

United Kingdom Bodybuilding Calendar 2023

Updated 20th January 2023

British finals and international finals are highlighted in bold

Natural shows are highlighted in blue

Dates still pending for the natural calendar: NPA, and BNBf British Finals

UK Federations Included:

2Bros, BNBf, BPA, FitX, IFBA, NABBA, NFMUK, NPA, PCA, UKBFF, UKDFBA, UKUP, WNBF

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March

2Bros:	10x Kingdom Classic, Maidenhead	25 th March
IBFA:	Granite City Classic, Aberdeen	26 th March
PCA:	First Timers, Birmingham	26 th March

April

UKUP:	Midlands	1 st April
PCA:	Saxon, Telford	2 nd April
2Bros:	10x Ben Weider, Maidenhead	8 th April
PCA:	Scotland, Motherwell	9 th April
NFMUK:	Scotland, Glasgow	15 th April
FitX:	First Timers, Birmingham	16 th April
IBFA:	Lochgelly, Scotland	16 th April
PCA:	Mercia, Bedford	16 th April
UKBFF:	Northern, Warrington	16 th April
NABBA:	Scotland	22 nd April
NABBA:	South East	22 nd April
IBFA:	Tyneside, Gateshead	23 rd April
NABBA:	Midlands,	23 rd April
PCA:	South West, Exeter	23 rd April
UKUP:	Scottish, Glasgow	23 rd April
NABBA:	Northern Ireland,	29 th April
PCA:	First Timers, Peterborough	29 th April
BPA:	Scottish, Edinburgh	30 th April
NABBA:	North	30 th April
NABBA:	West	30 th April

May

UKUP:	Southern	6 th May
IBFA:	South, Portsmouth	7 th May
NABBA:	Wales	7 th May
NABBA:	North West	7 th May
PCA:	North West	7 th May
2Bros:	JT Grand Prix, Maidenhead	13 th May
NABBA:	North East	13 th May
NFMUK:	Pro/AM, Manchester	13 th May
FitX:	FitXPO, Manchester	14 th May
IBFA:	Wales, Wrexham	14 th May
PCA:	Irish Open, Ireland	14 th May
UKBFF:	Cumbria Classic, Whitehaven	20 th May
BPA:	Northern Ireland, Lisburn	21 st May
NABBA:	South East	21 st May
PCA:	First Timers, Hull	21 st May
2Bros:	Condition Cup, Wigan	27 th May
FitX:	Xion Classic, Exeter	27 th May
PCA:	Universe Qualifier, Coventry	27 th May
IBFA:	North West, Cumbria	28 th May
PCA:	Universe and XPO, Coventry	28th May
UKDFBA:	NBW Classic, Benn Hall	28 th May

June

NABBA:	British Finals, Bradford	3rd June
NFMUK:	Midlands, Birmingham	3 rd June
PCA:	Hampshire	4 th June
FitX:	Battle of Nottingham, Nottingham	10 th June
BNBF:	Scottish, Perth	11th June (Natural)
IBFA:	Gateshead	11 th June
PCA:	Coventry	11 th June
2Bros:	Viking Shield, Maidenhead	17 th June
UKUP:	North West	18 th June
FitX:	South East, Colchester	24 th June
BNBF:	Northern Ireland	25th June (Natural)
BPA:	Rising Stars, Bilston	25 th June
PCA:	East Anglia	25 th June

July

2Bros:	RL Coaching Cup, Wales	2 nd July
PCA:	First Timers, Birmingham	2 nd July
2Bros:	Hardbody Classic, Maidenhead	15 th July
BPA:	Midlands, Bilston	15 th July
FitX:	Insight Supplements, Leeds	15 th July
WNBF:	First Timers, Camberley	16 th July (Natural)
UKUP:	Wales	22 nd July
2Bros:	Amplified Muscle, Maidenhead	29 th July
FitX:	Muscle Shed, Bristol	29 th July
IBFA:	Wales	29 th July
PCA:	MuscleTalk, Kettering	30 th July
BNBF:	Southern	30 th July (Natural)

August

FitX:	Telford, Telford	5 th August
IBFA:	A1 Classic, Worksop	6 th August
2Bros:	Tru Athlete ISFF, Excel London	11 th -13 th August
BNBF:	Midlands, Birmingham	13 th August (Natural)
FitX:	Welsh, Wales	19 th August
UKDFBA:	Northern	20 th August
2Bros:	ProTan Cup	26 th August
BNBF:	Northern, Manchester	26 th August (Natural)
UKUP:	Northern, York	27 th August
PCA:	Wales	27 th August

September

2Bros:	MK Classic, Wigan	2 nd September
NFMUK:	Ware-House Classic, Wales	2 nd September
BPA:	English Grand Prix	3 rd September
PCA:	Manchester	3 rd September
UKBFF:	Bridges, Kent	3 rd September
UKDFBA:	Southern	3 rd September
FitX:	Kompak, Leicester	10 th September
PCA:	Midlands	10 th September
UKBFF:	Channel Islands, Jersey	10 th September
2Bros:	TBF Takedown, Maidenhead	16 th September
UKUP:	World Cup, Milton Keynes	16th September
BPA:	Gateshead	17 th September
FitX:	Eval, Gateshead	17 th September
PCA:	Ireland	17 th September

UKDFBA:	Heart of England	17 th September
NFMUK:	European Championship, Leicester	22nd October
FitX:	Stupps, Birmingham	23 rd September
IBFA:	Exeter	24 th September
NFMUK:	Effective Classic, Leicester	24 th September
PCA:	First Timers, Birmingham	24 th September
2Bros:	Ralstrick Royal Rumble, Maidenhead	30 th September
UKUP:	British Finals, York	30th September

October

FitX:	EP Rumble, Manchester	1 st October
NABBA:	England, Dudley	1 st October
PCA:	Yorkshire, Hull	1 st October
FitX:	Power House, Poole Lighthouse	7 th October
PCA:	Channel Islands, Jersey	8 th October
PCA:	London	8 th October
UKDFBA:	British Championships, Leicester	8 th October
2Bros:	British Finals, Maidenhead	14th October
PCA:	British Finals	14th – 15th October
BPA:	Rhino Classic, Stamford	15 th October
FitX:	CNP British Finals, Wolverhampton	21st October
BPA:	British Championships, Dudley	22nd October
IBFA:	British Finals, Gateshead	22nd October
WNBF:	British Finals, Birmingham	22nd October (Natural)
2Bros:	10XNatural, Maidenhead	28 th October
NABBA:	Universe, Bradford	28th October

November

NABBA:	UK Open,	4 th November
2Bros:	Vitae Plant Naturals, Maidenhead	11 th November
BPA:	Sugar Classic, Dudley	12 th November
PCA:	UK Open, Hull	12 th November
PCA:	First Timers, Hull	12 th November
PCA:	World Championship, Spain	19th November
WNBF:	Worlds, Seattle, USA	18th November (Natural)

December

2Bros:	Vitae Plant Naturals, Maidenhead	2 nd December
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