



England Championships

4 – 6 December 2026 · NEC, Birmingham

Qualification System – Senior Weightlifters

2026 England Championships

The 2026 England Championships will take place at the National Exhibition Centre (NEC), Birmingham, from Friday 4 to Sunday 6 December 2026.

The event will feature competitions across Weightlifting, Para Powerlifting and Masters Weightlifting, and will be staged alongside the SBD British Open Powerlifting Championships and the British Rowing Indoor Championships and the World Rowing Indoor Championships.

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 England 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. Athlete Eligibility

All athletes must be BWL members and domiciled in the England as per BWL TCRR.

2. Qualification Period

Start of Qualification	End of Qualification
01 January 2026	11 October 2026

3. 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 11 October 2026

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

4. Type of Allocation Places

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

5. Minimum Standards

Category (Women)	Total	Category (Men)	Total
49kg	113	60kg	171
53kg	121	65kg	191
57kg	126	70kg	200
61kg	132	75kg	206
69kg	145	85kg	214
77kg	149	95kg	245
86kg	158	110kg	248
+86kg	167	+110kg	259

Minimum Standards are set at 90% of the 2026 British Championships Qualification Totals, with adjustments made where the new bodyweight categories differ from the previous categories.

6. Bodyweight Categories & Field Size

Women		Men	
Category	Field Size	Category	Field Size
49kg	6	60kg	6
53kg	12	65kg	8
57kg	12	70kg	12
61kg	12	75kg	12
69kg	14	85kg	14
77kg	14	95kg	14
86kg	12	110kg	14
+86kg	10	+110kg	10
Total	92	Total	90

7. Qualification / Invitation Pathway

14 – 16 October 2026	Athletes will be invited as per the English ranking and in accordance with the field size of the bodyweight category (and having met the minimum standard). Lifters ranked in multiple bodyweight categories must select their preferred category.
18 October 2026	Deadline for invite acceptance.
21 October 2026	If any, by 21 October 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.
23 October – 6 November 2026	In the case of unused quota places via the 'Ranking' method and in accordance with the field size of the bodyweight category, other qualified lifters will have the opportunity to enter the English Championships via Sport 80. This will be determined on a first-come, first-served basis irrespective of the English ranking but subject to the minimum standard of the respective bodyweight category.

8. Competition Schedule

Draft Competition Schedule	Final Competition Schedule
7 November 2026	21 November 2026

9. Other information

- Athletes may not move bodyweight category after being allocated a competition place at the England Championships. No changes may be made to the declared entry total after the final verification date 20 November 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. This position applies to the criteria set in the performance programme athlete section as well.
- Lifters must achieve a qualification total in their allocated bodyweight category during the qualification period. Failure to do so will result in the forfeiture of their competition place.
- BWL may reallocate quota places on a discretionary basis but only in the case of BWL's performance strategy.

10. Reference

BWL TCRR article 5.6