



2026 British Age Group Championships

Royds Hall Academy

Luck Lane, Huddersfield, HD3 4HA

3 – 4 October 2026 · Qualification System

British Age Group Championships · Updated Entry Process

To address ongoing challenges associated with the 'first come, first served' entry system, BWL will continue trial a refreshed entry approach for the 2026 British Age Group Championships (U15, U17, U20 and U23).

The approach was first introduced at the 2026 England Age Group Championships, where overall feedback was positive. The revised process was broadly viewed as a fairer way to prioritise leading athletes whilst still retaining an open entry opportunity for the wider competition pathway.

Whilst the updated system may not eliminate all entry-related challenges, it will help ensure that Britain's leading young athletes are protected through an initial performance-based invitation process.

Round 1 – Performance-Based Invitations

Entry will initially be ringfenced for athletes who have achieved at least 90% of the relevant British Age Group Standard or British Age Group Record. Eligible athletes will receive priority invitations during the first phase of entries. (U15, U17, U20, U23 only)

Round 2 – Open Entry Phase

Following the invitation phase, any remaining quota places will open on a first come, first served basis.

All athletes must still achieve the published minimum entry standard to be eligible for consideration.

The entry structure for the British U10 and U12 Championships remains unchanged.

New Bodyweight Categories

Recognising the transition period between the current and newly introduced IWF bodyweight categories, BWL will implement a once-off transitional ranking procedure for the 2026 Championships to ensure a safe, fair and consistent approach to qualification and athlete ranking.

The new IWF bodyweight categories will come into effect from 1 August 2026, creating an overlap period between qualification results achieved under both the outgoing and incoming categories.

1. Programme

Date	Age Group
Saturday 3 October 2026	U20 & U23
	U12
Sunday 4 October 2026	U15 & U17
	U10

2. Athlete Eligibility

All age groups are calculated based on the athlete's age from the year of their birth. An athlete shall be entitled to only compete in one age group.

All athletes must be current members of British Weight Lifting and must be domiciled in the United Kingdom as per the BWL Technical Competition Rules and Regulations (TCRR).

3. Qualification Period

1 January 2026	Start of Qualification
9 August 2026	End of Qualification

4. Transition from old to new bodyweight categories

The new IWF bodyweight categories will come into effect from 1 August 2026, creating an overlap period between qualification results achieved under both the outgoing and incoming categories.

Recognising the transition period between the 'old' and 'new' bodyweight categories, BWL will apply the following once-off procedure to ensure a safe, fair and consistent ranking is produced.

- 1 January 2026 to 31 July 2026

Results attained in the 'old' bodyweight categories (including exact bodyweight) will be sorted into the 'new' bodyweight categories.

- 1 August 2026 to 9 August 2026

Results attained from 1 August 2026 will automatically be sorted into the 'new' bodyweight categories.

5. Athlete Quota · British Age Group Championships (U20, U23)

BRITISH AGE GROUP CHAMPIONSHIPS (U20, U23)

Age Group	Athletes	
	Male	Female
U20 & U23	50	50

6. British Age Group 90% of Standards / Records · Total only (U20 & U23)

Category (Men)	Standards		Category (Women)	Standards	
	U20	U23		U20	U23
60kg	214	219	49kg	140	144
65kg	240	242	53kg	158	162
70kg	266	266	57kg	176	176
75kg	263	272	61kg	171	172
85kg	278	286	69kg	194	194
95kg	289	303	77kg	201	212
110kg	293	302	86kg	202	202
+110kg	297	318	+86kg	201	212

7. British Age Group Championships · Minimum Qualification Standards (U20 & U23)

Category (Men)	Minimum Qualification Standards		Category (Women)	Minimum Qualification Standards	
	U20	U23		U20	U23
60kg	153	170	49kg	96	106
65kg	167	184	53kg	102	113
70kg	191	211	57kg	108	119
75kg	203	223	61kg	111	122
85kg	216	237	69kg	122	134
95kg	226	250	77kg	129	142
110kg	238	262	86kg	134	147
+110kg	243	267	+86kg	140	154

8. Competition Entry Process

Athletes who have met or have exceeded the 90% of British Age Group (U20 / U23) Total Standard / Record as outlined above within the qualification period will receive a direct invitation.

Note: BWL reserves to the right to allocate athlete slots should it be deemed in the best competition interest of the performance programme.

BRITISH AGE GROUP CHAMPIONSHIPS (U15, U17)

9. Athlete Quota · British Age Group Championships (U15, U17)

Age Group	Athletes	
	Male	Female
U15 & U17	50	50

British Age Group 90% of Standards / Records · Total only (U15 & U17)

British Age Group Total Standards (U15 & U17)							
Men	U15	Men	U17	Women	U15	Women	U17
51kg	137	55kg	174	41kg	94	45kg	114
55kg	153	60kg	198	45kg	109	49kg	129
60kg	168	65kg	240	49kg	116	53kg	152
65kg	180	70kg	229	53kg	123	57kg	166
70kg	190	75kg	231	57kg	130	61kg	157
75kg	197	85kg	243	61kg	135	69kg	172
85kg	206	95kg	260	69kg	146	77kg	175
+85kg	213	+95kg	270	69kg	152	+77kg	177

British Age Group Championships · Minimum Qualification Standards (U15 & U17)

Minimum Qualification Standards · U15 & U17							
Men	U15	Men	U17	Women	U15	Women	U17
51kg	100	55kg	118	41kg	69	45kg	79
55kg	108	60kg	127	45kg	73	49kg	85
60kg	118	65kg	132	49kg	78	53kg	91
65kg	121	70kg	136	53kg	84	57kg	96
70kg	125	75kg	141	57kg	88	61kg	99
75kg	130	85kg	149	61kg	91	69kg	109
85kg	137	95kg	163	69kg	101	77kg	117
+85kg	141	+95kg	172	+69kg	108	+77kg	123

10. Competition Entry Process

Athletes who have met or have exceeded the 90% of British Age Group (U20 / U23) Total Standard / Record as outlined above within the qualification period will receive a direct invitation.

Note: BWL reserves to the right to allocate athlete slots should it be deemed in the best competition interest of the performance programme.

BRITISH AGE GROUP CHAMPIONSHIPS (U10, U12)

11. Athlete Quota · British Age Group Championships (U10, U12)

Age Group	Athletes	
	Male	Female
U10 & U12	50	50

12. Athlete Eligibility

To be eligible to compete at the British U10 & U12 Championships, an athlete must have competed officially at least one BWL sanctioned competition during the qualifying period. There is no minimum standard.

U12 Category (Boys)	U12 Category (Girls)
46kg	36kg

51kg	41kg
55kg	45kg
60kg	49kg
65kg	53kg
70kg	57kg
75kg	61kg
+75kg	+61kg

U10 Category (Boys)	U10 Category (Girls)
42kg	32kg
46kg	36kg
51kg	41kg
55kg	45kg
60kg	49kg
65kg	53kg
70kg	57kg
+70kg	+57kg

13. Timeline · Sport 80 Entry Portal

14 – 18 August 2026	Athletes who have met or have exceeded 90% of the British Age Group (U15, U17, U20, U23) Total Record / Standard within the qualification period will receive an automatic direct invitation.
21 – 30 August 2026	Subject to the minimum standard, any remaining quota places – including unused direct invitations – shall be reallocated to the general pool. Opening of the Sport 80 entry portal at 0900hrs on 21 August 2026. Closure of the Sport 80 entry portal at 1700hrs on 30 August 2026.

14. Competition Schedule

The draft competition schedule will be released no later than 4 September 2026. The final competition schedule and start list will be published by **18 September 2026**.

15. Other information

Athletes may move down a bodyweight category providing they inform BWL no later than fourteen (14) days prior to the start of the event. This is entirely at the discretion of BWL.

Athletes aged seventeen (17) or under may move one bodyweight category higher without achieving the NQT for the higher category. This is entirely at the discretion of BWL. This rule only applies in age group competitions at Youth (U17) and below.

No changes will be made to the competition entry after final verification fourteen (14) days prior to the start of the event, excepting for U17 athletes who may move one bodyweight category higher at the time of weigh-in.

Photo ID must be presented at the point of registration at the front desk and weigh-in regardless of the lifter having a ‘lifter’ stamp. The ‘20kg’ rule will be applied (not applicable for the British U10 & U12 Championships).