

Top up Tuesday

March 2026 Week 1

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

Contents:

1. Small nations round up
2. Classic Bench team changes and guidance
3. New international refs
4. Members engagement form
5. Update from the equipped forum

SMALL NATIONS ROUND UP

A strong showing across all the home nations last weekend, with tight competition on both the men's and women's sides.

Team Results

- 1st – England
- 2nd – Scotland
- 3rd – Wales

Best Lifters

- Best Male – Jason Wu (England)
- Best Female – Izzy Hartley (England)

Full results can be found on [Open Powerlifting](#).

Top up Tuesday

CLASSIC BENCH SELECTION: ALL AGE GROUPS

Following on from last week, a reminder for athletes regarding the 2026 Classic Bench international selection process.

Athletes who placed in the top three of their age and weight categories and wish to be considered for selection to the Classic Bench teams must complete the 2026 Classic Bench International Selection Expression of Interest (Eoi) in line with the 2026 Selection Policy.

Key Requirements & Timeline

- Athletes must upload the following to their Sport:80 profile by close of play 8th March 2026:
 - A current ADEL certificate (available via World Anti-Doping Agency ADEL platform)
 - 2026 IPF Consent Form
 - Passport-style photograph
- Selection decisions and offers for the 2026 IPF World Bench Championships will be issued by 15th March 2026
- Preliminary nominations close 24th March 2026
- European Bench selection will follow in May 2026

If you have any further questions regarding Classic Bench selection you can email the Head Coaches or the Performance Committee.

Top up Tuesday

CONGRATULATIONS TO OUR NEW CAT 2 IPF REFEREES

Congratulations to Anthony White, Adam Thomas, Scott Simon and Jacob Wymer on achieving Category 2 International Referee status.

Becoming a Category 2 referee within the International Powerlifting Federation requires a high standard of technical knowledge, practical officiating experience, and successful completion of both written and practical examinations at international level. This is a significant step, not only for the individuals involved, but for British Powerlifting as we continue to strengthen our international officiating presence.

A full list of British international referees can be found via the [IPF referee register](#).

MEMBER ENGAGEMENT – LONG TERM STRATEGY DEVELOPMENT

British Powerlifting is currently developing its long-term strategy, aligned with the requirements of UK Sport Tier 1–3 Code for Sports Governance, which places a strong emphasis on transparency, accountability, and stakeholder engagement.

As part of this process, we are seeking [input from members across all areas of the sport](#). Your feedback will directly inform priorities, investment decisions, and the future direction of British Powerlifting.

The survey is anonymous to encourage open and honest feedback. We do ask that all responses remain constructive and respectful. The survey should take no more than 5 minutes to complete.

[Complete the Survey](#)

Top up Tuesday

EQUIPPED POWERLIFTING – OPEN FORUM UPDATE

Thank you to everyone who attended the Equipped Powerlifting Open Forum on 25th February. The discussion was wide-ranging and constructive, with a clear shared focus on growing and supporting equipped lifting across the country.

Several key themes emerged.

- **Recruitment and Visibility**
There is a clear opportunity to improve visibility of equipped lifting, both through better promotion and by integrating it more consistently within competitions. This includes exploring ways to showcase equipped lifting alongside classic events, as well as increasing awareness of where and how people can get involved.
- **Access and Development**
Access to equipment and knowledge remains a barrier for many. Initial steps will include improving signposting to equipped-friendly clubs and gyms, alongside developing regional contact points and encouraging shared use of equipment. There was also strong support for taster sessions and informal training opportunities to help new lifters get started.
- **Retention and Participation**
Discussions highlighted the importance of making pathways accessible to all age groups, as well as reviewing aspects such as coaching requirements, competition structures, and overall value for participants. Ensuring that processes remain inclusive and proportionate will be a key consideration going forward.
- **Competition Structure and Recognition**
There was appetite to review how equipped lifting is represented within the competition calendar, including opportunities for dedicated events, increased participation, and appropriate recognition of performance across all age categories.

Next Steps

In the short term, focus will be on improving communication, visibility, and access—particularly around equipment and regional support. Longer term, the aim is to develop a more structured and sustainable approach to equipped lifting, with clear pathways, consistent opportunities, and stronger integration within the wider sport.

Top up Tuesday

Thank you again to everyone who contributed. Your input is helping shape the direction of equipped powerlifting moving forward.

WHAT'S COMING UP:

- European Open Classic Powerlifting Championships, March 15-11 in Matla.
- British Universities and Colleges Championships (BUCS), April 24-26 in Nottingham Trent University.

Check out all [the upcoming championships](#) 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.