

British Championships

16 – 17 May 2026 · Telford International Centre
Telford, Shropshire, TF3 4JH

Qualification System

Important Note

The 2026 British Championships will take place on 16–17 May 2026 at the Telford International Centre. If the Championships are designated as a Commonwealth Games qualification event, further regulations and requirements will be issued in due course.

1. Type of Allocation Places

Quota places (athlete invitations) are allocated to the athlete(s) by name.

2. Athlete Eligibility

All athletes must be current members of British Weight Lifting (BWL).

3. Qualification Period

| Start of Qualification | End of Qualification |
|------------------------|----------------------|
| 22 March 2025 | 22 March 2026 |

4. New Bodyweight Categories

The 2026 British Championships will be held in accordance with the bodyweight categories, as recognised by BWL that came into effect from 14 April 2025.

5. Transition from old to new bodyweight 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.

- 22 March 2025 to 13 April 2025

Results attained in the 'old' bodyweight categories (including exact bodyweight) will be sorted into the 'new' bodyweight categories. For example, if a 49kg women has weighed 48kg or less, this result will automatically be ranked in the new 48kg bodyweight category.

- 14 April 2025 to 22 March 2026

Results attained from 14 April 2025 will automatically be sorted into the 'new' bodyweight categories.

6. Minimum Standards

| Category (Women) | Total | Category (Men) | Total |
|------------------|-------|----------------|-------|
| 48kg | 123 | 60kg | 190 |
| 53kg | 134 | 65kg | 212 |
| 58kg | 144 | 71kg | 227 |
| 63kg | 155 | 79kg | 244 |
| 69kg | 161 | 88kg | 251 |
| 77kg | 166 | 94kg | 267 |
| 86kg | 175 | 110kg | 275 |
| +86kg | 186 | +110kg | 288 |

7. Minimum Quota Places, Women & Field Size

| Category | 2025 British Champion | Ranking | Home Nation | Total |
|--------------|-----------------------|-----------|-------------|-----------|
| 48kg | 1 | 6 | 1 | 8 |
| 53kg | 1 | 8 | 1 | 10 |
| 58kg | 1 | 10 | 1 | 12 |
| 63kg | 1 | 10 | 1 | 12 |
| 69kg | 1 | 10 | 1 | 12 |
| 77kg | 1 | 10 | 1 | 12 |
| 86kg | 1 | 6 | 1 | 8 |
| +86kg | 1 | 4 | 1 | 6 |
| Total | 8 | 64 | 8 | 80 |

8. Minimum Quota Places, Men & Field Size

| Category | 2025 British Champion | Ranking | Home Nation | Total |
|--------------|-----------------------|-----------|-------------|-----------|
| 60kg | 1 | 6 | 1 | 8 |
| 65kg | 1 | 8 | 1 | 10 |
| 71kg | 1 | 10 | 1 | 12 |
| 79kg | 1 | 10 | 1 | 12 |
| 88kg | 1 | 10 | 1 | 12 |
| 94kg | 1 | 10 | 1 | 12 |
| 110kg | 1 | 6 | 1 | 8 |
| +110kg | 1 | 4 | 1 | 6 |
| Total | 8 | 64 | 8 | 80 |

9. Qualification / Invitation Pathway

First Round

| | | |
|--------------------|-----------------------------------|--|
| 27 – 31 March 2026 | 2025 British Champion and Ranking | The 2025 British Champion will be invited together with Athletes as per the British ranking and in accordance with the field size of the bodyweight category. |
| | Home Nation | <p>To achieve the widest possible representation across the Home Nations one quota place (and subject to the attainment of the minimum standard), will be distributed to each bodyweight category using the BWL Ranking and the following criteria:</p> <p>The highest ranked eligible athlete of a bodyweight category representing a Home Nation not already represented in the bodyweight category will be allocated a quota place.</p> |

Second Round

| | | |
|-------------------|--------------|--|
| 3 – 10 April 2026 | Reallocation | <p>If any, by 2 April 2026, BWL will publish on its social media platforms the number of unused quota places and when the Sport 80 entry portal will be open.</p> <p>Any unaccepted places will be reallocated to any athlete who has lifted the minimum qualification standard on a first come first served basis.</p> <p>In the case of unused quota places via the 'Ranking' and 'Home Nation' methods and in accordance with the field size of the bodyweight category, other qualified lifters will have the opportunity to enter the British Championships via Sport 80.</p> <p>This will be determined on a first-come, first-served basis irrespective of the British ranking but subject to the minimum standard of the respective bodyweight category.</p> |
|-------------------|--------------|--|

10. Competition Schedule

| Draft Competition Schedule | Final Competition Schedule |
|-----------------------------------|-----------------------------------|
| 17 April 2026 | 6 May 2026 |

11. Other information

- Athletes may not move bodyweight category after being allocated a competition place at the British Senior Championships. No changes may be made to the declared entry total after the final verification date (1 May 2026).
- This date will be published within the qualification process for the event. If no such date is published, changes can be made no later than 14 calendar days before the commencement of the event.
- In the circumstance that two, or more, athletes record the same total in the same bodyweight category they shall be ranked in order of which achieved the result first, using equivalent Greenwich Mean Times (GMT) to decide such if necessary.
- BWL may reallocate quota places on a discretionary basis but only in the case of BWL's performance strategy.

12. Reference

BWL TCRR article 5.6