

ENGLISH CHAMPIONSHIPS 2026

Red Platform Schedule - 4 December 2026

TIMINGS	CATEGORY	ATHLETES
Weigh in: 12:15 Start: 14:15 Finish: 15:10	WOMEN'S 49kg	6
Weigh in: 13:30 Start: 15:30 Finish: 17:35	WOMEN'S 53kg	12

Blue Platform Schedule - 4 December 2026

TIMINGS	CATEGORY	ATHLETES
Weigh in: 12:30 Start: 14:30 Finish: 15:40	MEN'S 60kg	6
Weigh in: 14:00 Start: 16:00 Finish: 17:25	MEN'S 65kg	8

Green Platform Schedule - 4 December 2026

TIMINGS	CATEGORY	ATHLETES
Weigh in: 12:00 Start: 14:00 Finish: 16:05	MASTERS MEN 65-85	12
Weigh in: 14:25 Start: 16:25 Finish: 18:10	MASTERS WOMEN 65-85	12

All start and finish times are subject to change on the day of the competition subject to the running speed.

ENGLISH CHAMPIONSHIPS 2026

Red Platform Schedule - 5 December 2026

TIMINGS		CATEGORY	ATHLETES
Weigh in:	07:10	WOMEN'S 57kg	12
Start:	09:10		
Finish:	11:15		
Weigh in:	09:35	WOMEN'S 61kg	12
Start:	11:35		
Finish:	13:40		
Weigh in:	12:00	WOMEN'S 69kg	14
Start:	14:00		
Finish:	16:25		
Weigh in:	14:45	WOMEN'S 77kg	14
Start:	16:45		
Finish:	19:10		

Blue Platform Schedule - 5 December 2026

TIMINGS		CATEGORY	ATHLETES
Weigh in:	07:00	MEN'S 70kg	12
Start:	09:00		
Finish:	11:05		
Weigh in:	09:25	MEN'S 75kg	12
Start:	11:25		
Finish:	13:30		
Weigh in:	11:50	MEN'S 85kg	14
Start:	13:50		
Finish:	16:15		
Weigh in:	14:35	MEN'S 95kg	14
Start:	16:35		
Finish:	19:00		

ENGLISH CHAMPIONSHIPS 2026

Green Platform Schedule - 5 December 2026

TIMINGS		CATEGORY	ATHLETES
Weigh in:	07:20	MASTERS MEN 50-64	12
Start:	09:20		
Finish:	11:25		
Weigh in:	09:45	MASTERS WOMEN 50-64	12
Start:	11:45		
Finish:	13:50		
Weigh in:	12:10	MASTERS MEN 40-49	14
Start:	14:10		
Finish:	16:35		
Weigh in:	14:55	MASTERS WOMEN 40-49	14
Start:	16:55		
Finish:	19:20		

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ENGLISH CHAMPIONSHIPS 2026

Red Platform Schedule - 6 December 2026

TIMINGS		CATEGORY	ATHLETES
Weigh in:	08:20	WOMEN'S 86kg	12
Start:	10:20		
Finish:	12:25		
Weigh in:	10:45	WOMEN'S 86+kg	10
Start:	12:45		
Finish:	14:30		
Weigh in:	12:50	MEN'S 110+kg	10
Start:	14:50		
Finish:	16:35		

Blue Platform Schedule - 6 December 2026

TIMINGS		CATEGORY	ATHLETES
Weigh in:	08:00	MEN'S 110kg	14
Start:	10:00		
Finish:	12:25		
Kit Check:	12:00	PARA POWERLIFTING MEN	10
Start:	13:00		
Finish:	14:30		
Kit Check:	14:00	PARA POWERLIFTING WOMEN	10
Start:	15:00		
Finish:	16:30		

Green Platform Schedule - 6 December 2026

TIMINGS		CATEGORY	ATHLETES
Weigh in:	08:10	MASTERS 35-44	12
Start:	10:10		
Finish:	12:15		
Weigh in:	10:25	MASTERS 35-39	12
Start:	12:25		
Finish:	14:30		
Weigh in:	12:50	MASTERS 35-39	12
Start:	14:50		
Finish:	16:35		

All start and finish times are subject to change on the day of the competition subject to the running speed.