



British Championships



Event information Pack

Overview

British Weight Lifting (BWL) is pleased to present the British Championships 2026, taking place at Telford International Centre. This pack contains everything you need to prepare for the event, including venue details, travel information and key details.

Venue Information

Telford International Centre - Hall 1

International Way, Telford, Shropshire, TF3 4JH

[Visit the venue website](#)

Getting There

By Road

Over 1,500 on-site parking spaces are available, all within easy walking distance of the venue entrance.

Gate A (Main Entrance) — Sat Nav postcode: TF3 4JH

What Three Words: ///gentle.motivates.party

On-site parking is available for a fee of £11 per day. Additionally, several local car parks offer chargeable short-stay options.

By Rail

Telford Central Station is just over a mile from the venue — approximately a 15-minute walk or a 2-minute taxi ride. Direct train services run from Birmingham New Street, Wolverhampton, and Shrewsbury.

By Air

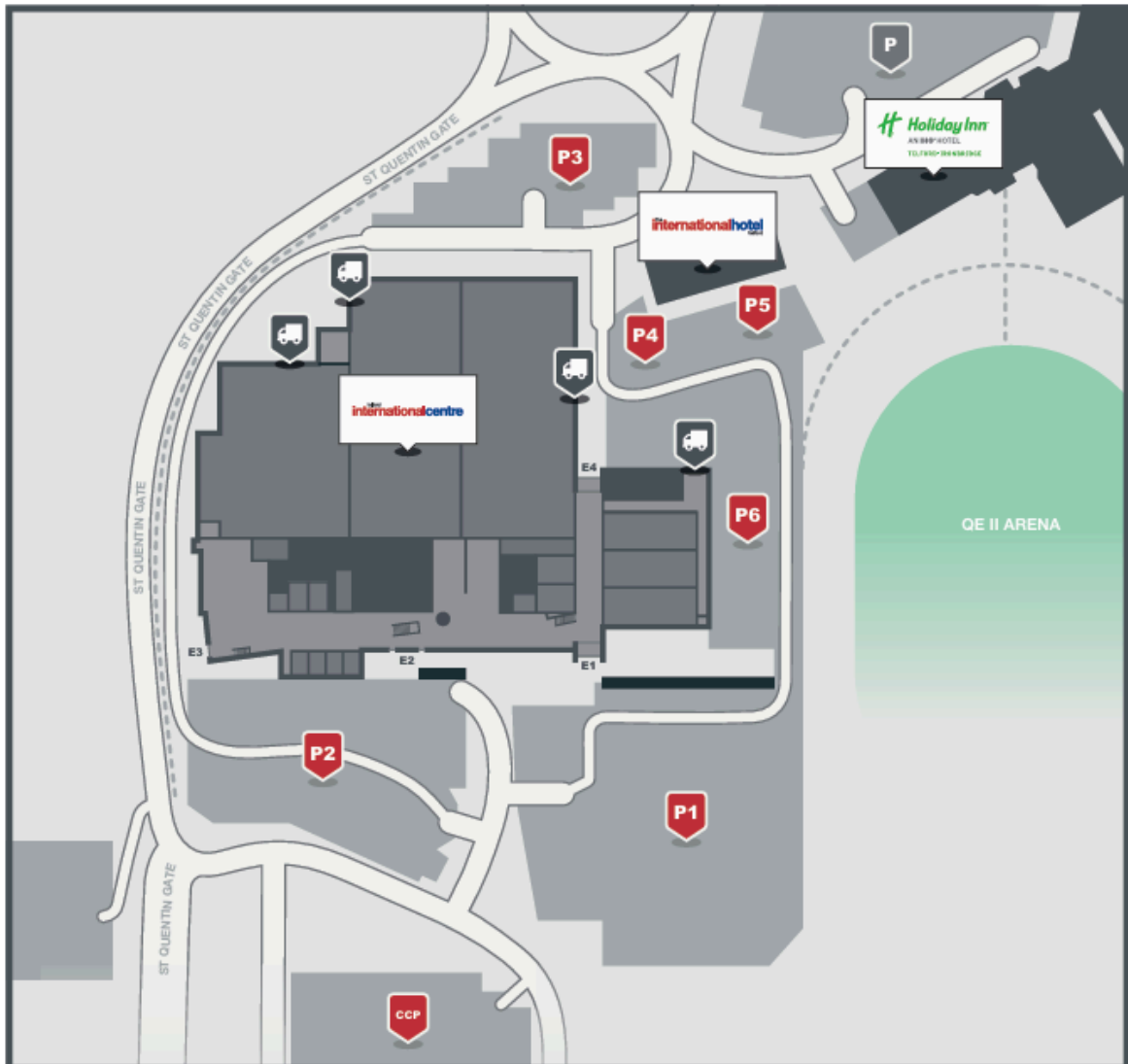
Birmingham International Airport is less than an hour's drive away. There is a direct train from International Airport to Telford Central that departs every 30 minutes throughout the day.

Accessibility

Accessible parking is available in Car Park 1 with a further allocation of accessible parking in Car Park 4 at the rear of the building.

Access to the Main Entrance (E1 from the car park is via a ramp down from the car parking areas. There are automatic doors for wheelchair access into the main concourse areas of the venue.

Accessible toilets are available throughout the venue.



Car Park	Spaces	Disabled Parking
Car Park 1	420	7 spaces
Car Park 2	250	-
Car Park 3	120	-
Car Park 4	50	6 spaces
Car Park 5	60	-
Car Park 6	100	-
Centre Car Park (Multi-Storey)	300	9 spaces

Hotels

There are a number of hotels located within a 5-10 minute walk to the venue -

Hotel Inn Telford - [Home | Holiday Inn Telford-Ironbridge](#)

The International Hotel - [Home | The International Hotel Telford](#)

Travelodge Southwater - [Travelodge Telford Hotel - Book Now](#)

Premier Inn Telford International - [Telford Hotel | Telford International Centre | Premier Inn](#)

Ramada Telford-Ironbridge (20 minute walk) - [Home - Ramada Telford Ironbridge](#)

Weigh-Ins and Kit Checks

Weigh ins for Senior and Masters lifters will take place in the Newport Suite located to the left of the registration desk.

Each session will be assigned a specific set of scales. Please check the display screen outside the Newport Suite to confirm which scales to use for your session before entering.

Para Powerlifting Kit Checks will take place an hour before each session and will be conducted within warm up.

Competition Schedule and Start List

The final competition schedule and start list is available: [BWL | British Championships - British Weight Lifting](#)

Please be aware that the timings may still change on the day of the event. Any adjustments will be communicated to the coaches and lifters involved.

Accreditation

Athletes can check in and collect their accreditation at the BWL registration desk situated in the main atrium.

Please be aware that we will print athlete names on each accreditation. If you need to make any changes to the details we currently hold, please contact us at competitions@britishweightlifting.org.

If you plan to attend the event on a non-lifting day, please remember to collect your accreditation to gain access to the hall or if attending the next day keep a hold of your pass.

Coaches

Only coaches holding a valid BWL or IWF coaching licence will be permitted in the warm-up area. A maximum of two coaches per lifter is permitted.

To hold a valid BWL coaching licence, coaches must have:

- A valid BWL membership (excluding supporter status)
- A BWL coaching licence, requiring a Level 2 BWL coaching qualification

- A valid, face-to-face safeguarding qualification
- An enhanced DBS check registered on the Government Update Service (if transferring an existing check)

Coaches may collect their accreditation from the BWL registration desk. To make any amendments to your registered coaches, please contact us in writing at: competitions@britishweightlifting.org

Medal Ceremonies and Awards

A medal ceremony will take place immediately following each session. Medals will be presented to the top three ranked lifters in each bodyweight category. For Masters sessions, medals will be awarded by age group and weight class.

BWL Adopts GAMX Points System for Best Lifter Awards

British Weight Lifting will adopt the GAMX Points system, recently introduced by the [International Weightlifting Federation](#), as part of its domestic competition framework.

GAMX Points will be used to determine the Best Lifter at the 2026 British Championships, from 2027 onwards, the system will also be applied across all British and England Championships.

This marks a deliberate move to align domestic competition standards with emerging international practice, while introducing a consistent and statistically robust method of comparing performances across bodyweight categories and between male and female athletes.

Further guidance on implementation, including calculation methodology and athlete-facing tools, will be communicated in due course.

Safeguarding

Our designated Safeguarding Officer for this event is Sue Ward. Any safeguarding concerns or questions should be raised with BWL event staff or reported directly at the BWL registration desk.

TCRR

Please find a link to the latest TCRR here - [technical-and-competition-rules-and-regulations-2025-190825125016.pdf](#)

Tickets

Spectators can purchase tickets via the official event ticketing page: 

Please note: coaches with valid accreditation receive complimentary access to the event — no ticket required.

Photography and Livestream

The event will be streamed live via [BWL.TV](#).

White Lights will provide photography packages for the competition. For more information, please click [here](#). -

Further details on the BWL Photography Policy can be found here - [Event Photography Policy](#). If for any reason you no longer consent to photography or videography been taken at the event please email competitions@britishweightlifting.org or speak directly with our staff on site.

Please note only pre authorised media personal will be permitted into warm up and/or FOP.

Medical

A paramedic will be present on-site for the entire duration of the competition, stationed at the back of the hall behind the spectators.

Food and Drink

Catering Options and Amenities

A variety of catering options will be for sale on-site during the event. Additionally, several restaurants are conveniently located within a short walking distance from the venue. You are also welcome to bring your own food and beverages into the hall.

Please note that hot food is not permitted on the bleacher seating.

Drinking refill stations can be found in the Hall 1 Foyer and Hall 3 Foyer, as well as the Lower Concourse.

Should you have any queries please contact British Weight Lifting on 01132 249402 or email competitions@britishweightlifting.org