

A/BPU NEWSLETTER

BRING IT ON

2026



Joy!

We are almost there. Yes, the year 2026 is nearly upon us!

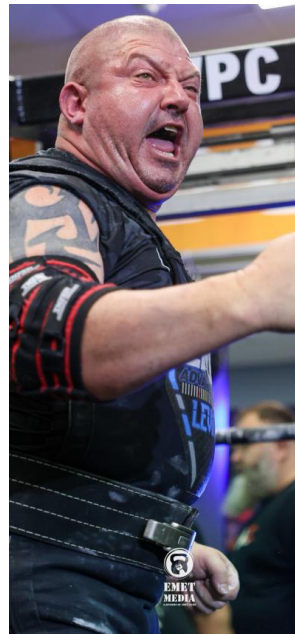
2025 was properly full on: 216 strong British team at the Europeans, 40 at AWPC Worlds in the US, 20 at WPC Worlds in South Africa and over 600 going through the British.

EXPO 2026 SPOTLIGHT



2026 is a huge Expo year. Bolton Arena FitXpo hosts the X23 Project (Teen & Juniors) and the SuperBomb. FitXpo in October hosts Powerlifting Games & SuperMasters. AND of course the Arnold Sports Festival UK hosts the British Single Lifts Championships.

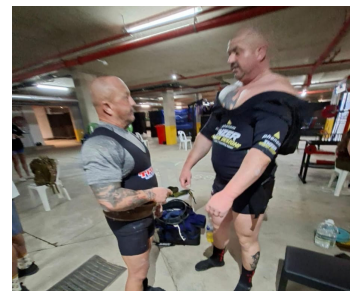
A TRULY INTERNATIONAL YEAR 2025



The A/BPU was EVERYWHERE! In order of pics from left to right - we had 216 British lifters at the A/WPC European Championships, 40 at the AWPC World Championships in Idaho Falls, USA, 22 at WPC Worlds in Durban South Africa and an intrepid team in Cairo, Egypt at the WPC World Cup. 2026 brings, Ireland for the A/WPC Europeans, UK for AWPC Worlds and the USA for WPC Worlds with Egypt, Italy, Switzerland and France on the cards.

A year of the Masters

Our Masters dominated the year taking a litter of World and European records in 4 different countries, and numerous all time World Records. They also took places in the top 10 highest totals of 2025 across all classes, including Aaron Hosking who took the biggest M1 Multiply total of 955kg at age 42. We have may trailblazing lifters across all ages and the Masters really came into their own in 2025, AND lifted in the open classes as well!



SuperMasters in 2026 will be held at the FitXpo with an international sanction.

5 qualifiers in 1 weekend! YES WE DID CHRISTMAS!



AWPC WORLD CHAMPIONSHIPS 2026

AWPC World Championships 2026 will be hosted by the A/BPU in MANCHESTER in the UK. This is an opportunity for our ABPU members to qualify for this home advantage Worlds. We have hosted 3 world championships with over 47 countries in attendance so far. Secure your place at the A/BPU British both single and full power.

THANKS TO ALL OUR STAFF



These are only a few of the many people that make the federation and competitions work. Thank you to everyone who give so much to help us and the lifters. Without you, it just couldn't be done.

2026 Qualifiers Remaining

January

17th A/BPU South Coast Qualifier
25th: A/BPU Nottingham Qualifier

February

7 and 8th A/BPU London Qualifier
22nd: A/BPU Warwick Qualifier

March

1st: A/BPU Northern Ireland Qualifier. Belfast
7 to 8th: A/BPU South Yorkshire Qualifier
8th: A/BPU Newcastle Qualifier
7th: A/BPU South West (Devon) Qualifier
14 and 15th: A/BPU Southern (Alton, Hampshire) Qualifiers
21 and 22nd: A/BPU South Wales Qualifier

April

5th: A/BPU Nottingham Qualifier
5th A/BPU South Westish Frome Qualifiers
11 and 12th: A/BPU Manchester Qualifiers
11 and 12th: A/BPU Leeds and Wakefield
19th: A/BPU Cornwall Qualifier
15th: A/BPU North Wales Qualifier

May

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

Cut Off Dates:

A/BPU Single Lifts British Championships 10th March
A/WPC European Championships 1st April
A/BPU Full Power British 10th June

Go to <http://britishpowerliftingunion.co.uk/competitions/> for full details and how to qualify for what.

THANKS to all our members for a fantastic and the biggest international year yet!