



BRITISH
WEIGHT
LIFTING

2025 BRITISH CHAMPIONSHIPS FEEDBACK



2

Forms

**Distributed via
three channels**

111

Responses

800

**Athlete
responses**

31

**General
responses**

Spectators / coaches / volunteers / technical officials

Average rating

3.96 From athletes

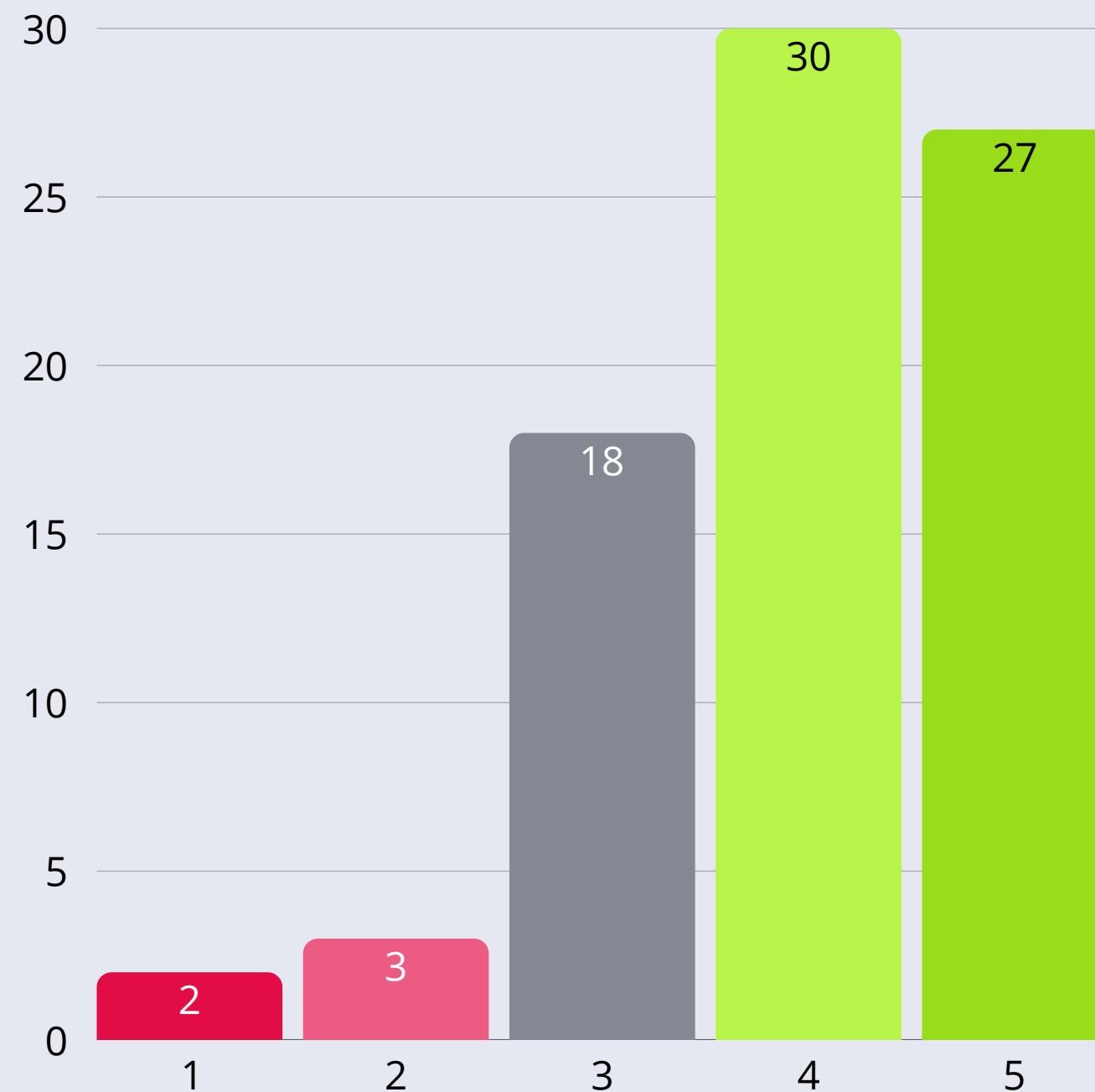


3.82 From other

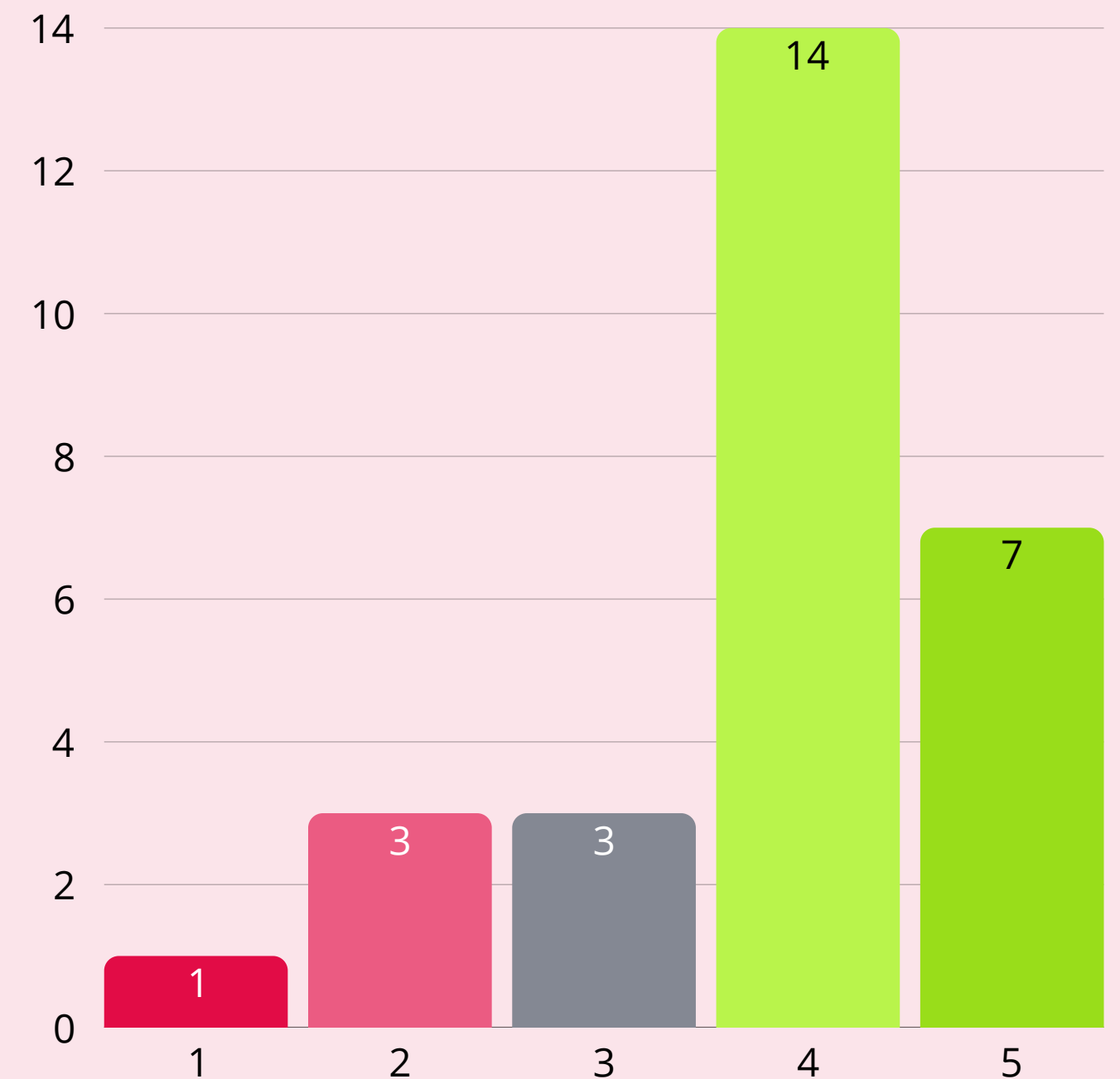


How would you rate your overall athlete experience at the British Championships? (With 1 being poor, and 5 being exceptional)

Athletes:

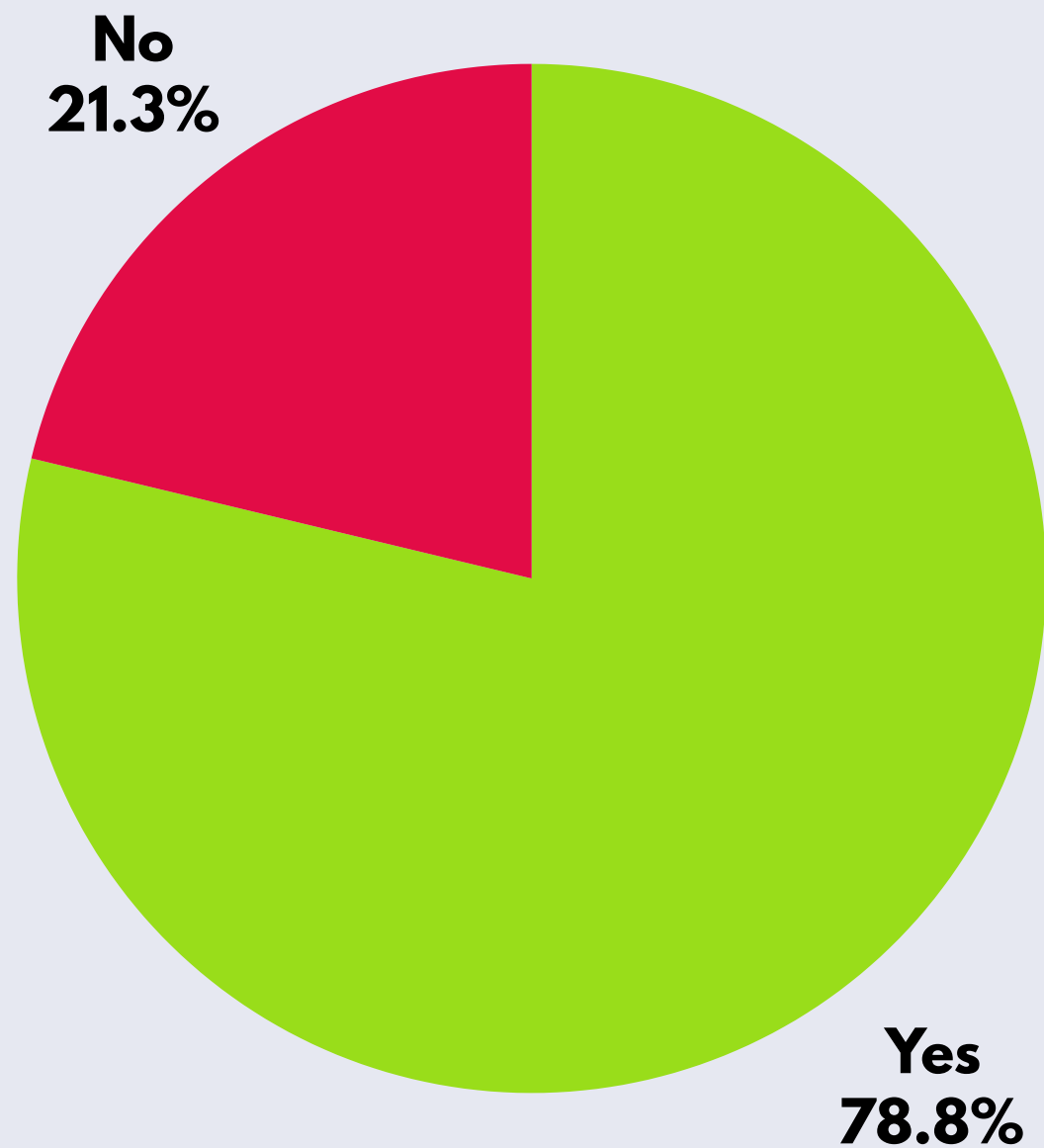


Others:

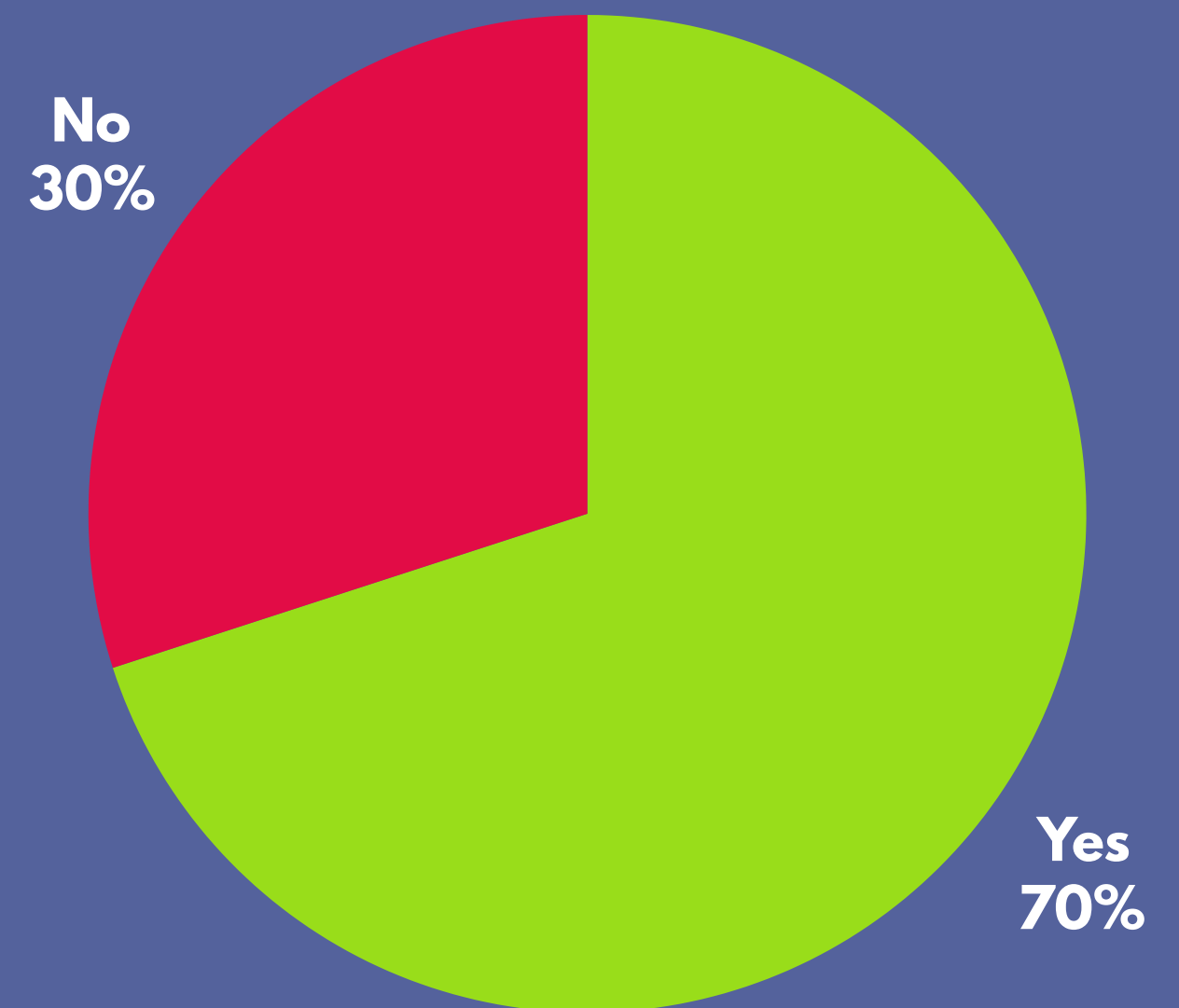


Athletes:

**Did you watch any groups
before you competed?**

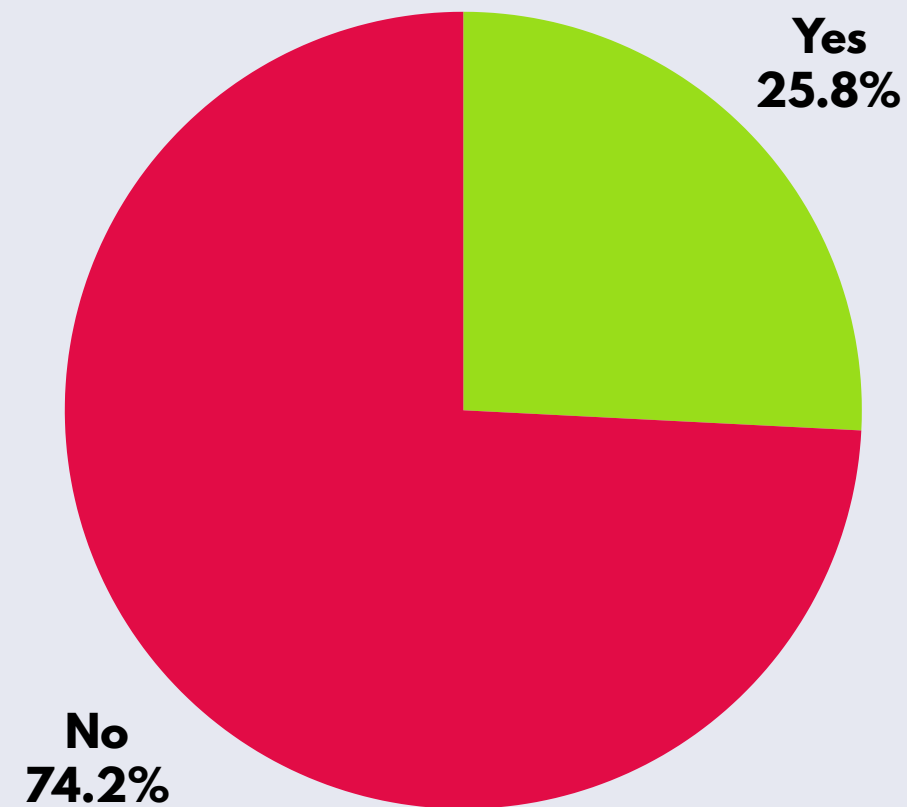


**Did you watch any groups
after you competed?**



Other:

**Did you watch any lifting
on Friday 11th June?**



**Did you watch any lifting
on Saturday 12th June?**

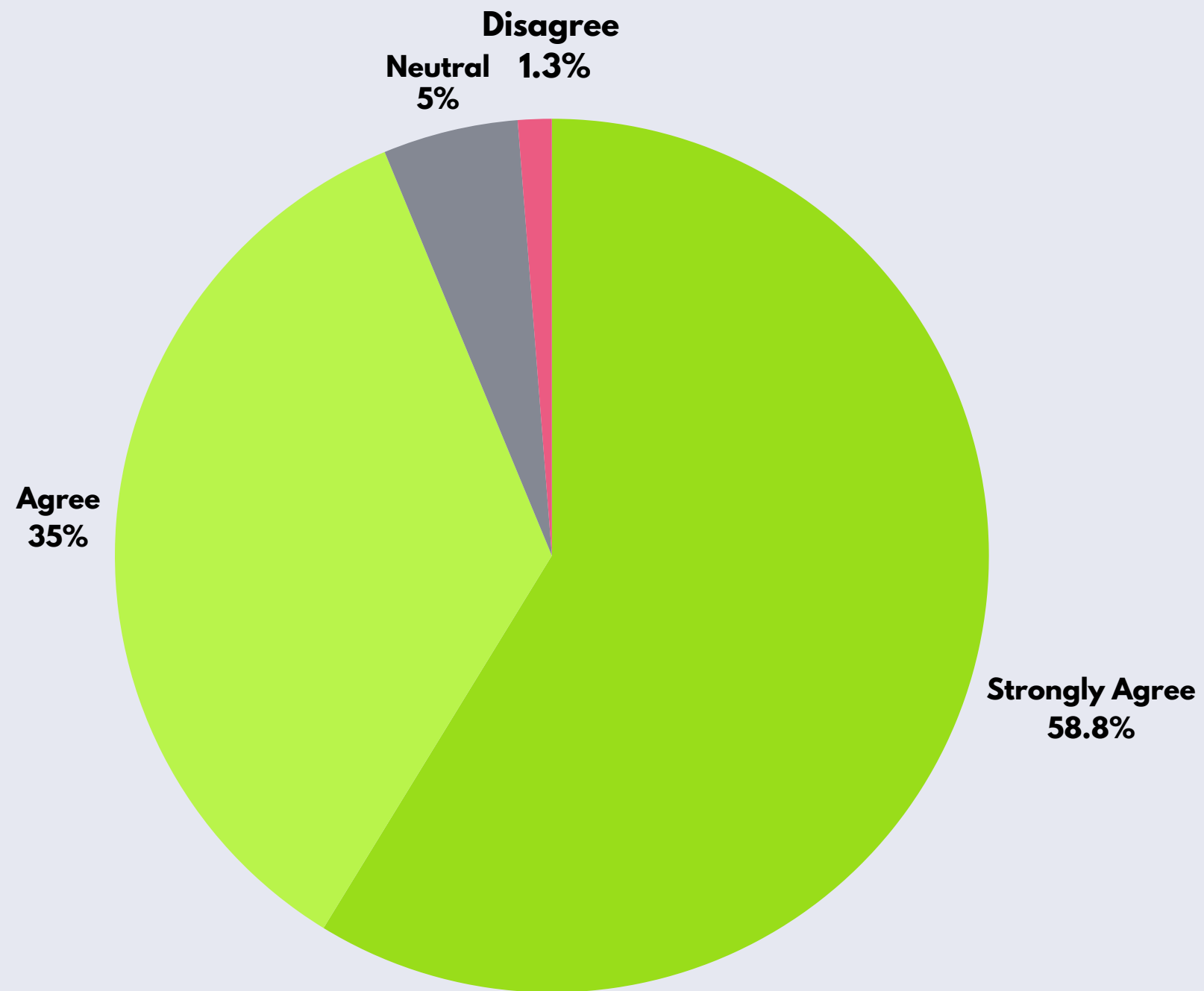


**Did you watch any lifting
on Sunday 13th June?**

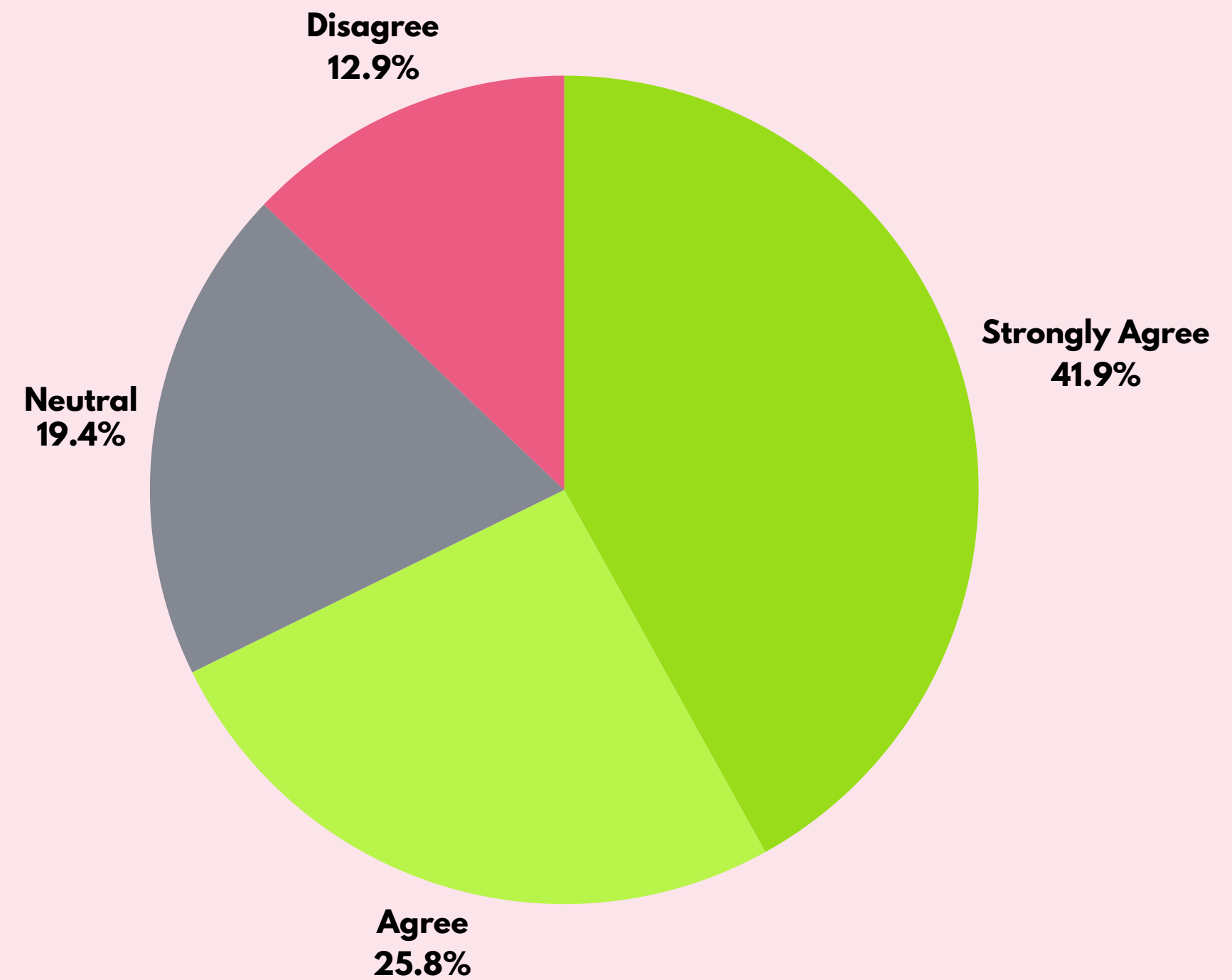


The communications prior to the competition were clear, and I was given the information I needed to attend the event.

Athletes:

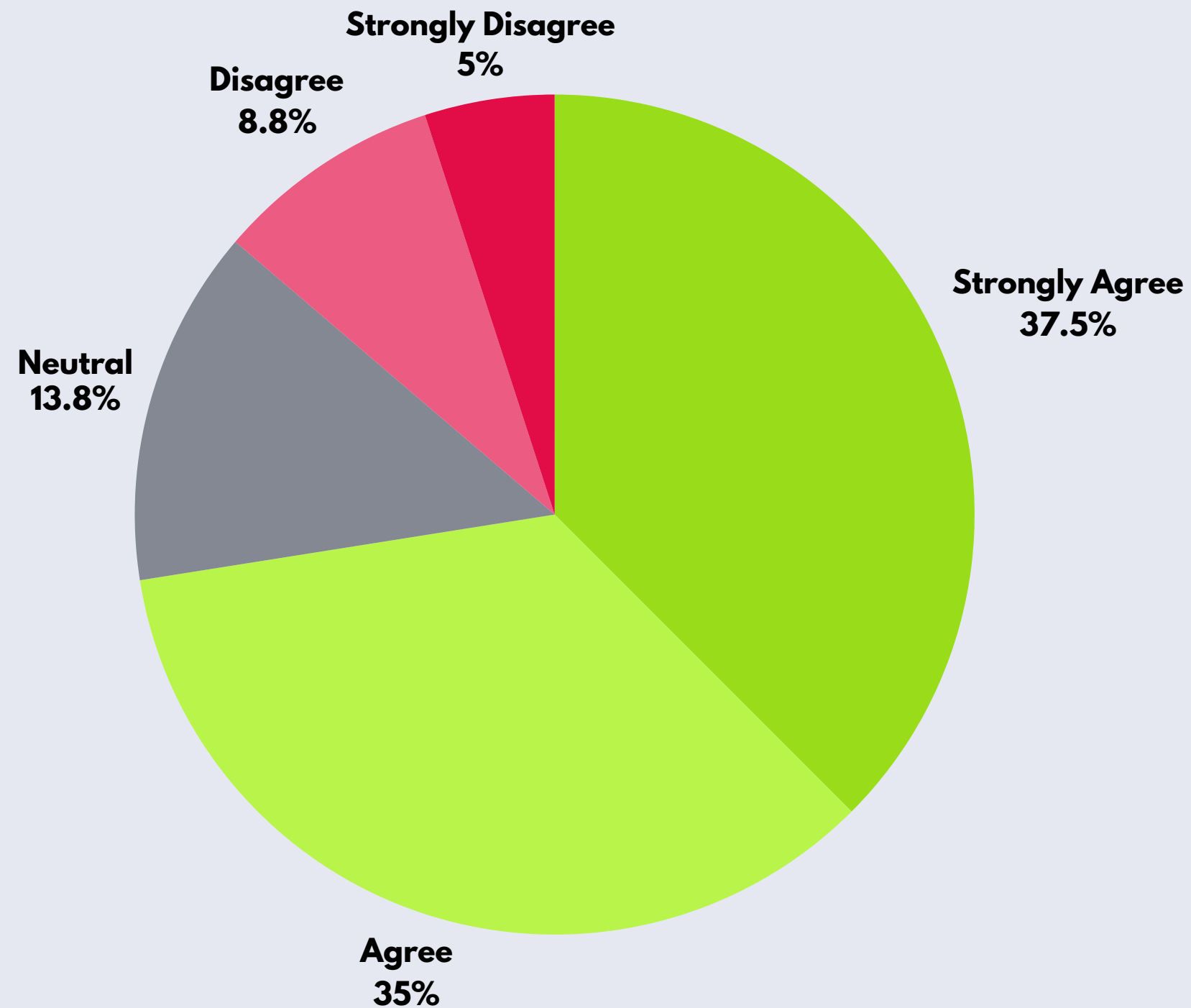


Others:

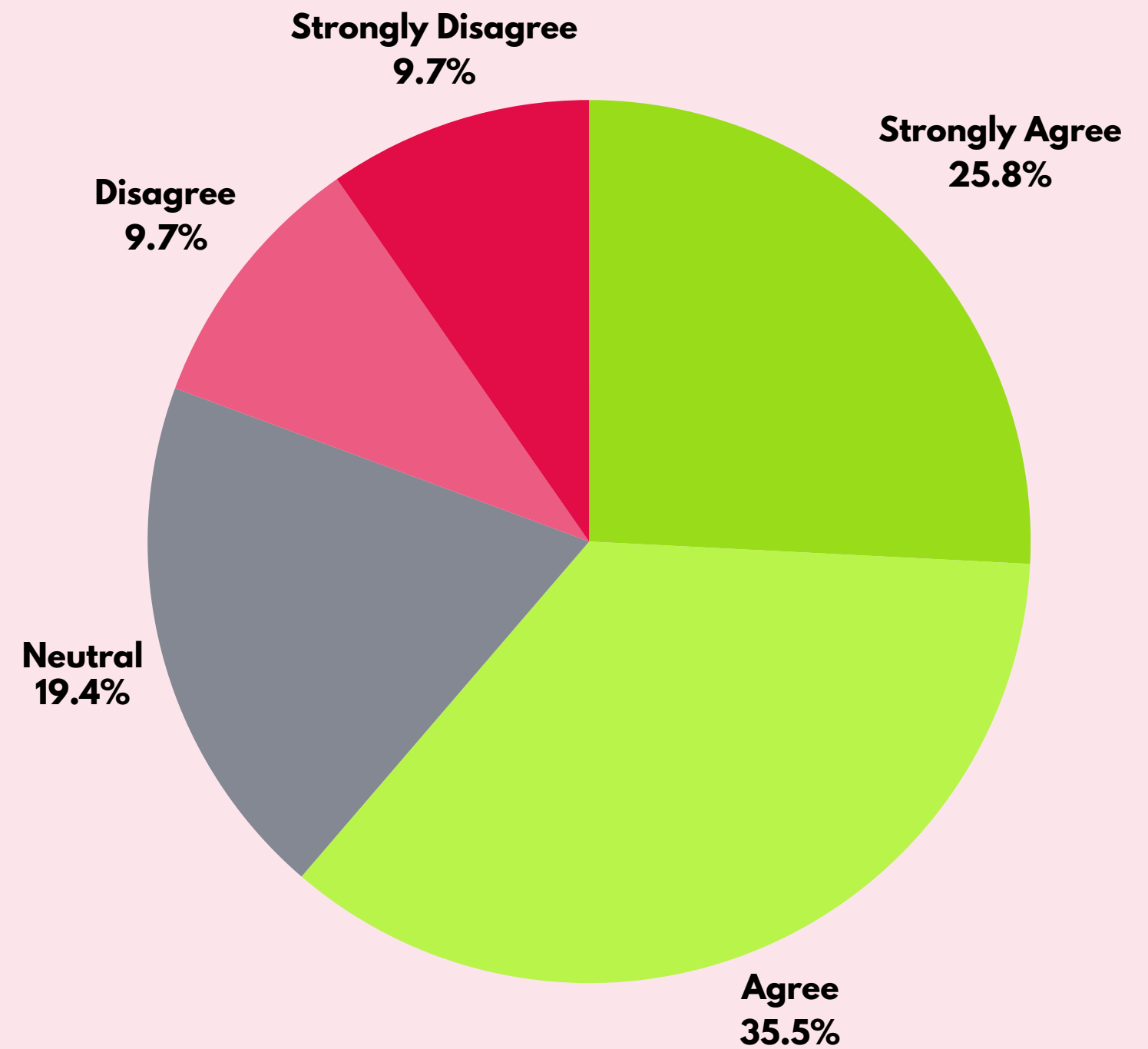


I liked the competition venue.

Athletes:



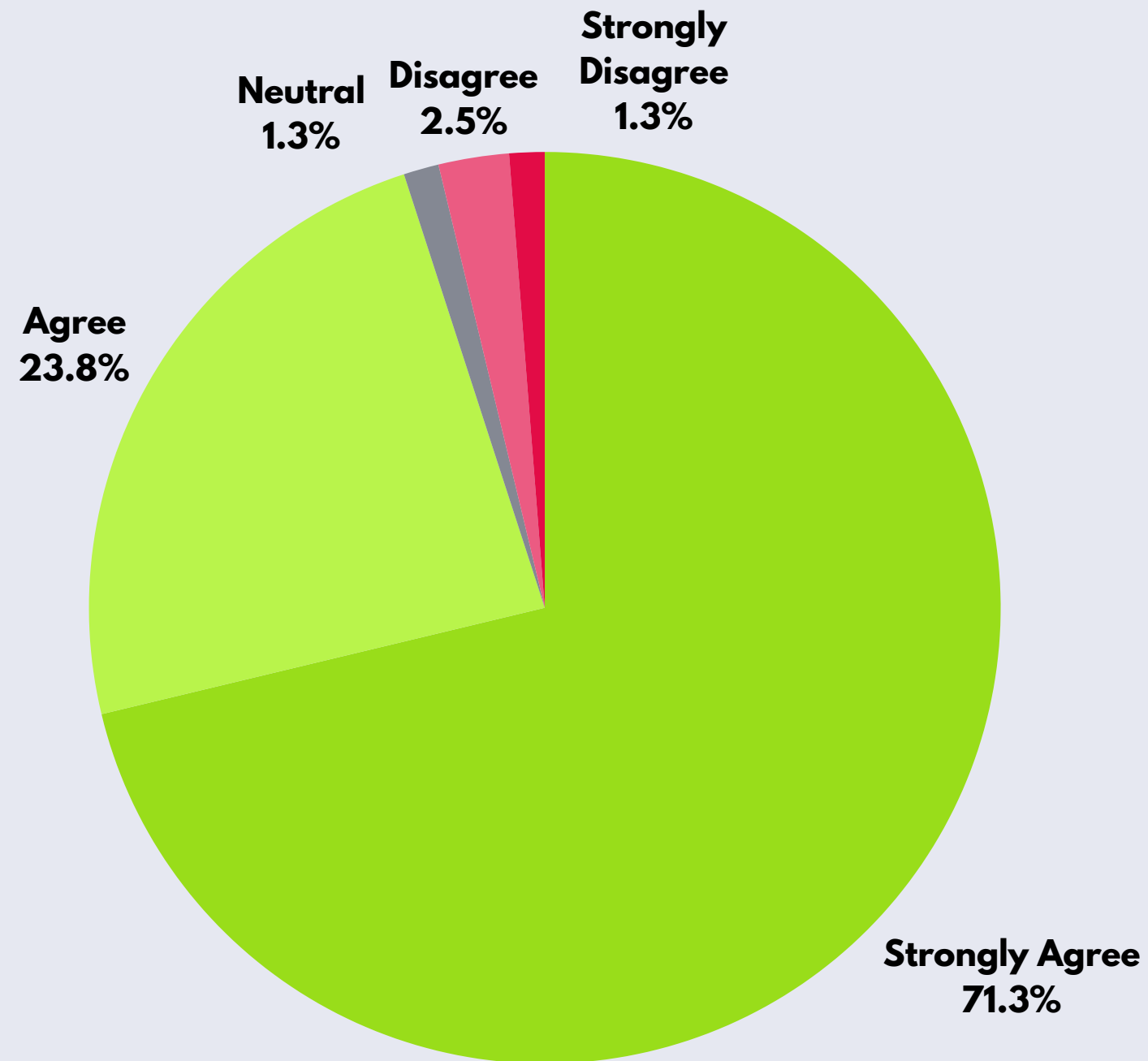
Others:



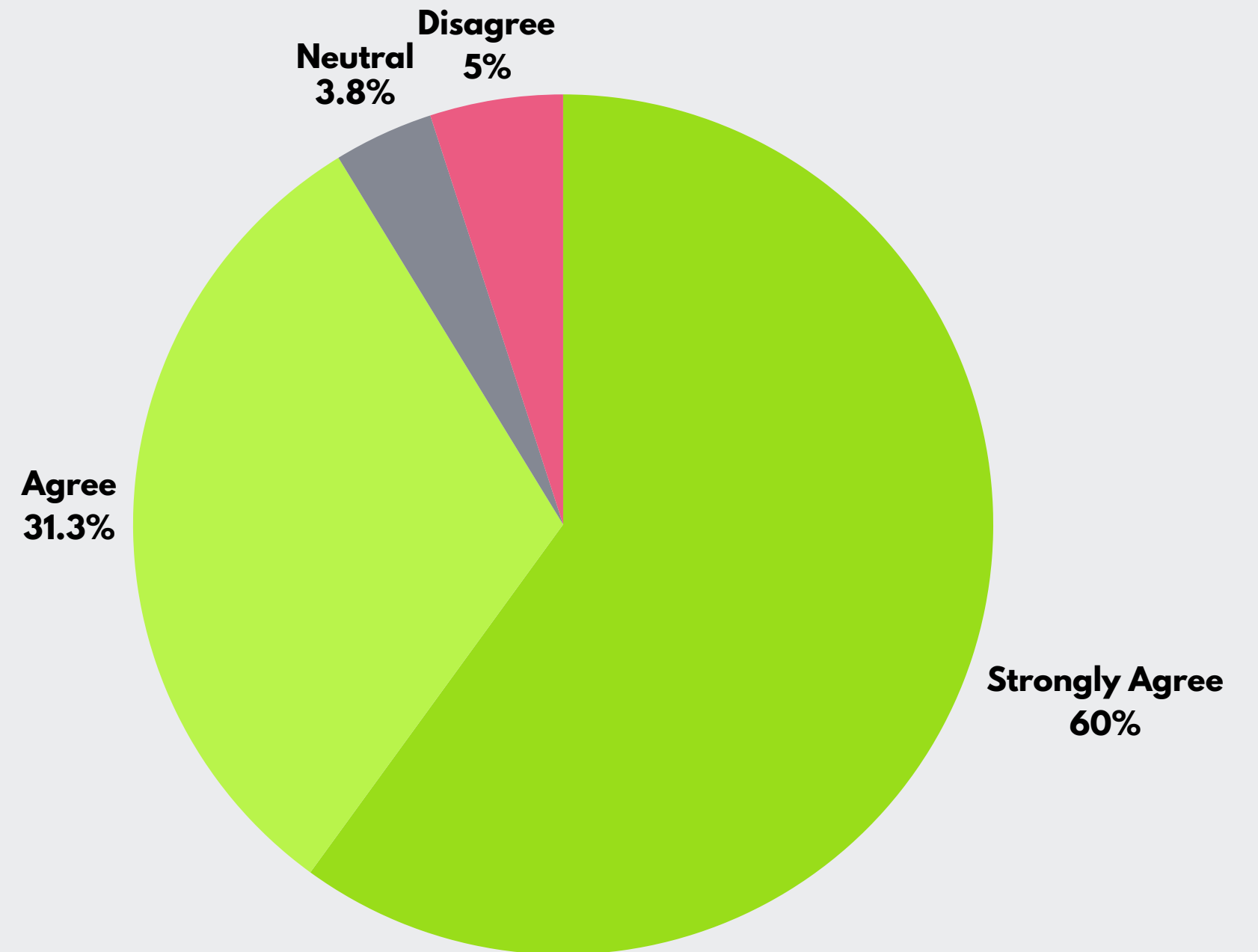
My weigh in ran smoothly and on time.

The back room was set up was appropriate.

Athletes:

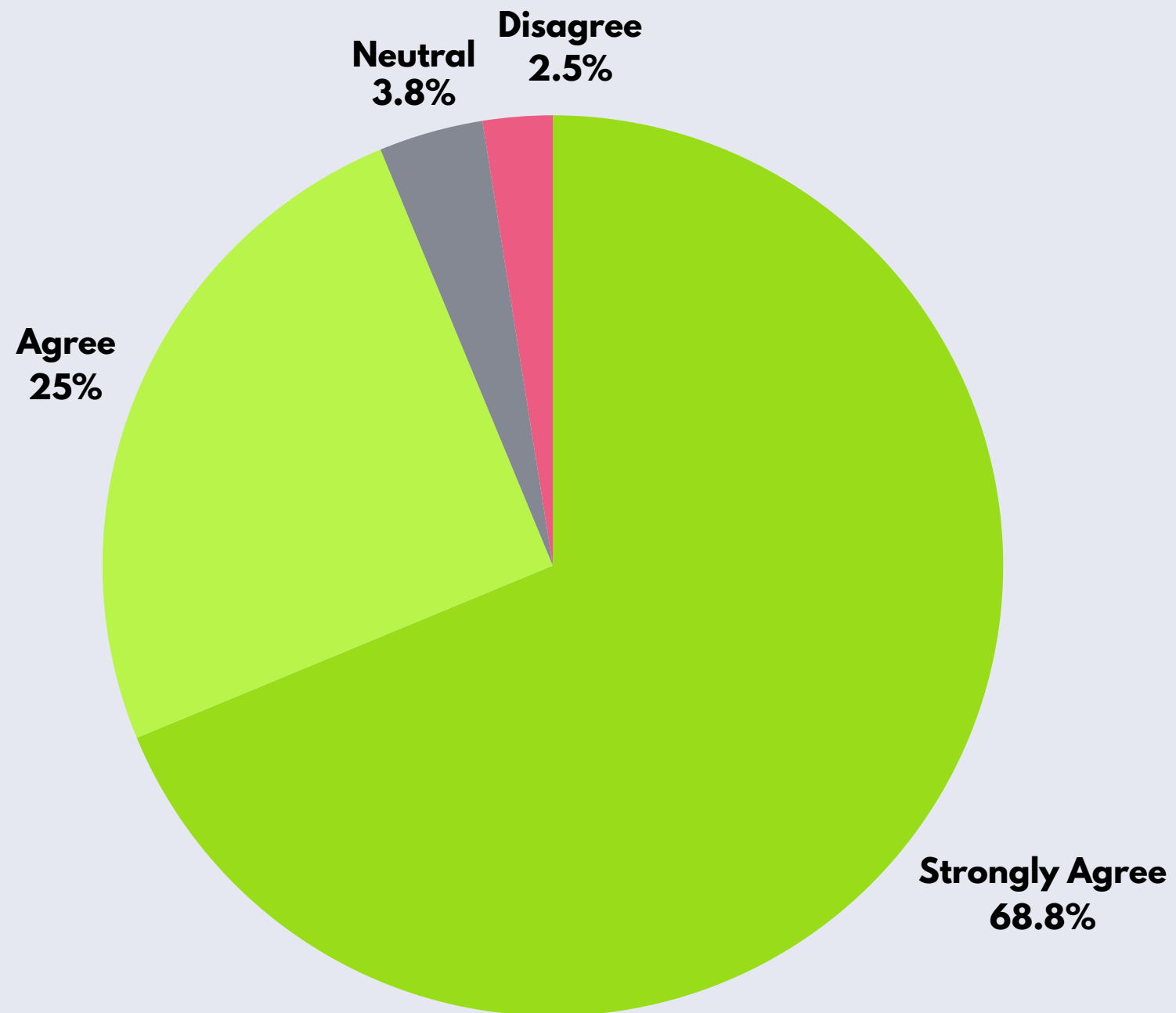


Athletes:

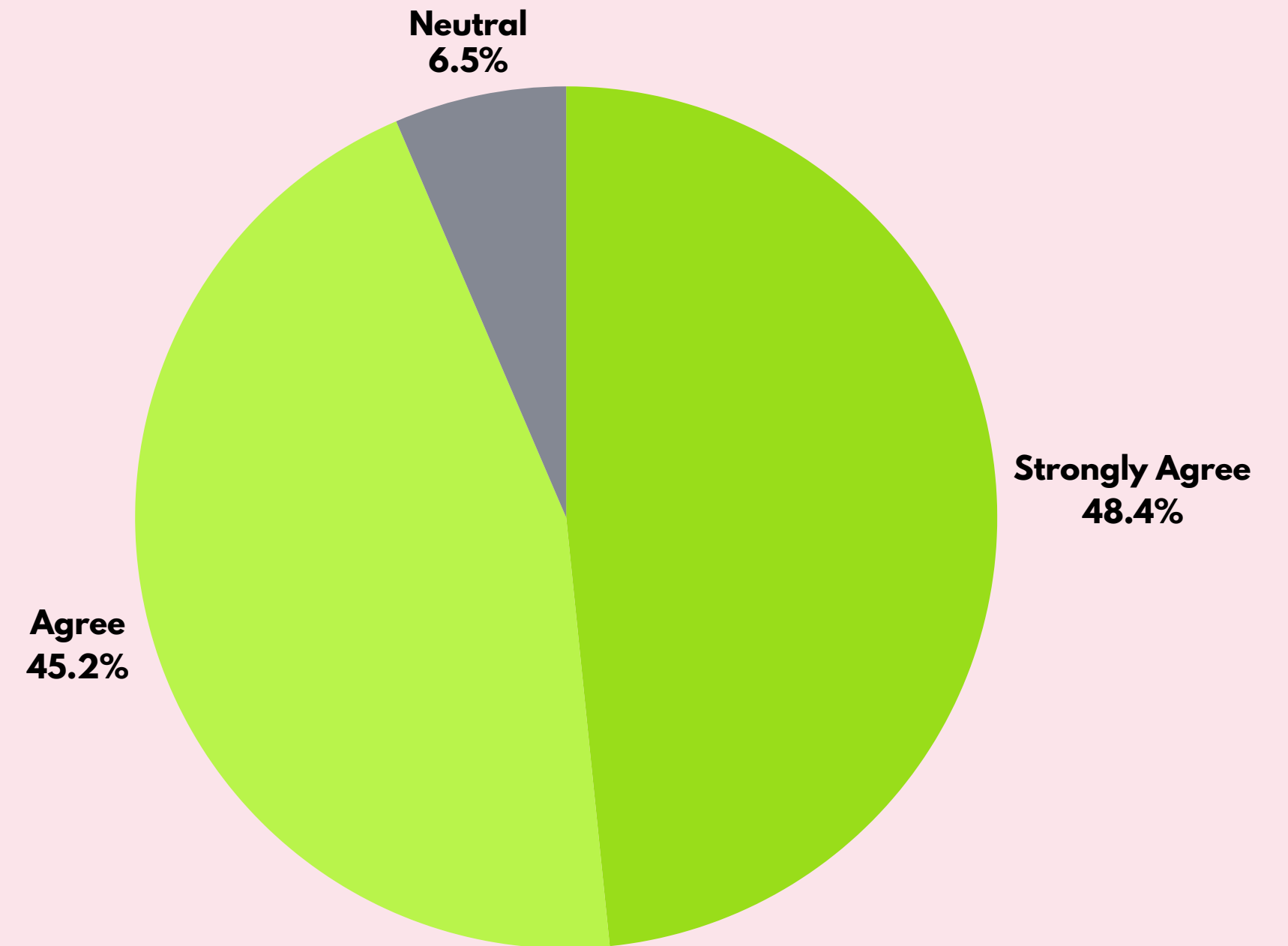


The timings on the schedule were upheld on the day.

Athletes:

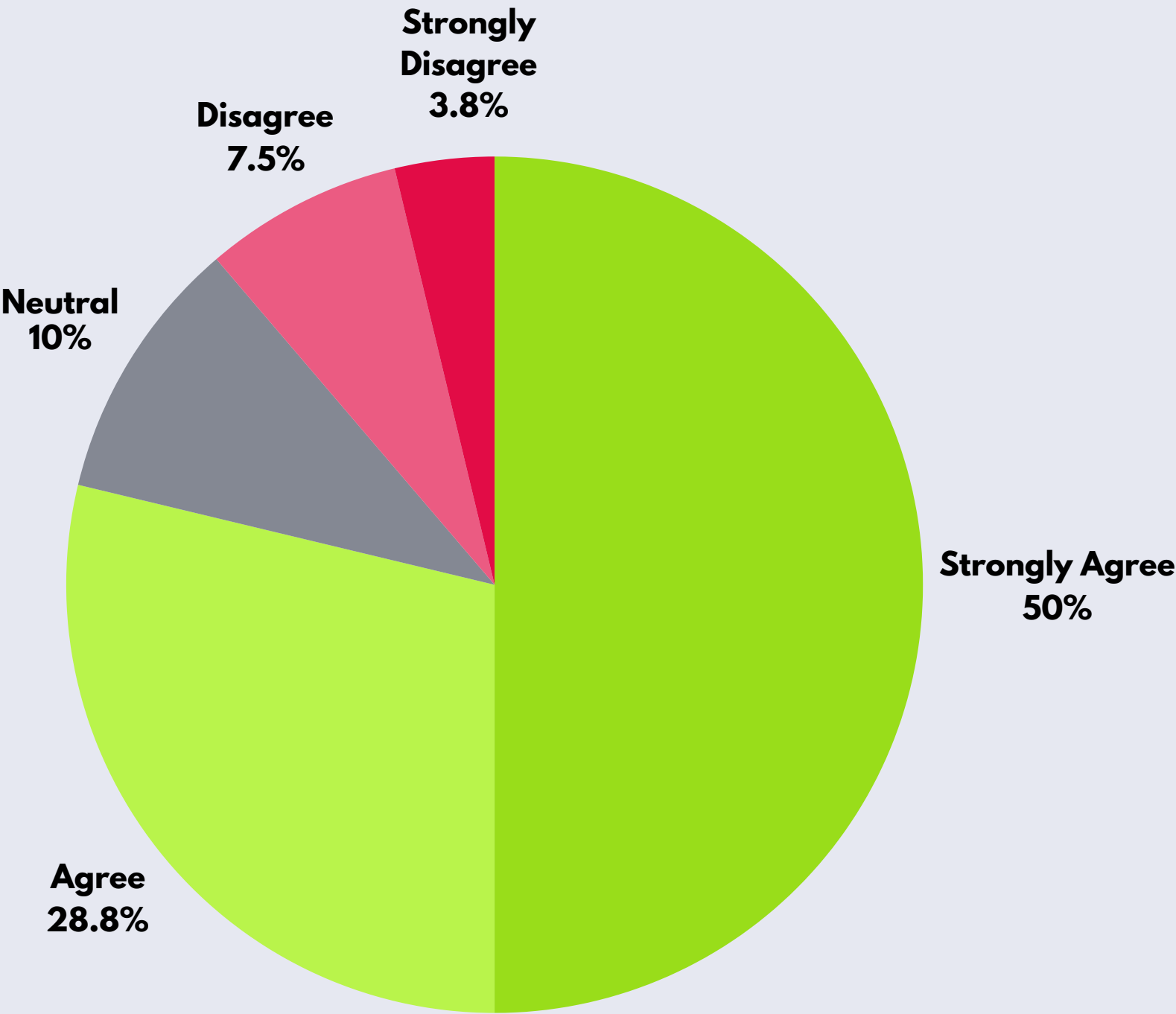


Others:

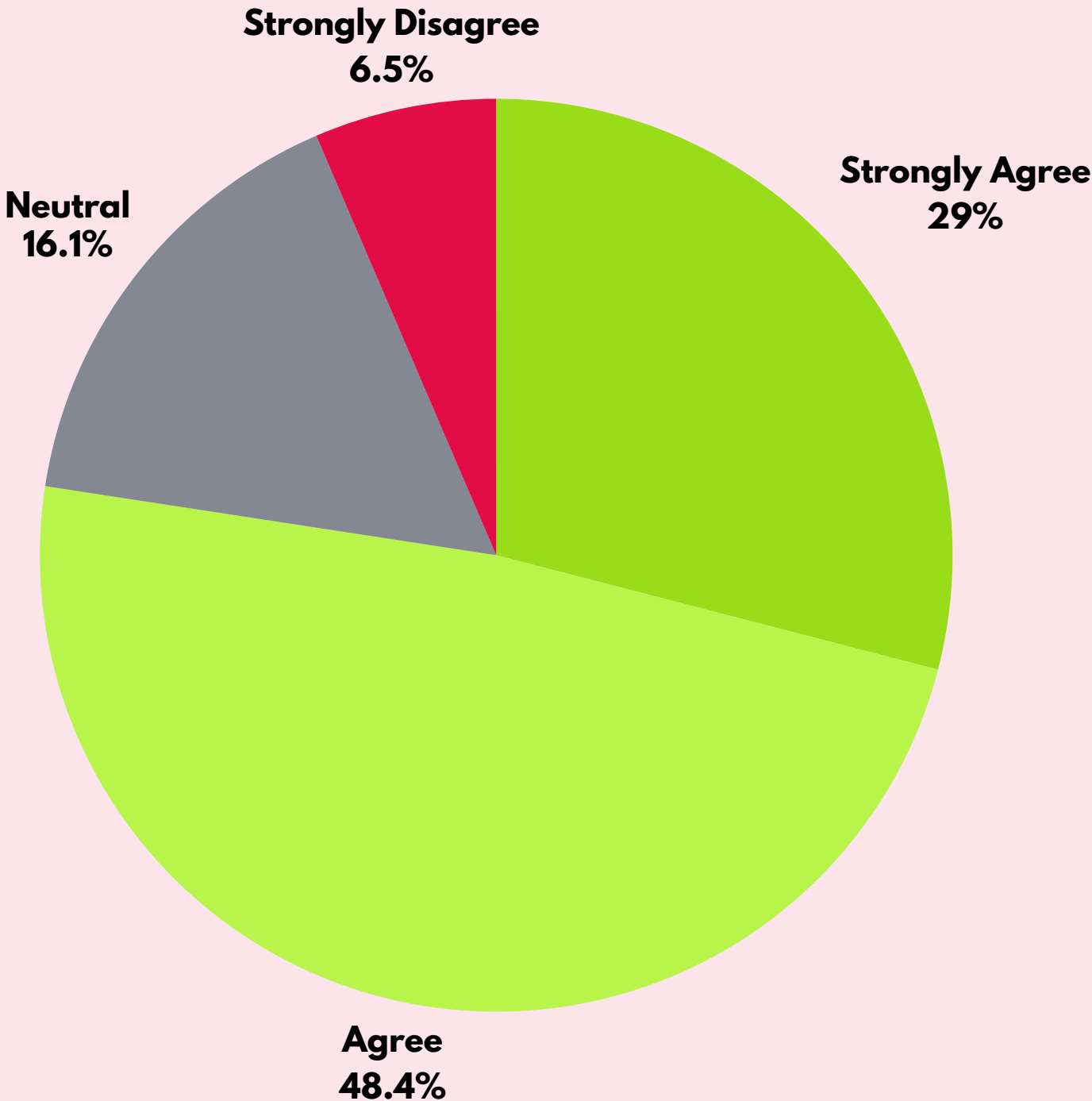


There was a good atmosphere during the competition.

Athletes:

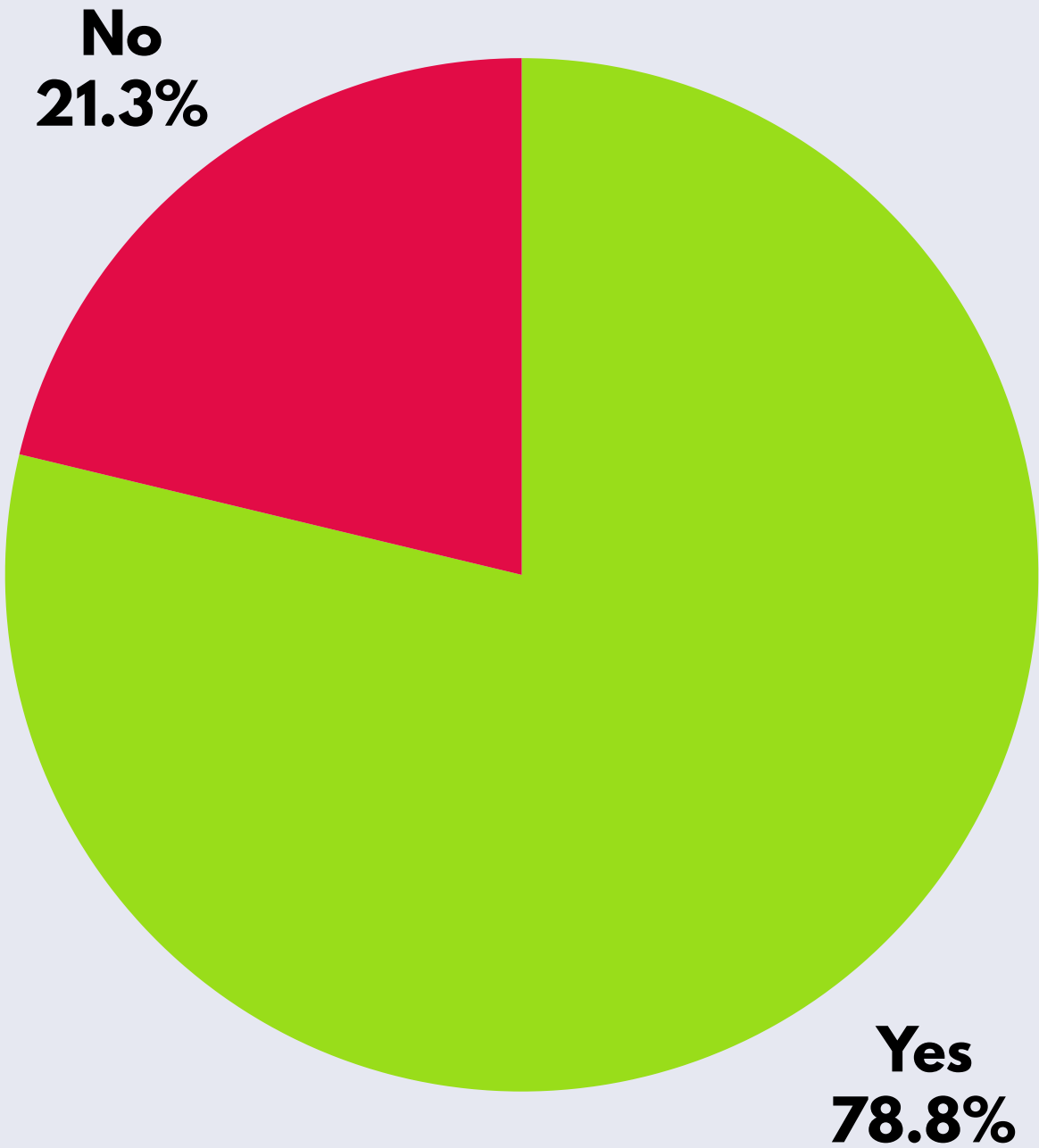


Others:

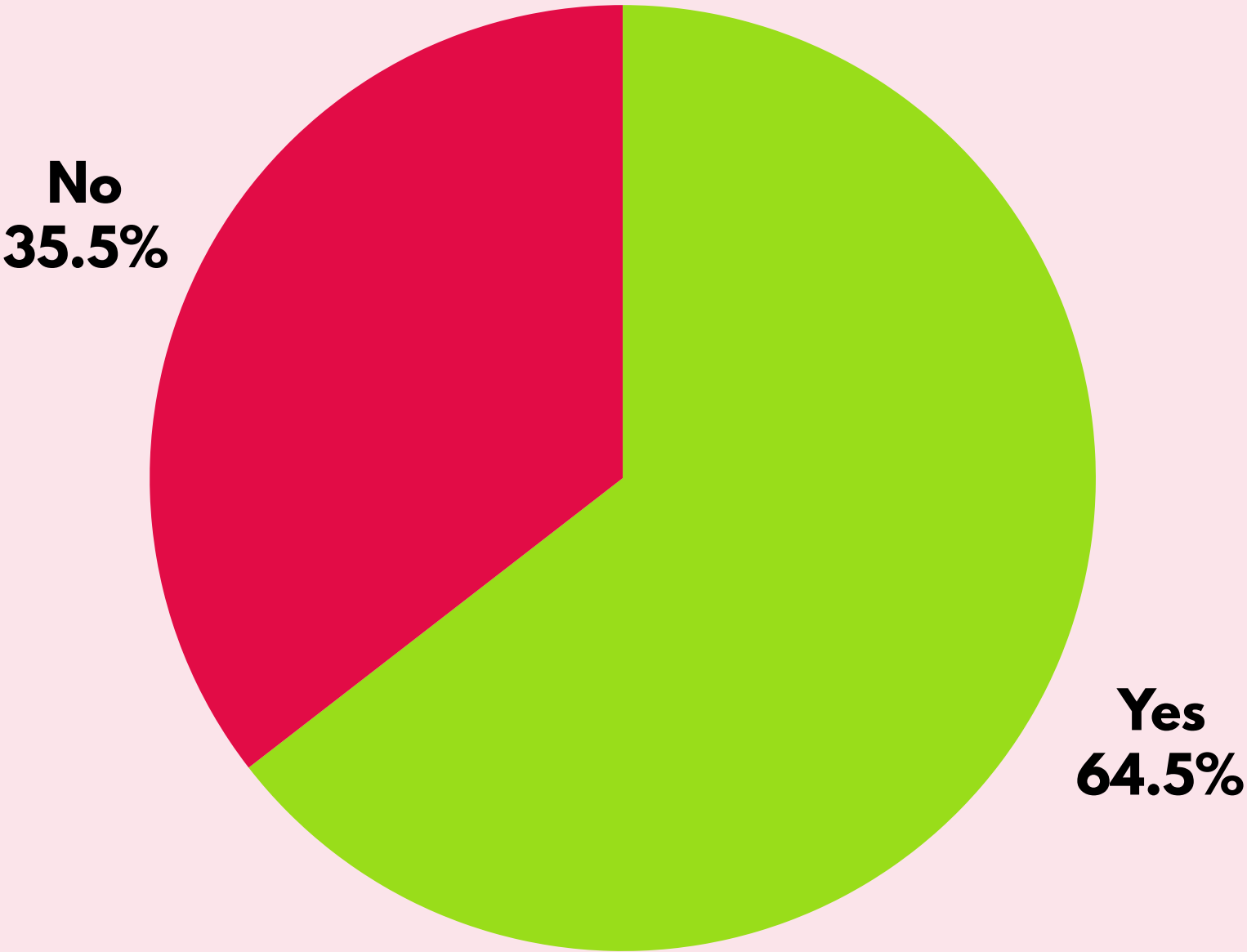


Did you visit any of our partner stands (SBD, CJC Gains, White Lights Media)

Athletes:

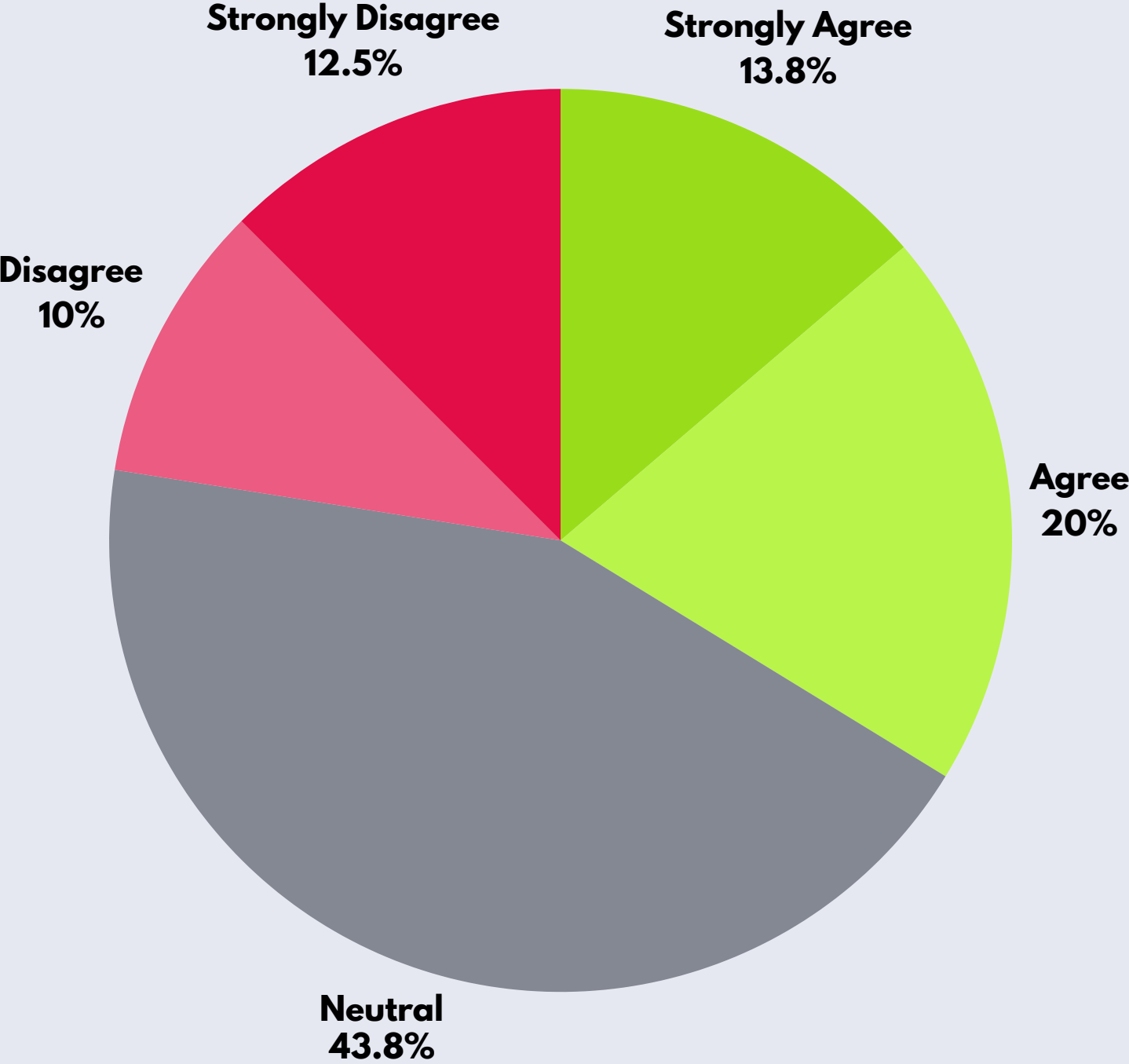


Others:



I liked the Q-points system in the masters competition.

Athletes:



Appendix

In-Depth feedback

Pre-event Communications

Qualification policy was very confusing

Draft schedule out a little
sooner to book travel and
accommodation

Late for start lists

Schedule should be emailed to athletes

Excellent explanation

Very
comprehensive

Pre event comms comments

Athletes:

- As a masters lifter, we struggled with getting registration sorted quickly. This wasn't BWL's fault, but athlete response times being shocking. Opening it up last minute was the only alternative this time round. I wonder if changing this to a 2 round system where first, you send out the invites to the top x number, then you open it out as you did to all but as a registration of interest. After a week, you then pick the highest totals for each group and then accept the registration of interest and take payment.
- Excellent explanation of the whole weekend and layout
- Fantastic communication + athlete package before the event
- Felt that the timeline was explained clearly and the information about the event was detailed.
- I think the schedule should be emailed to athletes before going on social media.. can feel like you have to be on social media to get the latest info
- It needs to come earlier, if you're on the A/B group split this can mean you can't book accommodation until 1 week before - expensive!
- It was much improved from previous years

Others:

- Finding the location and accessibility, no info given when given tickets
- Got there without any issues
- It was quite late for start lists etc, but when it did come out it was all good
- It would have been useful to understand that if you get a exhibitors car park pass probably better off leaving your car in the car park for the duration and walking to the Ibis rather than paying a tenner for parking. For new loaders like myself, a BWL how to video would have been awesome to review when you have time prior to the event.
- My weight class (98kg) was split over 2 different days and 10 days notice was not ideal as I needed to organise child care and hotel bookings. The groups were then published, without notice via email, on the website , only social media which I only access rarely. The email with details of groups was only sent 8 days prior to the event.
- Nah was fine
- Nope, I didn't have any issues my end
- Qualification policy was very confusing and tough to understand. Appreciate the new weight classes made things harder but please improve this moving forward
- Would be easier if we knew what day we would be on a lot earlier. This helps with travel and accom that shoot's up higher closer to the time. The groups were told but we didn't know what group we would be in for what time.

Pre event comms comments

Athletes:

- It was very comprehensive.
- It would be better to get information like start lists etc. via email. If you don't use social media, you miss a lot of information from BWL.
- No further comments. Very clear and concise
- Start list earlier would have been useful
- Start lists only published on Instagram - not all lifters use social media so email would be beneficial.
- The timeline for announcing the schedule were very late which meant the cost to athletes for travel and accommodation was much higher.
- Timely, really well laid out for me to understand thank you
- Very clear, sent in good time.
- Would be nice for it to be sent directly again
- Would be useful to have the draft schedule out a little sooner to book travel and accomodation

Competition Venue

Tiered seating

Overstimulating

Chaotic

Easy access

Too loud

Couldn't hear coach or down signal

Earplugs

Noisy

Good venue & facilities

Competition venue comments

Athletes:

- It's so loud, and really feels like a side act to the strength and depth competition
- More accessible for spectators
- We had to wait to enter the hall and having told them the person couldn't stand for long due to having a disability. We were just met with you have to wait, no sympathy for those that needed to sit and wait somewhere
- It was very loud and that made it feel a little chaotic
- It was too loud. Ridiculous to make us lift in such loud conditions-thankfully I had my loop earplugs ! Going forward I won't be competing at this venue as I won't have any ear drums left !
- The combination of all the noises can be a bit much, but overall this competition environment is the best we've had in my opinion
- Its great venue. The sound was awful on the BWL side. Still think it's rubbish. We have A group lifters and the same categories every year on a Friday, why can't B groups take these slots or at least rotate? A groups should all have the premium platform slots. Still would like to see platforms raised or tiered seating. It's difficult to see the platform from some of the seating when crowd full.

Others:

- Perfect location. But it would have been good to have more spectator seating and staggered. Also it was very loud, unpleasantly so
- Platforms were tightly packed together this year and the decibel levels were incredibly high making it so much more difficult for the lifter and coach.
- More vendors/food and drink
- Seems too big for the sport. 3 platforms with a small crowd in the huge venue, overshadowed by the noise and business of the CrossFit takes away from the competition. Understandably trying to 'grow' the sport is leading to combining it with these festivals...but is the British the best time for it?
- Far too loud and was hard to cue lifters when they were on the platform
- The music was very loud, I don't mind music while I lift at all but it was hard to talk to my coach. I don't know if something can be done about this as it's one hall, maybe some curtains or something perhaps
- The setup was better than last year. Warm up area was better (really cool) and the platform set up was better for spectators as you could watch all 3 platforms at once. However the venue is so noisy, to the point where I think I probably needed ear plugs
- Too noisy. Also volume very variable one platform to the next and based on what SID was doing. No tiered seating.

Competition venue comments

Athletes:

- Well the venue is fine but its insanely loud with the SiD comp at the same time. My coach was having to shout in my ear so I could hear what she was saying. Music from SiD plus music from every platform was way too loud. You could even hear buzzers from the platform next door it was extremely difficult to focus
- Honestly not a fan of the competition set up and venue. I don't think it resembles what a true weightlifting competition is and essence of one. In my opinion it really feels like an add on or side show to CrossFit event, extremely loud and noisy while lifting on the platform which is very off putting as a high level athlete with a lot of experience, I can't imagine how it feels for younger lifters or those competing at their first British championships thinking this is normal for a Weightlifting competition. I fully understand the desire from BWL to have competitions in these venues to attract a wider audience to the sport, but to me it really feels like the growing of the sport is out weighing those actually doing the sport and trying to compete at the highest level. I think it's been a fun experiment to see if it worked but really is not fit for purpose for a British championships. I think something in this vein would be brilliant for a British open for example with less riding on performances for the top athletes trying to qualify for major events. The difference from Coventry, derby and Manchester to this is night and day in my opinion.

Others:

- Generally I like the mix, but this venue was tiny and WAY too loud.
- It was big and spacious but very overstimulating and people were walking in front of the platforms so I feel there would be less chaos if there was a divide for people to go past to the stalls so it would be less distracting for people lifting
- Venue great but it was so overwhelming with the three platforms all going at the same time with different music and commentary, then the cross fit music as well. It was a lot to process and meant I couldn't stay all day as planned because it was just so overwhelming
- Was way too loud with the CrossFit competition ongoing
- The SiD music was a bit loud to start which Maggie had to deal with. As a CrossFitter I get why, but there needs to be agreed ground rules I guess.
- The venue was good and good atmosphere but it was too loud and it made it hard to communicate with people
- Too noisy and difficult to concentrate. Platforms too close together
- Was awesome great environment and atmosphere
- The NEC is a nice space but the championship being tucked in the corner of a different event was bad. Killed the atmosphere and made the national championship look like an after thought. The noise from the CrossFit competition also made it impossible to hear anything going on on the platforms

Competition venue comments

Athletes:

- Great venue, easy to get to, alongside SID great atmosphere
- The venue was great but the noise levels weren't great for spectators and athletes alike. I understand that we were competing against a CrossFit competition but it felt excessive
- It was incredibly loud on the day. I'm told that some of the people attending for all 3 days had to wear earplugs to protect their hearing. Maybe some fabric draped across the ceiling might help absorb some of the noise?
- It was a great event and clearly a lot of work put in it. The venue was great, I very much preferred the set up from previous years before BWL paired up with SID, there is a lot going on with the music, noise and people passing. Maybe raising the platform above audience would help a bit. The platform decking seemed a bit disturbed at the foot placement point.
- The NEC yes, the smaller hall, no. It was too compact to spend all day in. As an athlete that came in, lifted and left, it was ok. But to stay there all day was hard work due to the noise. I'll be investing in ear protectors next time for sure.
- Just found the venue loud with the different comps and music going. Had loop earbuds but could not spend that much time in venue as given me a headache.
- I really appreciate the work that goes on in front and behind the scenes to put on these championships. Thank you for everything you do.

Others:

- Impossible to hear buzzers due to noise, unable to communicate effectively with athletes. Having to shout into their ear to communicate. The level of noise and chaos is so far away from the level of respect athletes deserve at a national championship and it's extremely disappointing to see how far removed things are from what they used to be.
 - Literally the only "negative" I had was the amount of different music and noise in the arena. Made it a little hard to focus and near on impossible to deliver any coaching cues. But in the grand scheme of things a great comp!
-
- A little bit noisy because of the CrossFit competition but otherwise good
 - The acoustics in the hall were horrendous meaning as a spectator it was very over stimulating and I left with a headache. Need some sort of noise block between the SID side and BWL side
 - I think it's too busy and loud for a weightlifting competition. I found it very hard to focus. I could hear commentary from the platforms to my left and right while I was on the platform which I found really confusing. It does give good energy as a spectator but as a competitor it was not good.

Competition venue comments

Athletes:

- Too loud, too much going on, not a good representation of what it's like at high level competitions, Not enough emphasis on the main British champs platform (red platform) Not a good environment to spectate as too much noise from both CrossFit comp and other platforms, parents had a headache after only being on there a few hours. Hard to hear what's going on on the platform you rewatch as speakers crossover and the volume was up to max to try and complete with noise from the CrossFit comp. Not a good environment to lift in if you struggle from overstimulation, if this is a make or break comp for international qualification it can already be a lot and with extra unnecessary noise especially as you are about to lift on the platform it does not emulate any other weightlifting competition as there is no quiet when the lift is about to go ahead....It wouldn't be so bad as a British open or a one off comp a year, but for our senior national championships it feels like an afterthought. The CrossFit comp has better seating arrangements and they have comps like this every week. I'd rather it be a stand alone event in a smaller venue, at least it would feel like a national ranked event... Not to say you shouldn't do a different comp at SID, bc I understand it helps to get more people interested, just not the British or English
- I find it too noisy and chaotic. It's not a nice place to be in
- Location and facilities really good - train station and places to eat
- This year with SID being so close in the smaller arena, music was very over powering and hard for the coaches to hear who's being called during the comps.
- As a masters lifter it would have been nice to be more central as the green platform was right on the edge
- It's great to see the energy, crowds and buzz even on a Sunday afternoon. I really like the venue and linking with SID.
- Only an opinion but a larger event in terms of vendors may have been better for those in attendance to spectate. Maybe more activities for younger people to be involved in
- It's far too loud. You shouldn't need ear plugs to watch multiple sessions. The BWL stands were much louder than the CrossFit events. It was like each platform was competing for sound. I feel like as long as you can clearly hear the announcers, that's fine. Doesn't need to blast music in between. That said, It's good that it's part of a bigger event, that brings in bigger crowds and potential members.
- The NEC makes it seem like we're just a sideshow to the CrossFit competitions.
- The NEC isn't the most inspiring
- I loved the atmosphere and all three platforms running together.

Competition venue comments

Athletes:

- Lack of showers is an issue for me personally. It was nice to be back where the commonwealth games were held, but it was insanely loud. I'm in favour of the atmosphere generated from being around other fitness events, but sound levels absolutely need to be taken into consideration. I only survived the weekend because I had earplugs in the entire time.
- I personally enjoy the Birmingham venue and combining with out sports. Venue is easy to access. Nice and big. I love that it was part of the CrossFit competition and the different vendors available. Only real criticisms I can give is that it was way too loud in the venue. It was very difficult to fully focus on your attention on a single platform because the music from the other platforms / crossfit area were competing against it constantly. Perhaps there should be a loudness cap on each platform / area? Easy to do this with a sound level meter (you can install in on smartphones if a professional grade one isn't available). As it felt like each area/platform was competing with each other to be heard, and many spectators seemed quite affected by how loud it was. I wore my airpods for noise cancelling where possible throughout the weekend.

Weigh-in

Professional

Waiting

Unclear on weigh-in order

Late

Nice staff

Well organised

Just like an international competition

Weigh in comments

Athletes:

- Terrible experience. para lifters weighed in the day before but had to go to the weigh in room for kit check. We waited 45 mins and no one showed up! turns out para lifters have kit check done at the warm up area
- It was a little tricky to find a wheelchair scales and I could only use it once a week (if booked in) for virtual weigh in
- On time and professional just like at an international competition
- Ran on time, staff were really nice
- random allocation of who goes in first, rather than as per start list.
- Weigh-in started late for M60/M65
- On time and very professional.
- Weigh in ran late, which then meant some athletes didn't get the full 2h between weigh in and competing to refuel.
- Great weigh in
- Good as always
- Well organised
- It was my first ever competition so a little "what to expect guide" would have made it a little less nerve wracking. Just info about wearing your singlet, guidance on starting lifts (my coach wasn't with me) etc. The lady doing weigh-in was very helpful and talked me through it though so in the day I had absolutely no issues
- There were a lot of people waiting at the same time but the TOs were efficient once I was in there and treated us kindly
- All good - well organised and good work from the TO's. It would be better in mixed groups not to have to wait for all lighter athletes to weigh in first. Didn't weigh in until ~20 minutes into the hour.
- It was fine. I wasn't 100% sure how the weigh in order was determined - usually we just line up on a first come first serve, but there seemed to be a certain order to it here?
- Get rid of mixed category groups, having to wait for a whole lighter weight class to weigh in and then us - means we actually lose half an hour minimum.
- All run very smoothly

Back Room

Bigger screens

Oily barbells

A lot going on

Excellent
space

Too
loud

Plenty of space

Good layout

Back room comments

Athletes:

- Great warm up set up as always
- Excellent warm up space, very happy BUT it was too loud!!! I cannot stress enough how disappointing the noise levels were. I had a speaker pointing at my platform in the warm up room but we were told off when we turned the speaker around. Such a dumb set up when we train in quieter venues. Going to a competition is meant to be better than training! But this was worse
- Again. Best back room setup in terms of kit platforms and space we've had since I've been doing nationals.
- On the red platform there were only 6 platforms and no athlete wanted to share with me. I had to do my warm-up on a master platform.
- Good layout in the back, lots of high quality platforms, plates and bars. No complaints really
- Shouldn't have to share platforms at a British Seniors A group
- Unfortunately, I had the platform beside the speaker in the blue platform. Very loud and uncomfortable. Difficult to communicate with your coach.
- The platform right next to the entrance to the red arena had a very strong blinding light pointed from above. Cant comment on other platforms.
- Again the hard work that goes on to prepare the back room is really appreciated.
- I would put strongly but the noise meant we couldn't hear any of the calls. It required 2 coaches - 1 at the marshals table just watching the board and the other to coach.
- It was a bit cramped on the blue platform and with the groups being big I couldn't not be in anyone's way. I also couldn't hear the athlete called or see the board from really far away and crowded by coaches and lifters so I could not adequately coach. Also since it was so loud I couldn't effectively communicate with my team.
- Both this year and the previous year, the bars are very oily for the first few groups so it would be useful if you could clean them before they are used
- Why on earth was the knurling on the bars GREASED?!?! Flat out dangerous to use without wiping them down and generously applying chalk.
- Would have been better if another tv screen or a bigger screen with the lifters weights / lifters on platform
- A lot going on again as the 3 platforms were merged in back room
- It's always a really good set-up
- Warm up and platform was well organised. May be worth labelling the warm up platform ex green platform as the men were trying to get onto our platforms while we were still lifting.
- More/bigger screens to track the competition there was lots of people crowded around a very small screen making it difficult to see when I was next lifting

Back room comments

Athletes:

- Really good- all the equipment easily available and plenty of space.
- Loads of space and equipment, best ever :)
- Loved it. Plenty of space. Perfect. Thank you.
- Good set-up.
- Could do with more platforms

Event timings

Slow loaders

Well run event

Organised

Great
timings

Very slick

Athlete introductions

Screens crashed

Event timings comments

Athletes:

- Would be good to clarify the introduction time was the start time highlighted on the timetable
- We were late on but that was ok. Just would have been nice for a heads up :)
- was told by the desk to go straight in (pre paid ticket). got to entrance and told go back to desk to get a band. was given wrong direction when entering to find the BWL desk and they sent us to weigh in for kit check and for para lifters this is done at the warm up! really bad organisation when you have someone who has cerebral palsy walking back and forth
- Great timing and the groups I was involved in ran really well
- Loaders were quite slow compared to the usual speed of the armed forces we've been spoiled with in previous years but other than that it ran well.
- Warm ups disrupted by calling us for presentation early.
- Excellent organisation.
- Only 5 mins between snatch & c&j, wasn't long enough for those coming from snatch straight into c&j
- My group was sent out for presentation early (7 mins) - I know it's not a lot but it does mess with one's warm up and put me on the back foot a bit.
- Organised and well run

Others:

- The whole weekend ran smoothly from what I saw
- Very slick and really enjoyed it
- Timings were much better than last year and everything seemed to run pretty much bang on schedule
- Mixed groups i.e 69kg with 77kg has a big negative effect on spectators, Coaches and Lifters. It is harder to tell who is winning for the spectators. For lifters and Coaches. A lifter who isn't in the same group can effect the outcome of the comp for another lifter.
- Running was good. Kudos to those that actually do all the work. Eddie, Tara, Maggie, Claire and Ash.
- Have some extra plasters in the first aid kit - particularly non slip ones that don't slip off sweaty loaders hands !
- Well run event, except the screens showing all the lifts and attempts crashed a few times

Competition atmosphere

Fun & Exciting

Too loud

Good
Crowd

Quiet on
Friday

Crowd too spread out

Amazing
atmosphere

Distracting

Competition atmosphere comments

Athletes:

- Disagree -Due to having set groups on the Friday . It makes it very hard for people to spectate/ compete so the atmosphere lacked energy, compared to the Saturday and Sunday
- Friday was very quiet and lacked atmosphere
- It was very loud which was distracting at times
- dont keep putting the paralifters last becuae people dont stay to watch them
- I'm very happy with the atmosphere, but the music is very loud. I understand that it's because of other sports, but a Paralympic powerlifting and weightlifting competition could be organized together, and it would be more exciting.
- I wouldn't say you could really feel there was an atmosphere at all
- Yes it was loud but that's not a weightlifting atmosphere.
- Overhearing a CrossFit announcer on the mic commentating on event doesn't really feel like I'm at an important weightlifting event were the pressure is on me. Crowd atmosphere and overall feeling, ie lighting and occasion has fully been lost. In comparison to Derby or Manchester, those venues really allowed you to feel the pressure of a major competition, under the stage lights, surrounded by the crowd, all this dramatic backdrop adds to the intensity and feelings at a British seniors and I'd what separates it from other national or age group competitions. I feel like a national weightlifting competition needs either a stage or tiered seating, one of the above to create a more intimate and intense feeling on the platform.

Others:

- Maybe announcements of platforms beginning could be clearer? Masters crowd was a little lacklustre (understand this may be unpreventable)
- I liked that all 3 platforms were next to each other in a way that you could see them all, last year they were more spaced out so you had to choose. But. It was a little too loud with they SiD djs and 3 platforms commentators with music
- Way too loud to allow there to be any sort of atmosphere. All 3 platforms simultaneously playing different music at obscene volumes, meant you couldn't hear the lifters or the crowd
- Again too loud, atmosphere was great but made communication hard
- It was good, and again the setup meant that more people could watch everything. I missed having walkout music for each lifter. Also the noise took away from the atmosphere
- Lack of tiered seating/people coming and going negatively effected the atmosphere.
- Very loud which meant a lot of athletes left the arena rather than spectated before their own group.
- Was epic. Anyone complaining about the noise needs to get over themselves it's a national championships learn to lift in all environments
- Hard to have an atmosphere when it's drowned out by the CrossFit stuff going on

Competition atmosphere comments

Athletes:

- Too casual
- Besides it being too loud I think everything was really good
- Crowd way too spread out with 3 platforms
- Great atmosphere.
- Again the general intensity of the noise detracted from the individual stage audience
- Great atmosphere. Lovely to see people in the crowd. Great set up of the crowd. Overall fantastic.
- Atmosphere was amazing. Staff and competitors made it a great environment
- Good crowds and support
- It was an amazing experience. The people are absolute class.
- Very loud/distracting being combined with SiD
- It's so loud, you can hardly hear announcements, down signals etc. It feels like a sideshow to the CrossFit event rather than the pinnacle of domestic weightlifting.
- It was a bit too loud at the venue and I couldn't hear words of encouragement or support while competing
- Far too busy an atmosphere for snatch I would have said but a nice vibe in the back room
- It's too loud, you can't hear the announcements, you can't hear the down signals.

- I lifted on the Friday, the atmosphere was good but not as energetic as the weekend! That can't really be helped though. Adding to my comment earlier about the loud music, I think if each platform/area had a cap on how loud they could be, that would massively help!
- The commentator wasn't very good
- Really fun and exciting to lift and to spectate . A great day .

Q Points

More
competitive
Difficult for coaches
Gave it the
competitive
edge

Confusing
Unfair
Make it
clearer
Hard to understand

Favours older
lifters

Q-Points comments

Athletes:

- No one understands them outside of weightlifting, it made it confusing for any spectators watching who did not have a great understanding of the masters rules. Most of the senior lifters also don't understand them. Use it for qualification but not for the actual competition format. Like the Olympics wasn't judged off the robi points...
- I understand why it was done to make the group fill out more and be more fair, but I think ultimately for the men's 110-110+ as there's not many athletes out there in the masters, I think the M35-45 should be one big group and then everyone competes so they aren't just constantly following themselves and then medals given for the weight classes.
- My only concern is that for people with a history of eating disorders the temptation to cut more than necessary to obtain higher q points is quite dangerous
- I liked that there was more competition but personally feel like grouping athletes by age and using Sinclair points for medals would be more appropriate.
- So many masters lifters were left out with the Q-points system. I remember the masters being sold out instantly last year. Bring back the old qualifying system.
- The q points system is extremely unfair to younger masters. Its demotivating knowing the only way I can medal is aging 10 years regardless of whether I beat others totals. If the q points system is in place next year I will not attend.
- Terrible...my Dad who was watching online couldn't understand why someone who lifted 40 snatch 50 clean and jerk won...compared to someone lifting 60 snatch 80 clean and jerk. It makes no sense and I don't find it fair. Let's do Q points with same age? Otherwise this is a competition that favours you being older.
- It was difficult to work out what you needed to lift to get good ranking points, esp as the younger guys hadn't even started as the older guys finished. Also a lot of 2min gaps with people following themselves, which didn't happen so much when athletes were grouped by age
- It's a confusing one to work out on the fly when you're trying to workout what you need to win and it made some weight classes feel less competitive when you were watching them.
- I'm mixed. Yes, made it more competitive, which was great. I don't think the weight categories change helped either. I'm a super, and now I have to lose weight to compete with a lifter who is 50 kilos lighter than me, which has a big impact on Q points. Sinclair used to cap weight calc at 100kg at what point do Q points take into account the disadvantage extra weight adds, it doesn't
- While watching the Masters on the livestream, the ranking was displayed incorrectly on the leaderboard, showing people in medalling positions who hadn't actually medalled due to the age-difference.

Q-Points comments

Athletes:

- It's an awful system & it doesn't work. I don't know what the answer is , but that certainly isn't it. For a lifter who had the heaviest snatch, c+j & total but to still finish 3rd just personally is a kick in the teeth.
- My group mens 94's was very competitive but i guess my only worry was that Bryn (67) was finished before Richy (37), which meant Richy knew how to play his 3 C&J's to win and Bryn had no part to play in pushing him. I wonder if it were just the two of them in a 'you go, I go' round robin style if the outcome would have been different as Bryn might have pushed him more on the 2nd or 3rd C&J. So, possibly a round robin format, but that requires smaller groups as you wouldn't want 10-15 min waits between lifts. Its a hard one to fix, but if i had a choice of this new format or going back to the old one, the new system wins hands down.
- All masters championships I have competed in (including international) have been based on age groups (including BWL prior to this competition, I always understood that formulas such as QP (which are not scientifically proven) were introduced as a guide. I was very close to the bronze medal and if I'd been able to calculate the QP of my opponent I would have made different weight selections. That said once again I had a great experience at the NEC. Thank you for allowing me to give this feedback.
- I don't believe its s fair system -62 year old against 35 year olds.
- Liked this a lot. Gave the competitive edge in masters that is not there with the first come first serve registration. A permanent Q point masters ranking on the website will be handy so that you can be aware of your ranking and signing up for comps and the likelihood of being invited. As masters, juggling life, work, family and competitions are hard and you only had so many weekends spare to allocate to weekends away.
- I like that the division is more competitive with q points
- I don't love the Q-Points, but given the constraints I don't think that are better options. I prefer that all competitions are based in Q-Points and Masters can compete at the same time as Seniors, instead of doing something else to be able to accommodate the Masters.
- I really like the Q-points ranking and it feels better than it has previously with multiple weight categories and ages all at the same time. HOWEVER there are a few issues i have: The first ranking numbers were still done on overall total which was super confusing for anyone watching not aware of the Q-point system. The ages of athletes are not shown in the backroom so it becomes very hard to calculate what is needed for a lifter to beat another lifter - which i believe is super important for tactics/strategy etc
- The master community asked for a more competitive approach and this was brought forward. Is it the best way? I don't know, feel it put people off from competing.

Q-Points comments

Athletes:

- I'm very pro not having a million different categories in masters and making it competitive however the younger end of the scale seemed to be at a huge disadvantage now. For example my total of 162kg put me in 4th place; the winner got a 150kg total. When I've used the online calculator I would have had to achieve 195kg total to beat her- if I could do that I would have qualified and therefore competed as a senior! As a physio I can understand the need for an age regression calculator however you are not taking into account a far more important variable of training age - someone 16y older than me may quite logically have a 16y longer training age making her FAR more neurologically and muscularly adapted for the sport therefore much better. The general population have a significant decline in performance from 40yo but that's very linked to their lifestyle choices. Someone who continues to train will be highly unlikely to see such a steep drop in performance just because of age. The ambiguity of the Q score also means that on the live board there is no way of predicting what total you would need to win therefore limits your strategy for opening and competitive totals. You're also not taking into account an age adjustment in seniors which definitely has an influence - an 18yo lifter will recover far better and be able to train far more often and consistently than a 30yo who may have had a kid, has a full time job and a mortgage to pay. It seems to make far more sense to split the older half of the masters from the younger half depending on participation numbers to keep it competitive or just have body weight and if you qualify then you can compete.
- Very difficult to really understand. I think age groups should be included rather than just weight categories. Too broad of a field
- The Q points system is too heavily weighted on age. In the rankings in -86, 2 women had the same total, were 0.3kg different in body weight but one woman was 1 year older than the other. She had an immediate 3.5 Q points advantage. Those women are essentially the same age. A points system having lifters compete in age groups rather than weight would be more appropriate. Lifters who are 35 are in a very different stage of life to those who are, for example 50+ and have different challenges in training. It is very disheartening to know that in entering this competition, even if I lifted a lifetime best, I couldn't do any better than 5th.
- It seems to favour older athletes, I lifted a lot more but Q points put me way behind
- I really support the new system of Q-points. I had tried to enter on the fastest finger first method last year and missed out. I got my place in the last minute fillers and had a great experience. It would be great if you could Q-points for each age and weight group like Worlds and Euros but I can appreciate that might be impossible
- I don't really understand it to calculate during a competition to be competitive

Q-Points comments

Athletes:

- I think it really works to have all ages competing together. It felt competitive. The only thing is it's not immediately obvious what weight you need to lift to gain a higher score than opponents, but I think coaches will get used to this.
- This is a great addition, making it much more competitive - awesome work. Just need to make it clearer during the competition who is winning and what is needed to take the lead etc. TO the Bar app calculating points was helpful.

Additional comments

Raise the
platform/seating

Media packages

Inconsistent judging

Livestream

Great

Thanks!

Mixed weight
class groups

staff

Additional comments

Athletes:

- Yes as an athlete I would like the option to pay more to be able to share the livestream to my friends and family. It is embarrassing to ask them to pay to watch me, I'm more than happy to take on the cost myself.
- As I lifted in the B group on Saturday, I was unable to be at the venue to collect the medal on the Sunday which was dissapointing considering the effort and cost required to earn the medal and travel to the event. I then had to contact BWL competitions via email myself in order to organise delivery of the medal.
- The only thing that marred it for me was the noise levels. It meant very hard to even have a conversation with anyone, let alone my coach while competing.
- I really appreciate the prizes and sponsorship.
- No it was a great event and day for all athletes.
- judging was inconsistent. first come first served system wasn't fair either
- Discuss WLM photographers getting in the way so much, also, please inform them that it isn't a British Open. The best thing about this British was having other media people present, I.e Nick, Aaron and Jess. WLM's pricing is also extortionate.
- Thank you for all the hard work, an amazing experience
- Consistency of officiating across the weekend is inconsistent, especially with respect to the press-out rule. You see lifts that would get no lifts getting 3 whites, and then strange calls made where perfectly good lifts are disallowed. If this is to be the case, a proper jury with access to video feedback and the opportunity to challenge calls is a must-have.

Others:

- BWL staff were great, in particular Tara and Maggie. Helpful and informative
- Some really good improvements over last year but also some of the same issues
- Running along side SiD is a great showcase for the sport but looses the atmosphere of a true championships. Also the mixed groups. 69kg with 77kg etc really reduces the spectator experience.
- As a viewer trying to watch from home I was disappointed in the options and cost for trying to watch online.
- This is an athlete feedback for but you've asked for TO and spectator or coach feedback. Your linktree link doesn't work. It's all very hit and miss. You seem to be scatter gun effect trying things out and never committing to anything or taking the feedback onboard anyway as something else will change tomorrow.
- The sound system on each platform was too loud and I feel distracted the athletes as well as spectators
- I don't think the masters scoring system was very fair, it heavily favoured the older lifters
- The process of selection (first come first serve) for remaining tickets to compete was unfair and should be down ranking but overall good to watch the competition

Additional comments

Athletes:

- Would be good if live stream for your session is included in athlete entry fee
- Only that it was my first Championship and despite the hustle and bustle, things were run exceptionally well. It was an amazing event.
- I loved every minute of it and would thoroughly recommend other masters to compete
- I think it was a shame that in some categories they were not full (both seniors and masters) and instead of invites going to next on the list these spots were not filled. I know it takes a lot of manpower but am sure there are IT people who can create an automated approach to this.
- This event is always great and with the changes to the backroom element of the Q-point system it would be even better
- I did not perform as I wanted, but that's not on you :) I will try to improve my game to be able to keep attending these events and become better at it.
- Thanks for putting on such a great event!
- I like the event/venue but the volume genuinely isn't safe. We need to be allowed to wear hearing protection because volume exceeds what any safe workplace/event space would consider tolerable
- It was a good comp for me, but it's not an enjoyable comp environment to lift in
- Apart from the noise, it was amazing. A new way for masters to compete and I loved it. Long may it continue.

Others:

- The weight classes being mixed up doesn't make sense. All the weights should be in the same group and then podiums should be just one person not a person from each weight group. It takes the moment away from that singular person.
- Would have been nice to have either a complementary pass to BWL.tv to watch some sessions I missed as a loader, and/or some souvenir photos of us loading on stage as a lot of the social media posts quite rightly are focussed on the lifter. 🙄 If you want more loaders/TOs etc suggest you up the entry price - a regional HYROX event is £100 but it's half that for BWL nats. Charge say £75, but put an option for £50 if you do one TO session earlier or later in the comp.
- PLEASE raise either the seating or the platforms for future events. It can be difficult to see if seated and it's uncomfortable to stand all day long. Make it a spectacle by raising the athletes!
- Heard a lot of complaints about the noise. These people need to get a grip and stop expecting absolute silence when they lift. The national champs being held at fitness events like this one can only grow the sport more. If lifters can't handle it IMO they should stick to their garage gyms to lift
- I only spectated but my partner competed and said it was an awful experience. The BWL staff are great and the comp was run well but the venue ruined her experience

Additional comments

Athletes:

- The Media Packages for the day were absolutely extortionate. Since it was my first British, I wanted a package with photos and my lifts and the package was around £115 + was not clearly stated what you would receive (I thought my package would include all 6 lifts for that price but it was just my heaviest). I believe BWL should start paying for their media again so that the full cost isn't put on the athletes to pay back the media company's day rate.
- Thank you for putting on the masters events gives us something to keep training for!
- Thanks for the organization and for your work, but it would be even more impressive if you could include the British Champions on the medals like in previous years, not like this year's, when it said "English weightlifter."
- I don't think the content offering of three white lights compares to that of previous years, with exception of the warmup room. Excellent run competition and everyone gives 100% to making it a great event. I'd like to suggest something outside of the event I had the absolute pleasure and sitting with Geoff Laws on the Friday and hearing all his stories and experiences. However I spoke to him for over an hour and had no idea I was sat with a weightlifting legend. It would be great to highlight some of our legends on social media for sharing especially as the community grows.
- Thanks for putting on a great event
- It's gotten a bit better every event you've ran at the NEC. I think it's a setup worth sticking with, it helps make the sport look more exciting so people want to go to a nationals.
- Purely because of the noise levels, I won't be competing at that venue again therefore I score a one star.
- The application of the press-out rule was inconsistent during the competition. Shoulder movement was incorrectly interpreted as a press-out on multiple occasions. When I approached the referees for clarification in order to adjust for subsequent attempts, I received no explanation and was disregarded entirely. In over ten years of competing, this is the first time I've experienced such a lack of communication. It's important that referees clearly understand the distinction between an elbow press-out and shoulder movement to ensure fair and accurate judging.
- The service provided by white lights media was incredible! Well worth the money and very impressive.
- Please stop combining a/b groups it ruins opportunities for those in the middle of the pack and some people even won medals from the b group. They were not split well this year and the a groups are too competitive across 2 classes making it harder for the athletes to compete with very long gaps in between attempts and for the audience to understand who is winning.
- Unsure if it's pending but the free photos which were available are missed on previous comps