

British Bench 2026

Dear Athletes, Coaches, and Community Members,

Anticipation is growing as athletes, coaches, and supporters prepare for the upcoming British Bench. Organisers are committed to delivering a fantastic event and have confirmed several important updates to ensure clarity and smooth operations throughout the weekend.

Rules

As proposed start date of the new IPF rules is part way through this competition, The 2025 rules will be applied to both days.

Coaches

Coaches should collect coaching wrist bands at Kit Check or the Coach Registration desk when Kit Check is not open.

Support this Event

We could do with a few more volunteers to help run this event, Loaders, table staff etc.

Anyone able to help in any way please contact adam.reilly@britishpowerlifting.org

Parking

There are no restrictions on parking time / length of stay. The ANPR system has been turned off for the duration of this event.