English Championships 2026

Friday 4th December RED PLATFORM

	FIRST NAME	LAST NAME	CLUB	CAT	QUALIFICATION TOTAL
	SENIOR W49kg				
WEIGH IN: 12:30 **START: 14:30**	Madeleine	McCormack	North Tyneside Barbells	49kg	140kg
	Amber	Cruikshank	Zalva Weightlifting	49kg	139kg
	Faye	Briggs	Wythenshawe WLC	49kg	130kg
	Hannah	Kremer-Ireson	Individual	49kg	129kg
	Michelle	Lam	Ronin Barbell Club	49kg	129kg
	Megan	Armitage	Yorkshire Strength	49kg	124kg
	SENIOR W53kg				
WEIGH IN: 14:00 **START: 16:00**	Jennifer	Tong	mettle	53kg	169kg
	Elisha	Cruikshank	Zalva Weightlifting	53kg	159kg
	Abigail	Loram	Individual	53kg	157kg
	Astrid	Roberson-Leech	Individual	53kg	147kg
	Lucinda	McGartland	Individual	53kg	147kg
	Libby	Gamble	Individual	53kg	136kg
	Eva	Lavery	North Tyneside Barbells	53kg	134kg
	Sophie	Biles	Liverpool Weightlifting Club	53kg	122kg

English Championships 2026

Saturday 5th December RED PLATFORM

	FIRST NAME	LAST NAME	CLUB	CAT	QUALIFICATION TOTAL
	SENIOR W57kg				
WEIGH IN: 07:10 **START: 09:10**	Niah	Sinclair	Individual	57kg	166kg
	Eve	Lo	Individual	57kg	163kg
	Lin Ling	Xu	Individual	57kg	151kg
	Lottie	Hall	Individual	57kg	150kg
	Sally	Thompson-Taylor	Fylde Coast Weightlifting	57kg	150kg
	Ellie	Mcmanus	RAF WL	57kg	147kg
	Kate	Rattley	Kingdom Barbell Club	57kg	146kg
	Michaela	Shaw	Mem's Weightlifting Club	57kg	144kg
	Daisey	Walker-Jones	Team Manchester	57kg	142kg
	Veronica	Whelpley	ADV Weightlifting	57kg	134kg
	Dani	Henry	RAF WL	57kg	130kg
	Dionn	Hargreaves	Stockport Spartans Weight Lifting Club	57kg	127kg
	SENIOR W61kg				
WEIGH IN: 09:35 **START: 11:35**	Amelie	Pelta	Brunel Weightlifting	61kg	190kg
	Imogen	Burrows	AMG Lifting Lab	61kg	183kg
	Chloe	Blackmur	Individual	61kg	182kg
	Theodora	Mitroi	Individual	61kg	178kg
	Megan	Webley	Crazy Strength	61kg	176kg
	Annabelle	Pettit	Yorkshire Strength	61kg	161kg
	Hollie	Biggerstaff	Resilience Weightlifting	61kg	160kg
	Chelsea	Wilson	Individual	61kg	156kg
	Nathalie	Dawson	Individual	61kg	150kg
	Chloe	Winsor	RAF WL	61kg	148kg
	Hollie	Williams	North Tyneside Barbells	61kg	134kg
	Jessica	Mellor	Stockport Spartans Weight Lifting Club	61kg	132kg
	SENIOR W69kg				
WEIGH IN: 12:00 **START: 14:00**	Paige	Sellers	North Tyneside Barbells	69kg	188kg
	Holly	O'Shea	Individual	69kg	180kg
	Anushka	Bovill	Individual	69kg	180kg
	Phoebe	Davis	Maidstone weightlifting Club	69kg	179kg
	Paige	Mathers	North Tyneside Barbells	69kg	171kg
	Maisie	Muir	Mem's Weightlifting Club	69kg	170kg
	Nicole	Kalinowska	Individual	69kg	169kg
	Danielle	Bagacay	Nova Performance	69kg	167kg
	Harriet	Chiam	Kingdom Barbell Club	69kg	155kg
	Francesca	Paolo	Stockport Spartans Weight Lifting Club	69kg	151kg
	Maia	Lusardi	Oxford PowerSports	69kg	147kg
	Charlotte	Gough	Stockport Spartans Weight Lifting Club	69kg	147kg
	Robin	Douglas	Individual	69kg	145kg
	SENIOR W77kg				
WEIGH IN: 14:45 **START: 16:45**	Angela	Wyss	Atticus Barbell Club	77kg	201kg
	Erin	Cook	ADV Weightlifting	77kg	182kg
	Xue	Lu	Individual	77kg	180kg
	Evelyna	Davies	Individual	77kg	180kg
	Anjelica	Rodgers	Individual	77kg	178kg
	Rachel	Bemrose	Individual	77kg	175kg
	Heather	Barker	Colchester Weightlifting	77kg	170kg
	Alex	Jamieson	Individual	77kg	170kg
	Grace	Thomas	Individual	77kg	168kg
	Maya	Hindmarch	Individual	77kg	166kg
	Kit	Palmer	Nova Performance	77kg	157kg
	Emily	Lack	Individual	77kg	155kg
	Caitlin	Swan	Individual	77kg	155kg
	Georgia	Bridge	Fylde Coast Weightlifting	77kg	149kg

English Championships 2026

Sunday 6th December RED PLATFORM

	FIRST NAME	LAST NAME	CLUB	CAT	QUALIFICATION TOTAL
	SENIOR W86kg				
	Deborah	Alawode	London Strength	86kg	222kg
	Lottie	Absolom	Brunel Weightlifting	86kg	220kg
WEIGH IN:	Georgia	Radley	Individual	86kg	201kg
08:20	Deanna	Daley	Individual	86kg	188kg
	Madeleine	Lyall	Essex Weightlifting Club	86kg	181kg
START:	Diani	Hall	Individual	86kg	176kg
10:20	Louise	Richards	Wythenshawe WLC	86kg	173kg
	Isabelle	Taylor	AMG Lifting Lab	86kg	163kg
	Jennifer	Lee	Individual	86kg	158kg
	SENIOR W86+kg				
	Georgia-Rose	Beahan	Individual	86+kg	189kg
WEIGH IN:	Krystal	Campbell	Mem's Weightlifting Club	86+kg	178kg
10:15	Daisy	Wakefield	Sheffield Weightlifting Club	86+kg	178kg
	Elaina	Moulds	Individual	86+kg	170kg
START:	Angelique	Wallace -Bourgoin	Guildford Weightlifting	86+kg	170kg
12:15	Beth	Calder	Resilience Weightlifting	86+kg	168kg
	Stevie	Mcnulty	Crazy Strength	86+kg	167kg
	Para Men				
	Ethan	Backhurst	Individual	-72kg	105kg
KIT CHECK:	Archie	Macey	Individual	-72kg	//
13:00	Adarsh	Harrish	Individual	-72kg	//
	Oscar	Moussima	Mytholmroyd WLC	72kg+	160kg
START:	Alfie	Bezance	Individual	72kg+	172kg
14:00	Hayden	Smith	Individual	72kg+	135kg
	John Reginald	Certeza	Individual	72kg+	130kg
	Craig	Mort	Individual	72kg+	80kg
	Para Women				
KIT CHECK:	Lottie	McGuinness	Individual	-62kg	112kg
14:45	Sara	Jones	Llanelli Weightlifting Academy	-62kg	60kg
	Amelia	Hall	Individual	-62kg	48kg
START:	Cassy	Malyon	Individual	62kg+	120kg
15:45	Carine	Tchei	Individual	62kg+	100kg

English Championships 2026

Friday 4th December BLUE PLATFORM

	FIRST NAME	LAST NAME	CLUB	AGE	CAT	QUALIFICATION TOTAL
	SENIOR M60kg & 65kg					
WEIGH IN: 12:00 **START: 14:00**	Seth	Casidsid	S56 Weightlifting		60kg	211kg
	Boracay	Arnold	Individual		60kg	195kg
	Daniel	Pogmore	Individual		60kg	178kg
	Oliver	Pickles	Yorkshire Strength		60kg	174kg
	Yegeun	Ji	Resilience Weightlifting		65kg	220kg
	Kieran	Stiles	Individual		65kg	220kg
	Taylor	Maguire	Individual		65kg	199kg
	Noah	Castro	Maidstone weightlifting Club		65kg	198kg
	Corey	Swaine	Individual		65kg	195kg
	Harris	Ward	Individual		65kg	195kg
	Stuart	Moore	Maidstone weightlifting Club		65kg	190kg
	SENIOR M70kg & 75kg					
WEIGH IN: 14:15 **START: 16:15**	Jaswant	Shergill	Individual		70kg	240kg
	Sebastian	Lawton	Individual		70kg	239kg
	Antonio	Capavanni	Stockport Spartans Weight Lifting Club		70kg	235kg
	Laith	Alisawi	Individual		70kg	205kg
	Theo	Archer	North Tyneside Barbells		75kg	272kg
	Finlay	Brooks	AMG Lifting Lab		75kg	264kg
	Kin	Liu	Ronin Barbell Club		75kg	244kg
	Samuel	Evans	Nova Performance		75kg	235kg
	Max	Southworth	APG Weightlifting		75kg	230kg
	Ryan	Mountjoy	Individual		75kg	220kg
	Toby	Want	Individual		75kg	212kg
	Cameron	Neale	Individual		75kg	210kg

English Championships 2026

Saturday 5th December BLUE PLATFORM

	FIRST NAME	LAST NAME	CLUB	AGE	CAT	QUALIFICATION TOTAL
	SENIOR M85kg					
WEIGH IN: 07:00 **START: 09:00**	Tom	Ingram	Individual		85kg	287kg
	Emil	Stewart-Nerona	Individual		85kg	275kg
	Spiros	Fokas	North Tyneside Barbells		85kg	270kg
	Liam	Durkin	North Tyneside Barbells		85kg	266kg
	Jamal	Isaac-Shah	Mem's Weightlifting Club		85kg	260kg
	Matthew	Dwornik	Individual		85kg	253kg
	Ryan	Spencer	AMG Lifting Lab		85kg	251kg
	Harry	Hewitt Smith	Resilience Weightlifting		85kg	247kg
	Johnny	Adams	Mem's Weightlifting Club		85kg	240kg
	Tiago	Costa	Nova Performance		85kg	240kg
	Scott	Humphryes	London Strength		85kg	235kg
	Axl	Raguindin	Resilience Weightlifting		85kg	228kg
	Harry	Boswell	Individual		85kg	220kg
	Stan	Evans	London Strength		85kg	214kg
	SENIOR M95kg					
WEIGH IN: 09:45 **START: 11:45**	Myren	Madden	Individual		95kg	321kg
	Lukas	Lakin	Individual		95kg	293kg
	Khrystopher	Speed	Ronin Barbell Club		95kg	292kg
	Guy	Kitchen	North Tyneside Barbells		95kg	291kg
	Ygor	Alvarez Azevedo	Individual		95kg	285kg
	Jonathan	Healy	London Strength		95kg	280kg
	Conor	Lynch	ADV Weightlifting		95kg	277kg
	Michael	Cutler	RAF WL		95kg	277kg
	Samu	Kulcsar	Mem's Weightlifting Club		95kg	275kg
	Jake	Benson	Individual		95kg	274kg
	Joe	Flach	Nova Performance		95kg	270kg
	Gergo	Kocsis	Individual		95kg	265kg
	Rupert	Yeung	Queen Mary University of London Barbell Club		95kg	256kg
	Sam	Ray	Individual		95kg	250kg
	Edward	Smale	Atlas Weightlifting		95kg	245kg
	SENIOR M110kg					
WEIGH IN: 12:40 **START: 14:40**	Charlie	Stone	Stone Strength Weightlifting		110kg	298kg
	Mateusz	Kasina	Individual		110kg	295kg
	Joseph	White	Individual		110kg	290kg
	George	Weston	Adlington Barbell Club		110kg	290kg
	Dylan	Arthur	Wythenshawe WLC		110kg	290kg
	Lee	Furminger	Individual		110kg	286kg
	Oliver	Pope	Good Lift		110kg	280kg
	Tiago	Barroso da Costa Cardoso Monteiro	AMG Lifting Lab		110kg	277kg
	Jaime	Abad	Bounce Gym Weightlifting		110kg	266kg
	Oscar	Searle	Individual		110kg	266kg
	Robert	Farrington	Individual		110kg	265kg
	Oliver	Fernihough	Individual		110kg	265kg
	Jordan-Sonny	Archer-Murphy	Individual		110kg	248kg
	SENIOR M110+kg					
WEIGH IN: 15:15 **START: 17:15**	Andrew	Griffiths	AMG Lifting Lab		110+kg	358kg
	Jasper	Hilton	Individual		110+kg	350kg
	Benedict	Millson	Mem's Weightlifting Club		110+kg	300kg
	Louis	Weston	Individual		110+kg	298kg
	Matt	Brooks	Brunel Weightlifting		110+kg	289kg
	James	Daley	Mem's Weightlifting Club		110+kg	272kg
	Krzysztof	Bes	Individual		110+kg	271kg
	Cameron	Norton-Lyons	Berkshire Weightlifting		110+kg	260kg
	Daniel	Avery	Square One Weightlifting Club		110+kg	260kg
	Lewis	Povey	Hampshire Barbell Club		110+kg	259kg

English Championships 2026

Sunday 6th December BLUE PLATFORM

	FIRST NAME	LAST NAME	CLUB	AGE	CAT	QUALIFICATION TOTAL
	Masters Women 35-39 57kg-69kg					
WEIGH IN: 08:00	Rebecca	Ewers	Individual	35-39	57kg	124kg
	Zoe	Shaughnessy	Yorkshire Strength	35-39	57kg	109kg
	Natalie	Harrison	Fylde Coast Weightlifting	35-39	57kg	132kg
	Lucia	Sarmiento	ADV Weightlifting	35-39	61kg	108kg
	Louise	Feeney	Individual	35-39	61kg	137kg
	Julia	Lim	Sleven Weightlifting	35-39	61kg	125kg
START: 10:00	Sophie	Robinson	Individual	35-39	69kg	111kg
	Emma	Hankin	Nova Performance	35-39	69kg	120kg
	Hannah	Griffiths	Sussex Weightlifting	35-39	69kg	135kg
	Maria del Mar	Galmes Artigues	Individual	35-39	69kg	169kg
	Naomi	Hamilton	Individual	35-39	69kg	114kg
	Helen	Cooper	APG Weightlifting	35-39	69kg	124kg
	Masters Men 35-39 70kg-85kg					
WEIGH IN: 10:35	Pedro	Malva	Individual	35-39	70kg	187kg
	Federico	Mondelli	S56 Weightlifting	35-39	70kg	175kg
	Neil	Thomas	Individual	35-39	75kg	190kg
	Christian	Glinister	Wirral Weightlifting Club	35-39	75kg	182kg
	Joshua	Summersgill	Individual	35-39	85kg	256kg
START: 12:35	Scott	Mills	Stockport Spartans Weight Lifting Club	35-39	85kg	221kg
	James	Sherlock	Ensemble Weightlifting Club	35-39	85kg	220kg
	Mark Hou Cheng	Liu	Individual	35-39	85kg	213kg
	Ryan	Davies	Individual	35-39	85kg	209kg
	Anthony	Chen	S56 Weightlifting	35-39	85kg	196kg
	Masters Women 35-39 77kg-86+kg					
WEIGH IN: 12:40	Mollie	Wagstaff	Performance Weightlifting	35-39	77kg	142kg
	Natalie	Hamling	Resilience Weightlifting	35-39	86kg	145kg
	Rosalind	Jelfs	Individual	35-39	86kg	145kg
START: 14:40	Emma	Mcgovern	APG Weightlifting	35-39	86kg	119kg
	Laura	Cook	Individual	35-39	86+kg	151kg
	Talent Session					
WEIGH IN: 14:00	Jasmine	Philpott	Kaizen Strength		45kg	100kg
	Isobelle	Webster	Lift Right		69+kg	146kg
	Isabelle	Jones	Individual		77kg	//
	Amari	Walters	Individual		75kg	170kg
START: 16:00	Isaac	Bluff	Atlas Weightlifting Centre		85kg	249kg
	Oscar	Smith	Atlas Weightlifting Centre		95kg	254kg
	Kian	McGar	Adlington Barbell Club		110+kg	186kg

English Championships 2026

Friday 4th December GREEN PLATFORM

	FIRST NAME	LAST NAME	CLUB	AGE	CAT	QUALIFICATION TOTAL
	Masters Men 60-74					
WEIGH IN: 12:10	Robert	Grew	Individual	60-64	75kg	136kg
	Chris	Oultram	Elite Bodyworks	60-64	85kg	123kg
	Kevin	Smith	Performance Weightlifting	60-64	95kg	164kg
	James	Simpson	Individual	65-69	70kg	118kg
START: 14:10	Mark	Day	Unit Weightlifting Club	65-69	75kg	128kg
	Malcolm	Nuttall	Adlington Barbell Club	65-69	85kg	125kg
	Nigel	Beresford	Individual	70-74	85kg	128kg
	Masters Women 50-69					
WEIGH IN: 13:55	Sophie	Baldwin	Sussex Olympic Weightlifting	50-54	53kg	85kg
	Dawn	Williams	Evolution Weightlifting Club	50-54	57kg	97kg
	Debbie	Rowley	Wirral Weightlifting Club	50-54	61kg	78kg
	Melanie	Redford	Colchester Weightlifting	50-54	77kg	107kg
	Victoria	Lisle	North Tyneside Barbells	50-54	77kg	108kg
	Clair	Conabeare	Individual	50-54	77kg	125kg
START: 15:55	Nicole	Adams-Quackenbush	North Tyneside Barbells	50-54	86+kg	126kg
	Sarah	Bandosz	Square One Weightlifting Club	55-59	69kg	70kg
	Elizabeth	Parkes	Individual	60-64	53kg	92kg
	Patricia	Tenn	Stone Strength Weightlifting	60-64	61kg	98kg
	Kate	Broome	Adlington Barbell Club	60-64	69kg	71kg

English Championships 2026

Saturday 5th December GREEN PLATFORM

	FIRST NAME	LAST NAME	CLUB	AGE	CAT	QUALIFICATION TOTAL
	Masters Men 50-59					
	Richard	Stack	Square One Weightlifting Club	50-54	75kg	160kg
	James	Brown	Stone Strength Weightlifting	50-54	85kg	167kg
	Christopher	Casley	Individual	50-54	85kg	155kg
WEIGH IN: 07:20	Robert	Leese	Individual	50-54	95kg	187g
	Paul	Gorman	Stone Strength Weightlifting	50-54	95kg	163kg
	James	Whittaker	Adlington Barbell Club	50-54	110kg	183kg
START: 09:20	Stuart	Treadwell	Evolution Weightlifting Club	55-59	65kg	130kg
	James	Richens	Classical Barbell	55-59	70kg	136kg
	James	Marshall	Excelsior Athletic Development Club	55-59	75kg	164kg
	Briah	Andrews	Wirral Weightlifting Club	55-59	95kg	180kg
	Phil	Spencer	Mem's Weightlifting Club	55-59	95kg	160kg
	Masters Women 45-49					
	Hannah	Fitzgerald	Nova Performance	45-49	57kg	116kg
	Louise	Williams	Individual	45-49	57kg	107kg
	Kathryn	Smith	Individual	45-49	61kg	141kg
	Claire	Armitage	Yorkshire Strength	45-49	61kg	112kg
WEIGH IN: 09:45	Mel	Herbertson	Individual	45-49	61kg	94kg
	Lou	Herron	Individual	45-49	69kg	155kg
	Lisa	Clowes	North Tyneside Barbells	45-49	69kg	127kg
START: 11:45	Yiota	Papanikolaou	Freesol Barbell	45-49	69kg	98kg
	Michelle	Woodhall	Individual	45-49	69kg	95kg
	Debbie	Drysdale	Individual	45-49	77kg	97kg
	Steffie	Kosta	Nova Performance	45-49	86kg	105kg
	Rachel	Ellison	Individual	45-49	86kg	148kg
	Beata	Prei-Kowalska	Individual	45-49	86+kg	162kg
	Masters Men 45-49					
	Andrew	Kearton	Colchester Weightlifting	45-49	70kg	173kg
	Anthony	Weedon	Individual	45-49	75kg	192kg
	Niall	Meenan	Wirral Weightlifting Club	45-49	75kg	170kg
	Roland	Brading	Individual	45-49	85kg	226kg
WEIGH IN: 12:30	Muhammad	Khan	Ealing Weightlifting	45-49	85kg	201kg
	Lee	Smith	Evolution Weightlifting Club	45-49	85kg	166kg
	Brett	Doughty	Evolution Weightlifting Club	45-49	95kg	210kg
START: 14:30	Wesley	Conabeare	Individual	45-49	95kg	186kg
	Mark	Butcher	Stockport Spartans Weight Lifting Club	45-49	95kg	178kg
	Robert	Farrington	Individual	45-49	110kg	265kg
	Jonathan	Mackey	Individual	45-49	110kg	191kg
	Gavin	Church	Sheffield Weightlifting Club	45-49	110kg	187kg
	Masters Men 40-44 65kg-85kg					
	Ian	Cox	North Tyneside Barbells	40-44	65kg	172kg
	Craig	Spicer	Crazy Strength	40-44	65kg	157kg
	Christopher	Ekers	Strength Ambassadors	40-44	70kg	188kg
WEIGH IN: 14:55	Alvino	Van Schalkwyk	Individual	40-44	75kg	172kg
	Chris	Gregory	Individual	40-44	75kg	172kg
	Andrew	Burton	Cube Weightlifting Academy	40-44	75kg	172kg
START: 16:55	Shaun	Gibbins	Individual	40-44	85kg	222kg
	Daniel	Cumberworth	Individual	40-44	85kg	212kg
	Panagiotis	Yusuf	Stockport Spartans Weight Lifting Club	40-44	85kg	186kg
	Alan	Pickles	Yorkshire Strength	40-44	85kg	182kg

English Championships 2026

Sunday 6th December GREEN PLATFORM

	FIRST NAME	LAST NAME	CLUB	AGE	CAT	QUALIFICATION TOTAL
	Masters Women 40-44 53kg-61kg					
WEIGH IN: 08:10	Sarah	Whittaker	Unit Weightlifting Club	40-44	53kg	97kg
	Lily	Yu	Ronin Barbell Club	40-44	57kg	120kg
	Serah	Lal	Individual	40-44	61kg	134kg
START: 10:10	Katherine	Michaels	Performance Weightlifting	40-44	61kg	111kg
	Linsey	Swinburne	Individual	40-44	61kg	102kg
	Emma	Christian	Legion Barbell	40-44	61kg	100kg
	Masters Men 40-44 95kg-110+kg					
WEIGH IN: 09:45	Thomas	Parker	Individual	40-44	95kg	248kg
	Christopher	Chu	Individual	40-44	95kg	230kg
	Karim	Badawi	Sleven Weightlifting	40-44	95kg	221kg
	Thomas	Stringwell	Individual	40-44	95kg	192kg
	Chris	Webster	Lift Right	40-44	95kg	192kg
START: 11:45	Liam	Mccarthy	Wirral Weightlifting Club	40-44	110kg	218kg
	Milton	Sequeira	Mukanda Weightlifting	40-44	110kg	214kg
	David	Francis	Individual	40-44	110kg	202kg
	Brian	Eisenhardt	Mem's Weightlifting Club	40-44	110+kg	207kg
	Masters Women 40-44 69kg-86+kg					
WEIGH IN: 11:40	Lynne	Desborough	Yorkshire Strength	40-44	69kg	142kg
	Claire	Robinson	Yorkshire Strength	40-44	69kg	124kg
	Sam	Allcott	Individual	40-44	69kg	120kg
	Georgina	Griffiths	Nova Performance	40-44	69kg	115kg
	Holly	Cooney	ADV Weightlifting	40-44	77kg	153kg
START: 13:40	Catherine	Christmas	Individual	40-44	77kg	135kg
	Jo	Ansell	OPTILIFT Performance Lab	40-44	77kg	126kg
	Jenny	Macconnell	Individual	40-44	77kg	113kg
	Carly	Potter	Individual	40-44	86+kg	129kg
	Swati	Tiwary	Individual	40-44	86+kg	123kg
	Masters Men 35-39 95kg-110kg					
WEIGH IN: 13:45	Richy	Jordan	Individual	35-39	95kg	269kg
	William	Turville	ADV Weightlifting	35-39	95kg	234kg
	Joe	Staden	Unit Weightlifting Club	35-39	95kg	211kg
	Jack	Barlow	Titan Weightlifting Club	35-39	95kg	208kg
START: 15:45	Kayle	Isaacs	Wirral Weightlifting Club	35-39	95kg	204kg
	James	Haskins	Kaizen Strength	35-39	110kg	228kg
	Daoud	Karam	WLV lifting club	35-39	110kg	215kg