# ENGLISH CHAMPIONSHIPS



# Event Information Pack

We're looking forward to welcoming you to the English Championships 2026 at the NEC, Birmingham, from 4 to 6 December 2026. This pack has everything you need to get ready: venue, travel, check-in and what to expect on the day.

## Venue

**National Exhibition Centre, Birmingham B40 1NT**

The competition is in Halls 17 and 18, at the top of the NEC.

External map: NEC campus  Internal map: NEC 2026  Venue accessibility

## Getting there

You'll find travel details on the Getting to the NEC page.

Driving? We expect event parking to be in the North Car Parks. The Championships are part of the National Indoor Fitness Games, so follow signs for that when you arrive. We recommend paying for parking in advance using the link above.

**Car park opening times:** Friday from 11am, Saturday and Sunday from 6am.

## Hotels

There are plenty of hotels close to the venue. Find a hotel near the NEC

## Schedule and start list

The competition schedule and start list are now available. Timings may change on the day, but we'll let affected coaches and lifters know straight away.

Athlete introductions start 10 minutes before your listed session time.

Can't make it any more? Email competitions@bwl.sport as soon as you can.

## Accreditation

Check in and collect your accreditation at the BWL kiosk outside Halls 17 and 18.

**Kiosk opening times:**

- Friday from 11.45am
- Saturday from 6.45am
- Sunday from 7.45am

Your wristband also gets you in on non-competition days. Each lifter gets one, and we have very few spares, so keep it on.

## Coaches

Each lifter can have up to two coaches in the warm-up area. Coaches need a valid BWL coaching licence.

To get a coaching licence, you'll need:

- a valid BWL membership (either individual or attached)
- a Level 2 BWL coaching qualification
- a valid face-to-face safeguarding qualification
- an enhanced DBS check completed by BWL, or registered on the DBS Update Service (if you're transferring an existing check)

Coaches can collect their accreditation from the BWL kiosk. To change your registered coaches, email **competitions@bwl.sport**.

## Weigh-in

Weigh-ins take place outside Hall 19, and the area will be signposted. With so many sessions across the weekend, you may not be able to check your weight on the scales beforehand. Please wait until officials have finished the current weigh-in session before going in to test.

Bring photo ID. You'll need it at check-in and weigh-in.

## Medals

Medal ceremonies take place straight after each session.

- **Seniors:** top three in each bodyweight category
- **Masters:** top three in each age and bodyweight category
- **Para powerlifting:** by gender and weight class, ranked on pDots score

## Safeguarding

Our Safeguarding Officer for the event is Sue Ward. If you have a concern or question, speak to any BWL staff member, or visit the BWL organisers' desk in the warm-up area.

## Rules

Read the latest **Technical and Competition Rules and Regulations (TCRR)**.

## Tickets

Spectators can **buy tickets here**.

Coaches with valid accreditation get in free, so there's no need to buy a ticket.

**Hall opening times:**

- Friday from 1pm
- Saturday from 8am
- Sunday from 8am

## Photography and livestream

Can't be there? Watch every session live on **BWL.TV**.

White Lights will offer photography packages during the competition.

Read our **event photography policy**. If you don't want to be photographed or filmed, email **competitions@bwl.sport** or speak to our staff on site.

## Medical

A paramedic will be on site throughout the competition, in the first aid area. For any medical emergency, speak to a BWL staff member.

## Food and drink

There are food and drink stalls in the hall all weekend, plus shops and cafés a short walk from Halls 17 and 18. You'll find water stations just outside the hall.

### Questions?

Email us at **competitions@bwl.sport**.

**See you in Birmingham.**