

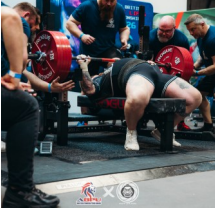
A/BPU NEWSLETTER



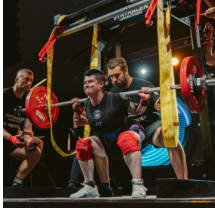
The A/BPU News updates and stuff about YOU!

APRIL 2026

Top stories in this newsletter



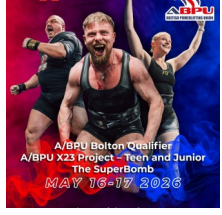
351 lifters at the A/BPU Single Lifts British @ Arnold Sports Festival



200 British lifters at the A/WPC Europeans 26 in Poland



AWPC World Championships 2026 hosted in MANCHESTER, Sept.



Last Chance Saloon at the FitXpo in May FULL POWER!

At the Arnolds baby!



The ABPU Single Lifts British Championships 2026 at the Arnold Sports Festival UK was incredible. Lifters from all over the world and of course the best of British trying to get a top 3 placing for the AWPC and WPC World Championships invite.



351 competitors, and over 500 starts at the deadlift and bench only powerlifting championships, with lifters from Australia, Poland, Hungary, Ireland and more, 400kg equipped benches, 295kg RAW bench, and 400kg deadlift attempts



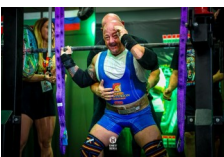
The area was 10 and 11 people deep most of the time, all watching our lifters at the most prestigious event in the UK. The qualification for 2027 has started and invitations will start to go out in July. Where will you be in 2027? Read the full write up [HERE](#)

The season is soon ending.....



It has been a rammed qualifying season with over 30 qualifiers, along with numerous national events like SuperMasters, UK Powerlifting Games at the FitXpo, British Single Lifts to name but a few.

We have had full competitions, all time world records, new lifters, returning lifters, and lifters coming back after years away. We have said goodbye to 2 venues and said hello to 3 new ones, so it has been quite a run. We had a team of 40 in South Africa, 200 in Poland, and 40 in the USA. The A/WPC Europeans is fast approaching and a team of 156 going to that to represent Great Britain!



We only have 4 qualifiers left, 2 of them full for the last attempts at qualifying for the 7 day full power British Championships 2026 in the heart of Manchester with up to 500 competitors. [Have you qualified?](#)

The Last Available Qualifier This Season - TEAM SHOWDOWN & more



The A/BPU Bolton Full Power Qualifier at the FitXpo at Bolton Arena on the 16/17 May is home to our last available qualifier for the A/BPU Full Power Powerlifting Championships 2026—the only gateway to the WPC and AWPC World Championships.

This competition is being run along side the X23 Project— head to head for teen and junior competitors to fight for the best lifter award and maybe the best fringe. We also have the SUPERBOMB—a full power equipped showdown incorporating unlimited bench shirts into the meet, and THIS is where you will see some incredible and nail biting lifting.

We are also premiering our first team competition—men's and women's.

Still want to qualify for the 7 day British Championships at the Pendulum Hotel and Conference Centre? [CLICK HERE](#)



AWPC World Championships 2026—in Manchester!



Ooooh yes—it is at home! With all the home advantage! The AWPC World Championships hosted by the A/BPU. Our lifters, trying to qualify at the British, with anything up to 16 in their class, are getting ready. The AWPC Worlds, now with tough competition lifters with teams coming from the US, Australia, Italy, Azerbaijan and more.....