English Championships 2026

Version: 3 Updated: 20/11/2026

Red Platform Schedule - 4 December 2026

TIMINGS	CATEGORY	ATHLETES
Weigh in: 12:30 Start: 14:30 Finish: 15:40	**WOMEN'S 49kg**	6
Weigh in: 14:00 Start: 16:00 Finish: 17:25	**WOMEN'S 53kg**	8

Blue Platform Schedule - 4 December 2026

TIMINGS	CATEGORY	ATHLETES
Weigh in: 12:00 Start: 14:00 Finish: 15:55	**MEN'S 60 - 65kg**	11
Weigh in: 14:15 Start: 16:15 Finish: 18:20	**MEN'S 70 - 75kg**	12

Green Platform Schedule - 4 December 2026

TIMINGS	CATEGORY	ATHLETES
Weigh in: 12:10 Start: 14:10 Finish: 15:25	**MASTERS MEN 60-74**	7
Weigh in: 13:55 Start: 15:55 Finish: 17:50	**MASTERS WOMEN 50-69**	11

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

English Championships 2026

Version: 3 Updated: 20/11/2026

Red Platform Schedule - 5 December 2026

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

Blue Platform Schedule - 5 December 2026

TIMINGS	CATEGORY	ATHLETES
Weigh in: 07:00 Start: 09:00 Finish: 11:25	**MEN'S 85kg**	14
Weigh in: 09:45 Start: 11:45 Finish: 14:20	**MEN'S 95kg**	15
Weigh in: 12:40 Start: 14:40 Finish: 16:55	**MEN'S 110kg**	13
Weigh in: 15:15 Start: 17:15 Finish: 19:00	**MEN'S 110+kg**	10

Green Platform Schedule - 5 December 2026

TIMINGS	CATEGORY	ATHLETES
Weigh in: 07:20 Start: 09:20 Finish: 11:25	**MASTERS MEN 50-59**	11
Weigh in: 09:45 Start: 11:45 Finish: 14:00	**MASTERS WOMEN 45-49**	13
Weigh in: 12:30 Start: 14:30 Finish: 16:35	**MASTERS MEN 45-49**	12
Weigh in: 14:55 Start: 16:55 Finish: 18:40	**MASTERS MEN 40-44 65KG-85KG**	10

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

English Championships 2026

Version: 3 Updated: 20/11/2026

Red Platform Schedule - 6 December 2026

TIMINGS	CATEGORY	ATHLETES
Weigh in: 08:20 Start: 10:20 Finish: 11:55	**WOMEN'S 86kg**	9
Weigh in: 10:15 Start: 12:15 Finish: 13:30	**WOMEN'S 86+kg**	7
Kit Check: 13:00 Start: 14:00 Finish: 15:30	**PARA MEN**	8
Kit Check: 14:45 Start: 15:45 Finish: 16:45	**PARA WOMEN**	5

Blue Platform Schedule - 6 December 2026

TIMINGS	CATEGORY	ATHLETES
Weigh in: 08:00 Start: 10:00 Finish: 12:05	**MASTERS WOMEN 35-39 57KG-69KG**	12
Weigh in: 10:35 Start: 12:35 Finish: 14:20	**MASTERS MEN 35-39 70KG-85KG**	10
Weigh in: 12:40 Start: 14:40 Finish: 15:35	**MASTERS WOMEN 35-39 77KG-86+KG**	5
Weigh in: 14:00 Start: 16:00 Finish: 17:15	**Talent Session**	7

Green Platform Schedule - 6 December 2026

TIMINGS	CATEGORY	ATHLETES
Weigh in: 08:10 Start: 10:10 Finish: 11:20	**MASTERS WOMEN 40-44 53KG-61KG**	6
Weigh in: 09:45 Start: 11:45 Finish: 13:20	**MASTERS MEN 40-44 95KG-110+KG**	9
Weigh in: 11:40 Start: 13:40 Finish: 15:25	**MASTERS WOMEN 40-44 69KG-86+KG**	10
Weigh in: 13:45 Start: 15:45 Finish: 17:00	**MASTERS MEN 35-39 95KG-110KG**	7

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