

2026 England Age Group Championships

Oldbury Academy

Pound Road, Birmingham, West Midlands, B68 8NE

20 – 22 February 2026 · Qualification System

England Age Group Championships · Updated Entry Process

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

While this new system may not eliminate all entry-related issues, it will ensure that England's leading athletes are protected by being automatically invited to compete based on performance merit.

Round 1 – Performance-Based Invitations

Entry will initially be ringfenced for top-level athletes who meet or exceed 90% of the British Age Group Standards or Records. These athletes will receive priority invitations in the first round of entries.

Round 2 – Open Entry Phase

After the invitation phase, any remaining quota places will open on a first come, first served basis. All entrants must still meet the minimum entry standard to be eligible.

The structure of the England U10 and U12 Championships remains unchanged.

1. Programme

Date	Age Group
Friday, 20 February 2026	U20 & U23
Saturday, 21 February 2026	U15 & U17
Sunday, 22 February 2026	U10 & U12

Two (2) competition platforms will be used to deliver the 2026 England Age Group Championships. To avoid the need for under-age athletes to be absent from school, the U20 & U23 England Age Group Championships will be held on Friday, 20 February 2026.

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 England as per the BWL Technical Competition Rules and Regulations (TCRR).

3. Qualification Period

9 January 2025	Start of Qualification
9 January 2026	End of Qualification

4. 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.

- 9 January 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 9 January 2026

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

ENGLAND AGE GROUP CHAMPIONSHIPS (U20, U23)

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

Age Group	Athletes	
	Male	Female
U20 & U23	50	50

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

Category (Men)	Standards / Records		Category (Women)	Standards / Records	
	U20	U23		U20	U23
60kg	214	219	48kg	138	141
65kg	240	242	53kg	158	162
71kg	249	263	58kg	167	172
79kg	270	280	63kg	174	175
88kg	283	291	69kg	178	185
94kg	288	294	77kg	190	207
110kg	293	302	86kg	195	201
+110kg	297	311	+86kg	201	212

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

Category (Men)	Minimum Qualification Standards		Category (Women)	Minimum Qualification Standards	
	U20	U23		U20	U23
60kg	138	153	48kg	85	94
65kg	150	166	53kg	92	102
71kg	176	194	58kg	98	108
79kg	188	206	63kg	102	112
88kg	197	217	69kg	110	121
94kg	203	224	77kg	116	128
110kg	214	236	86kg	121	132
+110kg	219	241	+86kg	126	139

8. Competition Entry Process

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

Subject to the minimum standard, any remaining quota places – including unused direct invitations – shall be reallocated to the general pool. See the timeline in Section 15.

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

ENGLAND AGE GROUP CHAMPIONSHIPS (U15, U17)

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

Age Group	Athletes	
	Male	Female
U15 & U17	50	50

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

British Age Group Total Standards / Records (U15 & U17)							
Men	U15	Men	U17	Women	U15	Women	U17
52kg	141	56kg	173	40kg	90	44kg	111
56kg	157	60kg	194	44kg	104	48kg	127
60kg	168	65kg	240	48kg	113	53kg	152
65kg	180	71kg	231	53kg	123	58kg	162
71kg	192	79kg	238	58kg	131	63kg	159
79kg	203	88kg	247	63kg	137	69kg	172
88kg	209	94kg	259	69kg	146	77kg	175
+88kg	213	+94kg	270	+69kg	149	+77kg	177

11. England Age Group Championships · Minimum Qualification Standards (U15 & U17)

Minimum Qualification Standards · U15 & U17							
Men	U15	Men	U17	Women	U15	Women	U17
52kg	95	56kg	108	40kg	61	44kg	70
56kg	99	60kg	114	44kg	65	48kg	75
60kg	106	65kg	119	48kg	68	53kg	82
65kg	109	71kg	123	53kg	76	58kg	87
71kg	113	79kg	131	58kg	80	63kg	91
79kg	121	88kg	136	63kg	83	69kg	98
88kg	125	94kg	145	69kg	91	77kg	105
+88kg	134	+94kg	153	+69kg	97	+77kg	111

12. Competition Entry Process

Athletes who have met or have exceeded 90% of the British Age Group (U15 / U17) Total Standard / Record within the qualification period will receive an automatic direct invitation.

Subject to the minimum standard, any remaining quota places – including unused direct invitations – shall be reallocated to the general pool. See the timeline in Section 15.

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

ENGLAND AGE GROUP CHAMPIONSHIPS (U10, U12)

13. Athlete Quota · England Age Group Championships (U10, U12)

Age Group	Athletes	
	Male	Female
U10 & U12	50	50

14. Athlete Eligibility

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

U12 Category (Boys)	U12 Category (Girls)
44kg	35kg
50kg	40kg
56kg	44kg
60kg	48kg
65kg	53kg
71kg	58kg
79kg	63kg
+79kg	+63kg

U10 Category (Boys)	U10 Category (Girls)
40kg	30kg
44kg	35kg
50kg	40kg
56kg	44kg
60kg	48kg
65kg	53kg
71kg	58kg
+71kg	+58kg

15. Timeline · Sport 80 Entry Portal

12 – 14 January 2026	Athletes who have met or have exceeded 90% of the England Age Group (U15, U17, U20, U23) Total Record within the qualification period will receive an automatic direct invitation.
16 – 25 January 2026	<p>Subject to the minimum standard, any remaining quota places – including unused direct invitations – shall be reallocated to the general pool.</p> <p>Opening of the Sport 80 entry portal at 0900hrs on 16 January 2026. Closure of the Sport 80 entry portal at 1700hrs on 25 January 2026</p>

16. Competition Schedule

The draft competition schedule will be released no later than 30 January 2026. The final competition schedule and start list will be published by **10 February 2026**.

17. 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 England U10 & U12 Championships).