

England Championships

NEC, Birmingham, 6-7 December 2025

Final Schedule

Athlete introductions will take place 10 minutes before the allocated start time.

Saturday 6 December

Red Platform				
Session	Weigh In	Start	Category	Session Total
1	07:20	09:20	Women's 48kg A Group	5
2	08:35	10:35	Men's 60/65kg A Group	7
3	10:05	12:05	Women's 53/58kg A Group	12
4	12:25	14:25	Men's 71/79kg A Group	12
5	14:55	16:55	Women's 63/69kg A Group	14

Sunday 7 December

Red Platform				
Session	Weigh In	Start	Category	Session Total
6	07:00	09:00	Men's 88/94kg A Group	14
7	09:40	11:40	Women's 77kg A Group	7
8	11:10	13:10	Men's 110/110+kg A Group	12
9	13:30	15:30	Women's 86/86+kg A Group	10

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Blue Platform				
Session	Weigh In	Start	Category	Session Total
1	07:10	09:10	Women's 53/58kg B Group	11
2	09:15	11:15	Men's 71/79kg B Group	10
3	11:10	13:10	Women's 63/69kg B Group	13
4	13:35	15:35	Men's 88/94kg B Group	14
5	16:10	18:10	Women's 77kg B Group	7

Sunday 7 December

Blue Platform				
Session	Weigh In/Kit Check	Start	Category	Session Total
6	07:20	09:20	Men's 110kg B Group	9
7	09:05	11:05	Women's 86/86+kg B Group	8
8	12:30	13:30	Men's Para Powerlifting All categories	9
9	14:15	15:15	Women's Para Powerlifting All categories	10

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Green Platform				
Session	Weigh In	Start	Category	Session Total
1	07:00	09:00	Masters Men's 70-74, 65-69, 60-64, 55-59 All weight categories	13
2	09:25	11:25	Masters Men's 50-54, 45-49 All weight categories	14
3	12:00	14:00	Masters Men's 40-44 All weight categories 35-39 110kg	10
4	13:55	15:55	Masters Men's 35-39 65kg, 71kg, 79kg, 88kg, 94kg	13
5	16:20	18:20	Masters Women's 60-64, 55-59 All weight categories	8

Sunday 7 December

Green Platform				
Session	Weigh In	Start	Category	Session Total
6	07:10	09:10	Masters Women's 50-54, 45-49 All weight categories	11
7	09:15	11:15	Masters Women's 40-44 All weight categories	12
8	11:30	13:30	Masters Women's 35-39 69kg, 77kg, 86kg, 86kg+	8
9	13:05	15:05	Masters Women's 35-39 53-63kg	11