-coming stars, returning to the platform where they rightly belong.

A huge thanks goes to Adam Forsbrook and his team for the dedication to delivering a high standard competition worthy of the Nationals 2026 title.

As many of you know, Equipped Powerlifting was the only kind of Powerlifting for many decades, and it wasn't until 2012 where a separate section of 'classic' powerlifting was introduced.

In British Powerlifting, Equipped is still a passion for many of our members and a wonderful opportunity to showcase the inclusive nature of Powerlifting in this country; no matter how you like to showcase your strength, there is a part of the sport for you.

I have been in open communications with many of the Equipped coaches on how we can further engage and grow this part of the sport as it provides such a unique experience in Powerlifting and wonderful opportunities to many.

If you have not experienced Equipped Powerlifting before, I encourage you to attend this weekend at William De Ferres School, Chelmsford, Essex. It will be free entry, and you will be able to see the incredible team ethos and close-knit nature this branch provides.

I will be in attendance, as usual, to be a face of the board and of the many organising sub-committees, to hear your thoughts, views and opinions.

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COACHING LICENCE FOR 2026

The [2026-2027 Coaching licence guidance](#) has been developed and has been available on the website since the end of 2025. The guidance gives an understanding as to the background around the developments along with a plan for growth after 2026.

I have provided a summary here on achieving Your 2026 Coaching License, however, it is imperative that all coaches are familiar with the expectations for 2026 and the changes coming into effect as of Jan 1, 2027.

To coach or handle athletes at a Nationals 2026, you must hold a valid Coaching License – this DOES NOT relate to any home nation competitions, such as All Englands, Welsh Champs, Scottish Nationals or Northern Irish Championships.

It also DOES NOT relate to any international competitions. IPF Licence is in place for HEAD COACHES in 2026 and ALL COACHES as of 2027, but is under a different [guidance](#).

Requirements for 2026

- **British Powerlifting Membership:** You must hold a current and valid membership.
 - This can be a lifting or non-lifting membership
- **Anti-Doping Training:** A "Coach Clean" certificate from UKAD or a WADA ADEL Coaching certificate.
 - We have been made aware that UKAD no longer recognise Powerlifting in their list of Sports. However, it has been agreed that coaches can select 'weightlifting' whilst we work with UKAD to correct this.
- **Safeguarding Training:** A "Safeguarding Children in Sport" certificate from UK Coaching, the NSPCC, or a Sport England-supported Local Partnership.
 - This is the only course that costs, around £30 per course, which last approximately 2 years.
 - You only need to choose to take 1 of the courses, we have provided a selection of bodies but only 1 certificate is needed.
 - It is essential everyone understands the responsibility and importance of safeguarding children in sport which is why we have provided this selection of courses/awarding bodies.
 - We understand people will undertake safeguarding in other areas of their life, however, safeguarding children in sport is a specific area of safeguarding that requires knowledge and attention from all participants

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- Diversity, Equality, and Inclusion (DEI) Training: Evidence of completion of a DEI training course.
 - This can be sourced from any awarding body
 - [ACAS](#) provide a free DEI course once registered
- Good Standing: You must not be under investigation or have any active disciplinary decisions against you.

How to Apply

- Log in to your Sport80 profile.
- Upload your training certificates to the "Certificates" section.
- Once these are approved, apply for the license in the "Coaching" section.

Validity and Timelines

- Processing Time: It can take up to two weeks to approve a license. You must have an approved license to coach; "Pending" status will not be accepted at event accreditation.
- Duration: The Coaching License must be renewed every 12 months.

Contact Information: If you have any questions, please contact the Coaching team at coaching@britishpowerlifting.org.

Please be reminded that this system is managed fully by volunteers, and we always ask for respect and professionalism when communicating with the Coaching team.

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COACHING COURSES FOR 2026

The 2026 course calendar has been updated with more Assistant Coach courses. These include:

- February 21-22 in Amesbury, South West
- March 7-8 in Newtownards, Northern Ireland
- April 10-11 in Swindon, South West.

We are currently reviewing a date change to the Lincoln based course, which will be published as soon as it is available.

We are also developing courses in Wales, Scotland and North England.

If you have a venue you would like to provide as a host for a course, to support the availability of courses in your area, you can apply [through our form](#) and one of our Education team will be in touch.

You can find more information on the [website](#) about the current courses, dates available, contact information and more.

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.