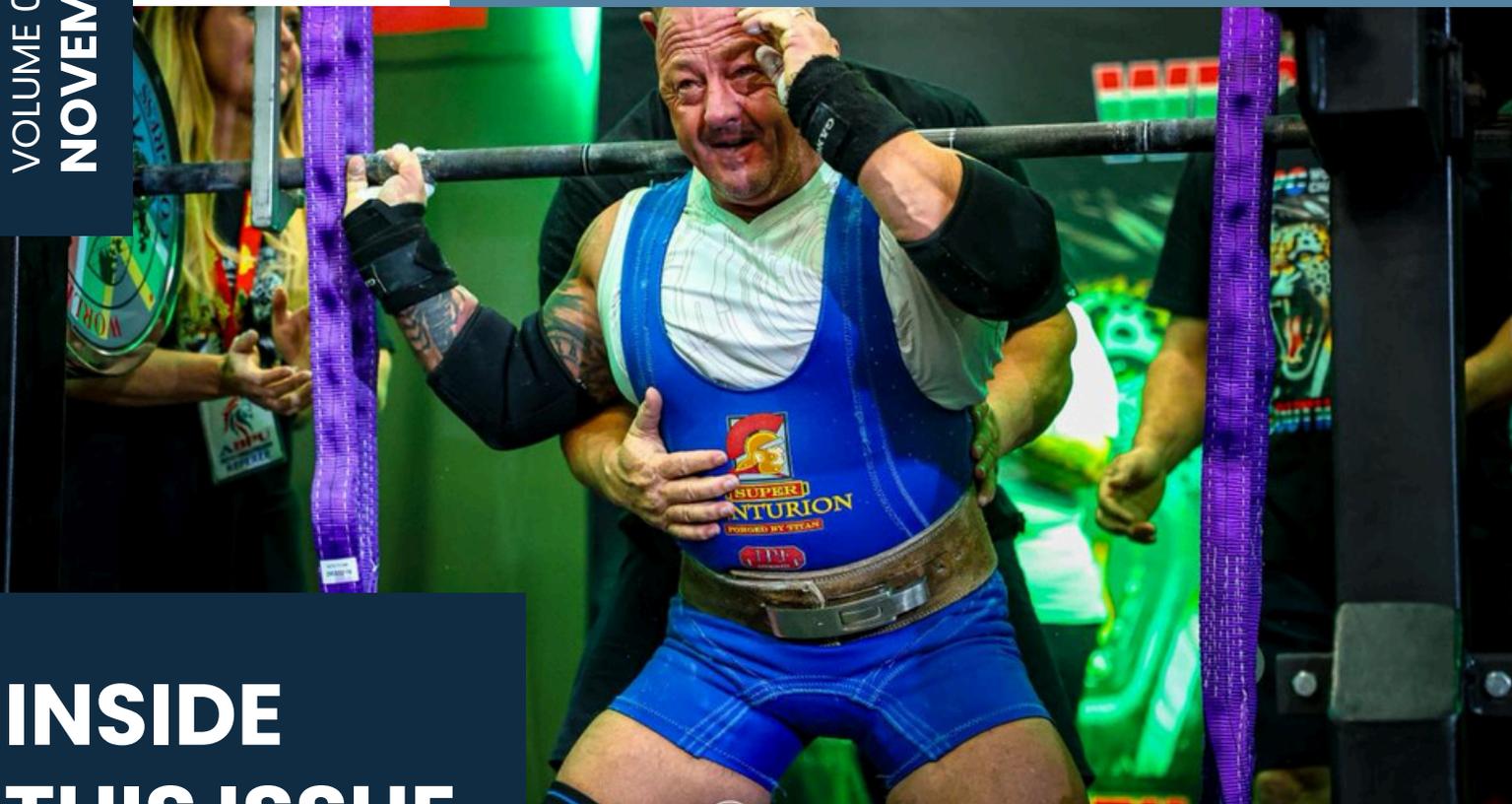


A/BPU NEWSLETTER



INSIDE THIS ISSUE

- Our international teams: News from across the globe
- The A/BPU British Championships 2025
- HUGE year ahead for 2026 - all the info
- Plans and inside news



216 A/BPU Qualified Competitors at the A/WPC European Championships 2025

Team GB took best overall country in Poland at the A/WPC European Championships 2025. An absolutely outstanding team of British competitors took their A game to Poland and brought back gold and glory.



AWPC and WPC World Championships: A/BPU teams a raving success!

2 long haul destinations and 2 successful A/BPU teams did us proud representing GB. Our podium winners from the British Championships flew to the USA and South Africa and showed the other teams what true British grit really is!



A/BPU Single Lifts British Championships 2026 at the Arnold Sports Festival UK

We are very proud to announce the A/BPU will be hosting the Single Lift British at the Arnold Sports Festival UK at the NEC on the 27 to 29 March. Qualifiers are underway and this is the only gateway to WPC and AWPC World Championships.

We have had strong international interest in the competition and in the SuperFlights which include the BombSquad, a RAW SuperFlight and a Deadlift Superflight as well as the British Championships flights. More details [here](#)

A/BPU WORLD TEAMS

AWPC WORLD CHAMPIONSHIPS 2025, IDAHO FALLS, USA

We had 40 British lifters travel to Idaho Falls, Yellowstone, USA to represent GB at the AWPC World Championships.

An outstanding team brought back many gold medals, world records and bear encounters.

We were exceptionally proud of them as many of them hit new records and PBs with this hard to get to part of the USA. Minimum travel time for them was 14 hours which makes it even more impressive. They will be back to defend their World titles in Manchester in 2026.



WPC WORLD CHAMPIONSHIPS 2025, DURBAN, SOUTH AFRICA

20 British WPC team travelled between 18 and 32 hours to get there AND YET still managed to win, hit all time WRs, cause carnage in the equipped classes, stuff the other countries, be very British about dealing with other countries and have an outrageous time.



It is rubbish we dont have enough room to add everyone on the teams in the photos but needless to say, every British competitor was an absolute credit to the A/BPU and representing Great Britain. We thank ALL our athletes who travel to compete in some of these amazing locations courtesy of the WPC and AWPC stage to lift against the best in the world.

A/BPU EUROPEAN AND BRITISH TEAMS

A/WPC EUROPEAN CHAMPIONSHIPS 2025

216 British qualified competitors travelled to Poland to represent GB and the A/BPU at the A/WPC European Championships 2025.

We won the overall best country trophy with the outstanding performances from our lifters, even the ones that bombed with grace!

Competing at internationals on other countries is always unsettling but with a packed Europeans of over 650 competitors Team GB came home victorious and every one of them, we salute you!

We are back in Limerick, Ireland for A/WPC European Championships 2026.



A/BPU BRITISH CHAMPIONSHIPS 2025

The British Champions had to be split into 2, the single lift and full power British due to the amount the federation had grown. In the full power British, qualified competitors found themselves in classes up to 16 athletes deep over 7 days and battling for a podium place.

The single lifts British we usually hold at a major UK Expo, this year at the FitXpo in Bolton, and next year at the Arnold Sports Festival at the NEC. This is a little more "relaxed" although still a huge battle in the classes with everyone having to push their boundaries to try and get on the podium.

The podium placing qualifies our lifters for an invitation to compete at the WPC and AWPC World Championships on the GB team World Squad. WPC Worlds are in the USA in 2026 and AWPC Worlds in Manchester UK.



SUPERMASTERS & POWERLIFTING GAMES

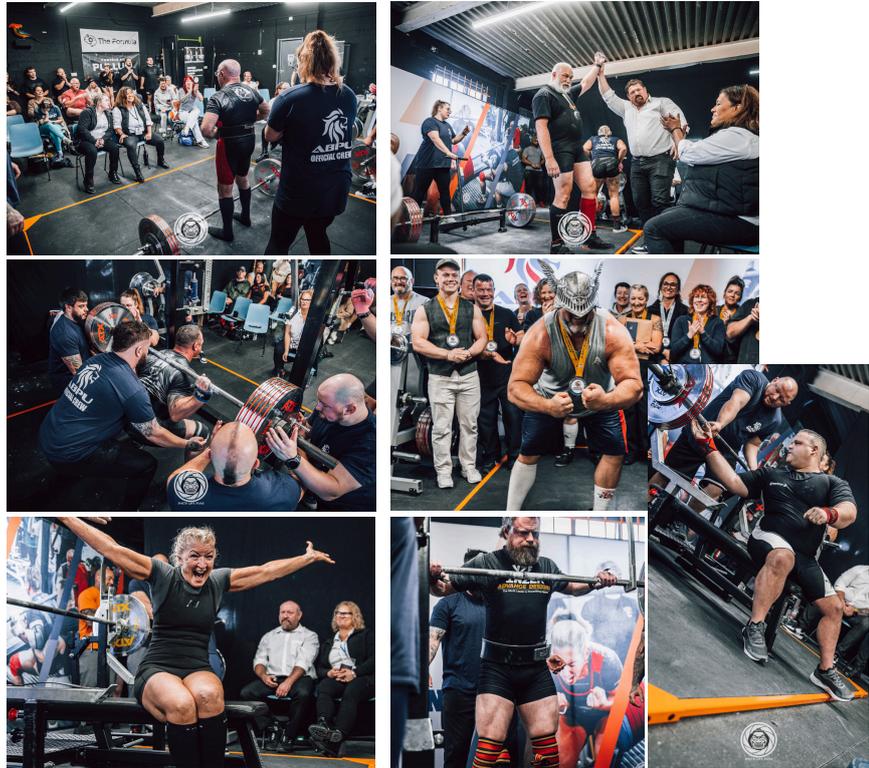
A/BPU SUPERMASTERS 2025

Now THIS was exciting! SuperMasters is the over 40s national level competition for our Masters lifts only.

This year held at Fortress Gym at their dedicated event area, the SuperMasters returned with a host of prizes ranging from a steam train journey, to £100 hotel vouchers to knee wraps and portraits.

We had returns of some of our best lifters in the UK like Aaron Hosking and our oldest competitor yet, Ernie Parks in his 80s.

SuperMasters returns in 2026 at the FitXpo in front of 1000s of people to run the gauntlet again.



A/BPU UNITED KINGDOM POWERLIFTING GAMES

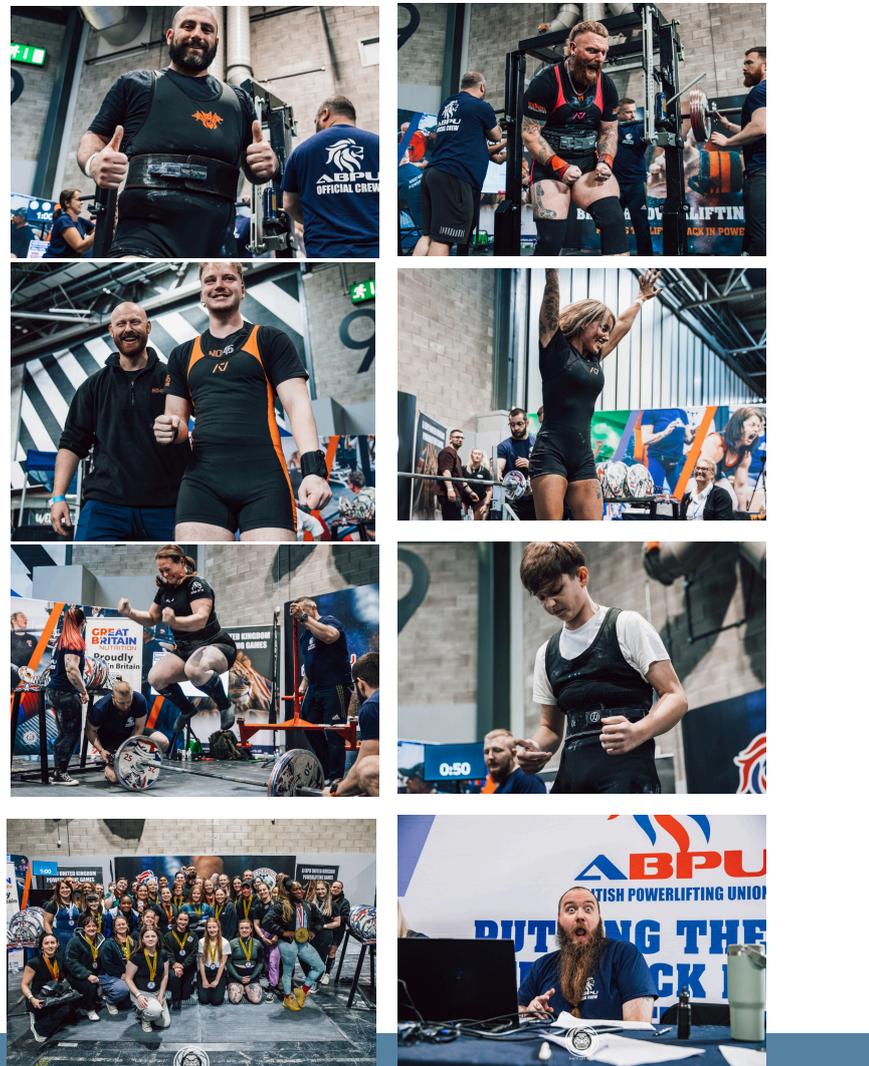
All our staff love the Powerlifting Games. This competition is for those who qualify at our regional qualifiers to try and podium at this national level competition. Those who win their classes get an invitation to the A/BPU British the following year so there is a lot to compete for. This year they competed at the FitXpo in front of 1000s at the NEC.

We had 2 days of intense competition and intense action from our rammed line up of competitors and the nerves were certainly high.

We started this 2 years ago and it has grown exponentially and now has become intensely competitive.

The competition has become a known stepping stone to the British full power, the 7 days British Championships in the heart of Manchester.

See you at the FitXpo 2026!!



VOLUME 03
NOVEMBER 2025

WWW.BRITISHPOWERLIFTINGUNION.CO.UK



A/BPU BIG ONES FOR 2026

AWPC WORLD CHAMPIONSHIPS 2026

MANCHESTER, PENDULUM HOTEL AND CONFERENCE CENTRE

ONLY the top 3 in each class from the A/BPU British single lifts & full power Championships can be selected for the AWPC British Team.

Maximum 3 lifters per class per country is permitted at the AWPC and WPC Worlds for single lifts and full power.

AWPC WORLD CHAMPIONSHIPS

9-14/9/2026

2026

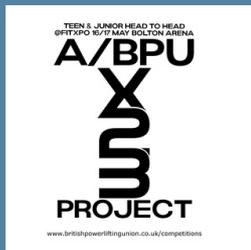
MANCHESTER.UK



SuperMasters & UK Powerlifting Games 2026 @ FitXpo

This will be a huge competition! Back at the FitXpo in October 2026, we will put our SuperMasters out there for the world to see along with our qualified competitors in the UK Powerlifting Games.

We usually rotate the 2 but we have more space, more platforms and more NOISE making this a busy and spectacular event. Our SuperMasters will be competing for prizes and our UK Games competitors competing for that elusive British Championships invitation!



SUPERBOMB & X23 PROJECT & A/BPU BOLTON QUALIFIER @ FITXPO BOLTON ARENA, MAY 16 and 17

A BIG COMP FOR BIG NUMBERS AND BIG NOISE! SuperBomb is the first ever equipped unlimited full power competition in the UK. This is single or multiply squat and deadlift with unlimited bench shirt. This will be carnage - but a real spectacle for a first in the UK.

We also have X23 Project - a competition for our Teen and Junior lifters to go head to head on formula to be the best of the best teen and junior in the UK. Lastly - amongst all that this is also an A/BPU Qualifier so a BIG WEEKEND!



A/BPU Single Lifts British Championships 2026 at the Arnold Sports Festival UK

This is a huge deal from the 27 to 29 March 2026 we are holding the A/BPU Single Lift British Championships and this time at the Arnolds!

There are also 3 "SuperFlights" plus the Bomb Squad plus already entered internationals

The competition has an international sanction so you can attempt European and World records at this Expo with estimated 100,000 plus people attending over 3 days. Confirm you place on the Worlds team here, and then go for it at the full power British!

MORE BIG ONES



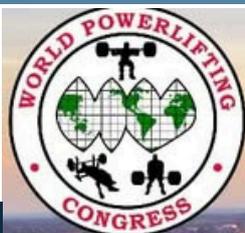
FOR 2026

A/WPC EUROPEAN CHAMPIONSHIPS 2026

CASTLE TROY HOTEL, LIMERICK
IRELAND

Only those who compete at our A/BPU Qualifiers will be able to compete at the A/WPC European Championships in Ireland alongside our current defending champions from 2025.

We had 216 British competitors at the Europeans in Poland, and we are expecting a huge team again for this. Have you qualified?



2026 WPC/AWPC EUROPEAN CHAMPIONSHIPS

LIMERICK IRELAND

JUNE 1-7

A/BPU BRITISH CHAMPIONSHIPS

FULL POWER
2026



8-14/7/26 @ PENDULUM HOTEL AND CONFERENCE CENTRE, MANCHESTER

A/BPU British Full Power Championships 2026

The A/BPU British is a bit of an institution now. First we had to split the single lifts and full power as it got too big for the 7 days we allocated it, then it got so big we had to increase it to 8 days followed by a savage increase in the qualifying total to try and get it back down to 7 days again!

We are expecting a very busy British this year again, especially with the AWPC World Championships being hosted the UK.

The classes are heavily contested, the atmosphere is serious and focused and we also take an international license for our lifters to try and take European and World records.

Hard to qualify for and even harder to win at!



WPO PRO FINALS QUALIFIER at the British

The ultimate world equipped competition, the WPO PRO FINALS in the US, finally has a qualifier in the UK! Instead of trying to crowbar our lifters into this competition – if they hit the qualifying total then they automatically get qualification to the WPO PRO Finals – this is being held in one dedicated flight during the British. All details are [here](#).

SUPERBENCH

A SuperBench competition being held in the evening during the AWPC World Championships in Manchester. We will be running the ultimate bench competition with a minimum points entry and more details to come.



THE REMAINING QUALIFIERS FOR 2026

**FOR A/WPC EUROPEANS, A/BPU BRITISH SINGLE LIFTS
AND FULL POWER CHAMPIONSHIPS AND UK
POWERLIFTING GAMES 2026**

6th December: A/BPU Southern Hampshire Qualifier and the
BOMB SQUAD **FULL**

13th December: A/BPU Devon DieHard Push Pull Extravaganza

13 December: A/BPU Manchester Central Qualifier **FULL**

13 December - A/BPU North Wales (Rhyl) Qualifier

14 December - Andy Bolton Deadlift Challenge **FULL**

14 December: A/BPU South Westish Salisbury Qualifier **FULL**

JANUARY 2026

17 January: A/BPU South Coast Qualifier

25th January: A/BPU Nottingham Qualifier

FEBRUARY 2026

7 and 8 February: A/BPU London Qualifier

22 February: A/BPU Warwick Qualifier

MARCH 2026

1st March: A/BPU Northern Ireland Qualifier. Belfast

7 to 8 March: A/BPU South Yorkshire Qualifier

8 March: A/BPU Newcastle Qualifier

7th March: A/BPU South West (Devon) Qualifier

14 and 15 March: A/BPU Southern (Alton, Hampshire)
Qualifiers

21 and 22 March: A/BPU South Wales Qualifier

APRIL 2026

5th April: A/BPU Nottingham Qualifier

5 April: A/BPU South Westish Frome Qualifiers

11 and 12 April: A/BPU Manchester Qualifiers

11 and 12 April: A/BPU Leeds and Wakefield

19 April - A/BPU Cornwall Qualifier

MAY 2026

16 and 17 May: A/BPU Bolton Qualifier, FITXPO Bolton Arena

Please note: the cut off date for the European Championships entries is the 1st April when all entries up to that point must be sent. We have. The first 4 competitions in April, up to the 11 and 12 April, these have to be sent separately and no further entries will be taken qualifiers after this will NOT be a qualifier for the Europeans.



WEB LINKS – CLICK BELOW:

[COMPETITIONS SCHEDULE](#)

[QUALIFYING TOTALS BPU](#)

[QUALIFYING TOTALS ABPU](#)

[BPU RECORDS](#)

[ABPU RECORDS](#)

[A/BPU LIVE STREAMS](#)

[A/BPU NEWS](#)