



WELCOME TO THE BRITISH POWERLIFTING UNION

Dear Member,

Firstly a big thank you for registering with the BPU/ABPU. Hopefully you will have noticed by now how focused the federation is on the lifters and the opinions of the lifters. The President and key officers do appreciate your input and in fact we hope that you will come up with ideas and help us to develop this federation into one you enjoy competing in and representing at international competitions. This is YOUR federation.

A quick reminder as sometimes people don't realise the difference! The ABPU is the tested side of the federation with your world body the AWPC and the BPU is the non-tested side of the federation with your world body of the WPC. Sometimes people join the wrong side which can cause some issues!!

Please remember that your new membership takes you to December 31st 2022

Currently we are looking forward to the AWPC World Championships 2022 being hosted in the UK BY US in Manchester in September and WPC World Championships being hosted in Florida, USA in November 2022. As you will be aware right now, the A/WPC European Championships are still being decided and we will update you as soon as this information is confirmed. the A/BPU British is now in July over 7 days A HUGE event in Manchester and the single lift Nationals, the Bomb Squad and the Alan Collins Cup will all be held at the Bodypower Expo in May with over 70.000 spectators which is your gateway to qualification for the both the WPC and AWPC World Championships.

Next year the schedule is running as normal, this year everything has had to change to accommodate the every changing pathways of the Virus situation and trying to keep up. We managed against the odds to still host over 15 competitions throughout 2021 and have a further 8 scheduled with over 20 qualifiers, huge Expo competitions, a 7 day British PLUS a World Championships all on your doorstep!

2022 – we will be back to normal. We also have another very special event being planned for mid 2022.

Please keep an eye on our website for competitions. <http://www.britishpowerliftingunion.co.uk/competitions/>

Qualification procedures for the WPC and also AWPC European Championships and BPU/ABPU British Championships: (this is for 2022)

WPC and AWPC European Championships 2021:

- 1) Through reaching your qualifying total in your class (see our web site) for full power, deadlift only, bench press only – RAW, RAW classic, single ply and multiply equipped at any of our qualifying competitions listed from August 2021 through to May 2022.
- 2) If you won your class at the WPC World Championships 2021 or AWPC World Championships 2021 or A/WPC European Championships 2021, you will automatically get an invitation to the European Championships 2022 for WPC or AWPC.

BPU and ABPU British Championships 2022 Qualification

The Officers

President of the ABPU & BPU

Emma Ylitalo-James

emma@britishpowerliftingunion.co.uk

Records Registrar

Jess Pallot

records@britishpowerliftingunion.co.uk

Treasurer

AXP Accountancy

Administrative Officer

Kalle Ylitalo-James

Info@britishpowerliftingunion.co.uk

Technical Officers

Competition assigned

technical@britishpowerliftingunion.co.uk

Referees Officer

Patricia Wetton

referees@britishpowerliftingunion.co.uk

Memberships Registrar

Kate Mottyer-Lowndes

memberships@britishpowerliftingunion.co.uk

- 1) If you won your class at the BPU ABPU British Championships 2021 you will receive an invitation to the British Championships 2021.
- 2) Through qualification at any of our qualifying events from 2021 to June 2022 by achieving the qualifying total which is listed on the web site for your eg, category and class.

How to qualify for World Championships – WPC or AWPC 2022

AWPC World Championships 2022 – September, Manchester UK

WPC World Championships 2022– November, Florida, USA

WPC and AWPC World Championships 2022 –For BPU and ABPU members reaching the qualifying standard at a regional qualifier August 2021 to June 2022 allows you to qualify for the British Championships 2022. If you place top 3 in your class at the British 2022, you will then automatically qualify for the World Championships BPU or ABPU. Additionally, if you won your class at the AWPC or WPC World Championships 2021, you will then automatically qualify for the World Championships 22 the following year to defend your title. You don't need to compete again until then.

2022 is very busy! We still have qualifiers being updated and added so keep your eye on the competitions page. We have the Northerns, Welsh, South West, East Midland, Southern, South Coast and maybe even a few new places to come on the qualifiers list and of course the BRITISH NATIONALS AT BODYPOWER! Remember if you have applied for the ABPU, which is the tested wing and under AWPC ruling, you can take part in the BPU events and WPC events if you so choose to but will still be subject to testing procedures.

Finally, all of the current official contact details are on the web site and you can also contact us on Facebook <https://www.facebook.com/BritishPowerliftingUnion>.

Go well and thank you for being a member with us, we appreciate you lifting with us and being part of the growing story.

We look forward to being on platform with you,

Emma Ylitalo-James

President BPU/ABPU