

OFFICIAL EVENT PROGRAMME OF THE BRITISH EATING LEAGUE

THE FIRST BITE

ISSUE 10 // FREE

SATURDAY 25TH & SUNDAY 26TH JULY 2026

MUDBILLY'S SUMMER SENDS,
LITTLE SILVER MX
EXETER

WE ALL EAT
TOGETHER



CHICKEN NUGGET EATING CONTEST & MORE CHALLENGES

Live Events Across The Whole Of The Weekend •
Pro Eaters • Live Crowd Event

Mudbilly's, Little Silver MX, Exeter, EX6 8BB

DAD
LOVES FOOD

x xerocad
printcentre



The
Cattlemans
Steakhouse



OFFICIAL 2026 WHITE SHIRT



LIMITED STOCK • MESSAGE TO ORDER • PREMIUM FIT

#BritishEatingLeague #BEL2026 #DadLovesFood #CompetitiveEating



MESSAGE FROM THE FOUNDER

Craig Harker

Founder & President – British Eating League



WELCOME

Welcome to another edition of the British Eating League Programme.

Firstly, I'd like to thank every competitor, venue, sponsor, volunteer and supporter who continues to back what we're building.



THE GROWTH OF BEL

The growth of competitive eating in the UK has been incredible to witness, and it's exciting to see more people recognising that this is a genuine competitive sport built on preparation, discipline, respect and sportsmanship.

As we move further into the season, the standard across the league continues to rise. Every event brings new rivalries, fresh talent and unforgettable moments, while the league table remains incredibly competitive. In this sport, every second counts and every point matters, meaning one outstanding performance can completely change the championship picture.



MUDBILLY'S FESTIVAL

Our attention now turns to one of the highlights of the summer. On Saturday 25th and Sunday 26th July, the British Eating League heads to Mudbilly's Summer Sends Festival at Little Silver MX in Devon. Known as the UK's wildest off-road festival, it's a fantastic weekend packed with motorsport, live entertainment, family attractions and thousands of spectators.

The headline BEL event takes place on Sunday 26th July, when competitors go head-to-head in the Hot Dog Eating Championship. With valuable league points on the line and another championship title to be won, expect an incredible display of speed, determination and competitive spirit as some of Britain's top eaters battle it out in front of the festival crowd.



LOOKING AHEAD

Whether you're discovering competitive eating for the first time or you've followed the British Eating League from the very beginning, thank you for being part of our journey. Together we're continuing to grow the sport, raise standards, and create unforgettable events across the UK.



THANK YOU

I hope you enjoy the action, and I look forward to seeing many of you at Mudbilly's Summer Sends Festival.

Craig Harker

Craig Harker
Founder & President – British Eating League



DAD
LOVES FOOD

“TOGETHER WE'RE
RAISING THE
STANDARD OF
COMPETITIVE EATING
ACROSS THE UK.”

★ ONE LEAGUE. ONE STANDARD. EARN YOUR PLACE. ★

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HOW BEL STARTED



Before the crowds, trophies and league tables, the British Eating League began somewhere much more personal — **at home, watching food TV.**



Long before competitive eating was mainstream in the UK, me and my dad would sit watching **Man v Food**, completely hooked. We loved the theatre, the characters, the pressure — and especially **Adam Richman** taking on ridiculous challenges with proper showmanship.



At the time, nothing like that existed here.
So we thought: **why not bring that energy to our own restaurant?**



Before Food Challenges Were “Cool” in the UK
At **The George Pub & Grill**, we started creating big, bold food challenges purely because we loved them. There was no blueprint, no league, no trend to follow — just proper portions, proper pressure and proper entertainment.



This was before food challenges became a thing in the UK.
Before algorithms. Before viral clips. Before it was fashionable.
Word spread quickly. **Big eaters started turning up. Then bigger ones.**



Over time, the restaurant became a genuine meeting point for elite eaters, hosting names like Beard Meats Food, Leah Shutkever, and even international legend Randy Santel.
But more importantly, it became **the birthplace of something bigger.**

T Teesside Live

Could Zeus burger at Stockton pub be the tallest in the UK?

12 Sept 2013



MA The Morning Advertiser

Teesside pub attempts world record for biggest Christmas dinner with massive £70 eating challenge

14 Dec 2015



FROM CHALLENGES TO A LEAGUE

Those early nights at The George evolved into the first structured BEL events. Real crowds. Real pressure. Real competition. That's where BEL truly began.



THE FIRST CHAMPION

It was also where Kyle v Food rose through the ranks, becoming the first BEL Champion and setting the benchmark for what it meant to compete properly in the league.

★ **ONE LEAGUE. ONE STANDARD. EARN YOUR PLACE.** ★

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NE The Northern Echo

Extreme eater Adam Moran
wins mixed grill contest

23 Jun 2016



S The Sun

Pub cooks up world's biggest
Christmas dinner — a mountain
of food for one stuffed with
16,500 calories

17 Dec 2018



THE JOURNEY CONTINUES OF BEL



THE ERA OF DOMINANCE

From Season 2 onwards, one name set the standard.

Max vs Food took hold of the UK number one spot — and never let go. Season after season, win after win, Max became the measuring stick for everyone else. Consistent, disciplined and relentless, his dominance helped raise the overall level of competitive eating in the UK.

If you wanted to be the best, you had to beat Max.



2020–2025: BUILDING THE FOUNDATIONS

Between 2020 and 2025, BEL grew into a national structure — with live events, online competitions, league tables and safety-led standards. Like any sport, the journey came with challenges, but the foundations were laid and the vision stayed clear.



2026: THE REBIRTH

Now, in 2026, BEL enters its strongest phase yet.

With renewed focus and nothing standing in the way, the league is fully committed to growing competitive eating as a credible, professional sport in the UK. Certified food challenges, live events and league rankings now work together under one system — creating real opportunity and progression for athletes.



A NATIONAL MOVEMENT

What started with me and my dad watching Man v Food has become a national movement. And this time, we're all in.

★ MAKING HEADLINES ★

mm Daily Mail

Professional competitive eater
destroys 12,000-calorie, 10-patty
burger meal

13 Aug 2019



T Teesside Live

Murder, sex toys and hot chilli challenges:
The George pub remains defiant in
licensing hearing

23 Oct 2019



mm Metro.co.uk

Man eats 20 slices of toast and
2.5kg of beans in under seven minutes

26 Jul 2020



mm Metro.co.uk

Man smashes world record by
eating 141 Oreos in five minutes

21 Sept 2020



mm Daily Mail

Pub landlord who claimed chilli eating
contest was exempt from lockdown hit
with prohibition notice

22 Nov 2020



M The Mirror

Extreme eaters devour 60oz burger and
100 chicken nuggets in mammoth food
challenge

18 Aug 2022



mm Daily Mail

Pub challenging customers to 8,000-
calorie 'Parmo Kebab' sandwich will pay
for a TAXI to hospital

22 Dec 2022



LA LADbible

Bloke is left covered in blood after
demolishing huge steak in under
five minutes

15 Feb 2023



★ ONE LEAGUE. ONE STANDARD. EARN YOUR PLACE. ★

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BEL LEAGUE TABLE POINTS



EVERY BITE.
EVERY POINT.
EVERY CONTEST
COUNTS.

THE MORE YOU
COMPETE, THE MORE
POINTS YOU EARN,
THE CLOSER YOU GET
TO THE TOP!

★ **CONSISTENCY. DEDICATION. DETERMINATION.**
THAT'S WHAT CHAMPIONS ARE MADE OF. ★



IN-PERSON EVENTS

Points are awarded at all official
BEL in-person events.



1ST PLACE

22
POINTS



2ND PLACE

16
POINTS



3RD PLACE

12
POINTS



4TH PLACE

8
POINTS



PARTICIPATION

5
POINTS



ONLINE EVENTS LIVE & UPLOAD EVENTS

Points are awarded for online live
and upload events.



1ST PLACE

14
POINTS



2ND PLACE

10
POINTS



3RD PLACE

8
POINTS



PARTICIPATION

3
POINTS



EARN POINTS AT BEL CERTIFIED CHALLENGE VENUES!

Compete in official BEL certified challenges and earn valuable league points
towards the leaderboard.

- Cattlemans Steakhouse
- Almondsbury Creative
- Sabsdeli
- The Patty Freaks

- Port Of Bristol
- Fat Boyz
- Mr Chinnery's Emporium

★ **CLIMB THE LEAGUE TABLE. EARN THE BELT. BE THE CHAMPION!**
CHECK THE FULL LEAGUE TABLE AND EVENT RESULTS ONLINE AT BRITISHEATINGLEAGUE.CO.UK ★

SAFETY FIRST

HEALTH. SAFETY. FAIRNESS.
THE FOUNDATION OF EVERY BEL EVENT.



WE EAT.
WE COMPETE.
WE RESPECT
THE SPORT.



COMPETITIVE EATING IS A SPORT

Competitive eating is a regulated sporting activity and should never be mistaken for casual eating.

It must not be attempted without appropriate experience, preparation and professional supervision.



BEL EVENTS ARE FULLY CONTROLLED

Every BEL event is conducted in a controlled environment with:

- ✓ Qualified officials & guest referees
- ✓ Clearly defined competition rules
- ✓ Strict time limits
- ✓ Continuous safety monitoring
- ✓ Immediate medical response procedures if required



Everything you see on stage or online takes place within a professionally managed sporting environment.



PLEASE DON'T TRY THIS AT HOME

The British Eating League does not encourage or endorse food challenges outside of an organised event.

Fast or high-volume eating carries serious risks, including choking, dehydration and injury when performed without appropriate supervision.



YOUR SAFETY COMES FIRST

At every BEL event, competitor welfare always comes before results.

If an athlete shows signs of distress or becomes unwell, the contest is stopped immediately.

**THERE ARE NO EXCEPTIONS
TO THIS RULE.**

No title, record or prize is ever more important than a competitor's health.



PROTECTING THE INTEGRITY OF THE SPORT

This season, BEL has introduced independent guest referees to strengthen fairness, improve safety oversight and ensure every competition is judged professionally.

Their role helps protect competitors, maintain sporting integrity and uphold the highest standards at every event.

**NO RECORD
IS WORTH
RISKING YOUR
HEALTH.**



**STOP IF
YOU FEEL
UNWELL.
SPEAK UP.
STAY SAFE.**

THE BRITISH EATING LEAGUE IS COMMITTED TO:



SAFETY

Putting health and wellbeing first.



FAIRNESS

Ensuring equal opportunity and honest competition.



RESPONSIBILITY

Promoting the sport in a safe, respectful and responsible way.



COMMUNITY

Supporting athletes, officials, venues and fans.



GROWTH

Building the future of competitive eating the right way.

**TOGETHER, WE MAKE COMPETITIVE EATING
SAFER, STRONGER & RESPECTED.**



BRITISH
EATING
LEAGUE



BAGEL **EATING** *CONTEST*



WHO CAN FINISH
10 BAGELS
IN THE QUICKEST TIME?



SATURDAY 15TH AUGUST 2026



5PM

★ **SABSDALI** ★
ROMFORD, LONDON



The Cattleman's Steakhouse

"Steak on a Stone"



CATTELMANS STEAKHOUSE

★ THE HOME OF BRITAIN'S BIGGEST FOOD CHALLENGES ★

When people talk about legendary food challenges in the UK, one venue is always part of the conversation – **Cattleman's Steakhouse**.

Located in Paignton, Devon, Cattleman's has earned a national reputation for creating some of Britain's biggest, toughest and most talked-about eating challenges. From giant mixed grills and towering breakfasts to enormous steak feasts served on sizzling hot stones, the restaurant has become a bucket-list destination for both competitive eaters and food challenge enthusiasts.

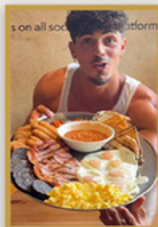
At the heart of it all is **Gary King**, whose passion for food challenges has helped establish Cattleman's as one of the British Eating League's closest partners. His commitment to creating exciting events, welcoming competitors from across the UK and constantly raising the standard has made the restaurant a true home of competitive eating.

Over the years, Cattleman's has proudly hosted many of the British Eating League's biggest live competitions, attracting elite competitors, packed audiences and national media attention. The venue has also sponsored countless BEL events, helping the league continue its mission of growing competitive eating into a recognised professional sport.

Whether it's a newcomer taking on their very first challenge or one of Britain's top-ranked eaters battling for valuable league points, Cattleman's always delivers an unforgettable atmosphere.

The restaurant continues to push the boundaries of what a food challenge can be, with gigantic steaks, enormous breakfasts, mixed grills and legendary sharing platters becoming famous throughout the UK. It's a venue where records are broken, champions are crowned and unforgettable moments are created.

For the British Eating League, Cattleman's isn't just another venue – it's one of the foundations of the sport.



“WE'VE ALWAYS BELIEVED FOOD CHALLENGES SHOULD BE EXCITING, FAIR AND UNFORGETTABLE. THAT'S EXACTLY WHAT WE'VE BUILT WITH THE BRITISH EATING LEAGUE.”

Gary King

OWNER – CATTELMANS STEAKHOUSE



MEET THE OWNER GARY KING

Gary's love for big food and competitive eating is what drives Cattleman's Steakhouse. He is one of the UK's biggest supporters of the competitive eating scene and has played a huge part in helping the British Eating League grow into what it is today.

BEL PARTNERSHIP



OFFICIAL BEL VENUE

Proud to host many of the British Eating League's biggest live events.



MAJOR EVENT HOST

From league showdowns to record attempts, Cattleman's is where the action happens.



BEL SPONSOR

Supporting competitive eating across the UK and helping the league grow stronger every year.



CHAMPIONSHIP VENUE

Where elite eaters battle for titles, records and valuable league points.

The Cattleman's Steakhouse
"Steak on a Stone"

★ PAIGNTON, DEVON ★



www.cattlemanssteakhouse.co.uk



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MUDBILLY'S FESTIVAL



★ THE UK'S WILDEST OFF-ROAD WEEKEND ★

The British Eating League is delighted to be part of Mudbilly's Festival, one of the UK's most unique and exciting family festivals.



THE VENUE

Mudbillys, known as the UK's wildest off-road festival, takes place at **Little Silver MX in Exminster, Exeter, Devon (EX6 8BB)**.



ACTION PACKED WEEKEND

The weekend-long event features seven off-road racing disciplines, mud truck challenges, and the VanPrix.



SO MUCH MORE

Alongside the racing, expect live music, a mullet competition, and a massive eating contest plus family entertainment, trade stands and fantastic food & drink.



BEL HOT DOG EATING CHAMPIONSHIP

On Sunday 26th July, the British Eating League Hot Dog Eating Championship takes centre stage. Top competitive eaters from across the UK will battle it out for valuable league points and championship glory!



PROFESSIONAL. SAFE. OFFICIAL.

Every BEL contest is professionally organised, independently judged and conducted under strict safety regulations, ensuring a fair, controlled and exciting sporting environment.

SATURDAY 25TH JULY



Seven off-road racing disciplines



Mud truck challenges



VanPrix



Live music



Mullet Competition



Family entertainment, food & traders



SUNDAY 26TH JULY

All of the above, plus...



BRITISH EATING LEAGUE HOT DOG EATING CHAMPIONSHIP



WHETHER YOU'RE HERE FOR THE ACTION, THE ATMOSPHERE OR THE FOOD – **MUDBILLY'S FESTIVAL** DELIVERS A WEEKEND LIKE NO OTHER.





AT

WHAT'S HAPPENING MUDBILLY'S



SATURDAY 25TH JULY



EUROPEAN OPEN CHAMPIONSHIP

WHO WILL BE CROWNED
BEST IN EUROPE?



DEVONS BIGGEST HAM & CHEESE BAGUETTE

3PM
SATURDAY

£300 PRIZE POT

1ST - 22 POINTS | 2ND - 16 POINTS
3RD - 12 POINTS

CHALLENGES THROUGHOUT THE DAY:



1KG BAKED BEANS CHALLENGE

QUICKEST PERSON TO EAT
WINS £175 CASH PRIZE.

1ST - 14 POINTS | 2ND - 10 POINTS
3RD - 8 POINTS



PINT OF WATER CHALLENGE

QUICKEST PERSON TO DRINK
WINS £100.



SUNDAY 26TH JULY



MAIN HOT DOG EATING CONTEST

COMPETING FOR THE
CATTLEMAN'S BELT

2PM



CHALLENGES THROUGHOUT THE DAY:



2 LITRE DR PEPPER CHALLENGE

QUICKEST TIME
WINS CASH PRIZE.



2 PERSON CHICKEN BITES CONTEST

JUST FOR FUN - THROWING
INTO EACH OTHERS MOUTH.
3 CHICKEN BITES EACH.
CASH PRIZE FOR HIGHEST SCORE.



DON'T TRY THIS AT HOME.





HOW THE LEAGUE TABLE WORKS



THE LEAGUE, JUST LIKE SPORT

The British Eating League runs in a similar format to a traditional sports league, with competitors ranked throughout the season based on the total number of points they accumulate.



2026 SEASON UPDATE

For the 2026 season, BEL introduced points for BEL-certified food challenges, allowing competitors to earn league points outside of official live events for the first time.

The change has already influenced the standings early in the season, with eaters collecting valuable points through certified challenges at venues including Cattleman's Steakhouse.



A FAIRER BALANCE

Following discussions with competitors, venues and sponsors, the league has revised the points structure to create a fairer balance across all formats of competition.



LIVE EVENTS CARRY MORE WEIGHT

Live events demand considerably more from competitors – including travel, preparation and performing under pressure in front of a live audience. In recognition of that, in-person events now award increased points compared to other formats.



PARTICIPATION MATTERS

BEL also awards participation points to acknowledge competitors who attend and compete at official league events throughout the season.



CONSISTENCY WINS

To maintain fairness and consistency, the updated scoring system will be applied retrospectively to the opening four events already completed this year.

★ POINTS STRUCTURE ★

LIVE BEL EVENTS

	1st Place	22 POINTS
	2nd Place	16 POINTS
	3rd Place	12 POINTS
	Participation	5 POINTS

ONLINE BEL EVENTS

	1st Place	14 POINTS
	2nd Place	10 POINTS
	3rd Place	8 POINTS
	Participation	3 POINTS



**EVERY POINT COUNTS.
EVERY CHALLENGE
MATTERS.**

HOW THE LEAGUE TABLE WORKS



POINTS EARNED

Points are earned across three categories:



THREE CATEGORIES

- In-person BEL events
- Online BEL events
- BEL-certified food challenges



TOTAL POINTS

All points are combined to determine the league standings.



TIE-BREAKER

If competitors finish level on points, in-person results act as the tie-breaker.



REWARDING THE BEST

The athlete who performs strongest in live competition will be rewarded.



OUR OBJECTIVE

To create a fairer, more competitive league that rewards commitment, consistency and performance all season long.



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The Cattleman's
Steakhouse

PATTY FREAKS
CU

LEAGUE TABLE

			IN-PERSON EVENT	ONLINE EVENT	ONLINE UPLOAD	CERTIFIED CHALLENGE	TOTAL POINTS
1st	JJ Da Lion	🇬🇧	5	2	3	21	244
2nd	Max vs Food	🇬🇧	3	3	3	12	186
3rd	Wayward Feaster	🇪🇺	3	3	4	12	147
4th	Stef2Hungry	🇬🇧	5	4	4	2	141
5th	Reece Vs Food	🇬🇧	3	2	2	7	101
6th	Steel Rod Radim	🇨🇪	2	0	0	11	67
7th	Brad Scott	🇬🇧	2	3	4	0	49
8th	Olly Feasts	🇬🇧	2	2	2	3	43
9th	Dan Is Full	🇬🇧	0	0	1	9	35
10th	Nate vs Food	🇬🇧	1	2	1	0	25

			IN-PERSON EVENT	ONLINE EVENT	ONLINE UPLOAD	CERTIFIED CHALLENGE	TOTAL POINTS
11th	Stefan Reger	🇩🇪	0	0	0	6	22
12th	Tyler Owen	🇬🇧	1	0	0	4	20
13th	Adrian Wieckowski	🇵🇱	0	0	2	0	18
14th	Lifting Weights Cleaning Plates	🇬🇧	1	0	0	0	16
15th	Kyle V Food	🇬🇧	2	0	0	0	13
16th	Johnatable	🇮🇹	0	0	0	4	13
17th	Joe	🇬🇧	1	0	0	0	12
17th	Mitch Clifton	🇬🇧	1	0	0	0	12
19th	Cole Clears Plates	🇬🇧	0	0	1	4	12
20th	Franco's Feasts	🇬🇧	1	0	1	1	10
21st	Buffed & Stuffed	🇩🇪	0	1	2	1	9
22nd	Josh The Goal	🇺🇸	0	0	1	0	8

			IN-PERSON EVENT	ONLINE EVENT	ONLINE UPLOAD	CERTIFIED CHALLENGE	TOTAL POINTS
23rd	Steff (Belgium)	🇧🇪	0	0	0	3	8
24th	Anthony Ozzy Whitworth	🇬🇧	0	0	2	0	6
25th	Lamar vs Food	🇬🇧	0	0	0	2	6
26th	King Billy	🇬🇧	1	0	0	0	5
26th	Steve	🇬🇧	1	0	0	0	5
28th	Just Dawesey	🇬🇧	1	0	0	0	5
29th	TunnyvFood	🇬🇧	0	1	0	0	3
30th	Jonno	🇬🇧	0	0	1	0	3
30th	Daniel Jenkins	🇬🇧	0	0	1	0	3
30th	Keith Dighton	🇬🇧	0	0	1	0	3
30th	Pizza Explorator	🇵🇱	0	0	1	0	3
30th	Yahel	🇮🇸	0	0	1	0	3
35th	Theo	🇬🇧	0	0	0	1	1

*Results Last Updated 10/07/26 *JJ Da Lion deducted 5 Points



BEL RULES EXPLAINED

★ ★ FAIR. SAFE. CONSISTENT. THAT'S THE BEL STANDARD. ★

The British Eating League operates under clear rules to ensure every competition is fair, safe and consistent across all events.



1. STANDARDISED COMPETITIONS

All BEL contests run to standardised formats. Time limits, portion sizes, start procedures and finish requirements are agreed in advance and applied equally to every competitor.



2. START TO FINISH

Once the countdown begins, eaters must remain seated, follow official instructions and complete the full challenge as set out by BEL officials.



3. FINISH CONFIRMATION

Food must be fully swallowed before a finish is confirmed. Plates, baskets or designated containers must be completely cleared, and competitors must show a clear mouth check when instructed. Any visible leftovers or failure to follow the finish procedure will result in the attempt being marked as incomplete.



4. CHIPMUNK FINISH (SELECT EVENTS)

In some events, BEL allows a controlled "chipmunk finish", where the final mouthful may be loaded at the end of the challenge. The clock stops once the plate is cleared, but the eater must fully swallow the food and show a completely clear mouth within the allowed time window for the finish to count.



5. SAFETY COMES FIRST

Every BEL event includes on-site supervision and sick buckets. If any food comes back out of the mouth and into the bucket at any point during an attempt, the competition is immediately over for that eater. Winning is never more important than health.



6. ATHLETE SUPPORT

This season, BEL provides more athlete support than ever before, with officials working closely with competitors before and during events to explain rules clearly, monitor safety and ensure challenges are carried out correctly and responsibly.



7. ONLINE EVENTS

For online events, additional verification rules apply. Competitors must provide continuous footage, show unopened food, display quantities where required and follow the same finish confirmation process as live events to ensure fairness across all competitions.



8. BEL CERTIFIED FOOD CHALLENGES

BEL Certified Food Challenges also follow strict approval guidelines and must meet safety standards, portion requirements and verification rules before being officially recognised and awarded league points.

★ THESE RULES EXIST TO PROTECT COMPETITORS, VENUES AND AUDIENCES, WHILE KEEPING THE SPORT **COMPETITIVE, ENTERTAINING AND PROFESSIONAL.** ★

★ **ONE LEAGUE. ONE STANDARD. EARN YOUR PLACE.** ★



FEATURED EATERS

★ THE STARS OF THE BRITISH EATING LEAGUE ★



Max
vs Food



JJ Da
Lion



Stef2
Hungry



Wayward
Feaster



Nate
vs Food



Reece
v Food



Olly
Feasts



Franco's
Feasts



Steel
Rod
Radim



Big Brad
EatZ



★ ONE LEAGUE. ONE STANDARD. EARN YOUR PLACE. ★

2026 SEASON



BRITISH EATING LEAGUE

SUPPORTER SHIRT



AVAILABLE ONLINE NOW!

ONLY

£29.99

DON'T MISS OUT – ORDER YOURS!



EAT LIKE A PRO

— SAFETY, PREPARATION & COMPETING THE RIGHT WAY —

BEFORE THE EVENT

PREPARATION MATTERS



Hydrate properly in the days leading up to an event



Avoid alcohol before competing



Eat clean and light the day before



Stretch your neck, jaw and shoulders



Arrive rested and on time

DURING THE EVENT

COMPETE SMART



Follow referee instructions at all times



Do not rush dangerously



Use the approved drinking rules only



Signal immediately if you feel unwell



Respect fellow eaters and the venue



★ SAFETY FIRST ★

BEL events are overseen by referees and officials.

If an eater shows signs of distress, the contest **WILL BE STOPPED.**

WINNING IS NEVER MORE IMPORTANT THAN HEALTH.

BEL IS A COMPETITIVE EATING LEAGUE, NOT RECKLESS EATING



**TRAINED
COMPETITORS**



**PROFESSIONAL
STANDARDS**



**CONTROLLED
ENVIRONMENTS**



**RESPECT FOR FOOD,
VENUES AND AUDIENCES**

The British Eating League promotes safe, responsible competitive eating.

ALWAYS KNOW YOUR LIMITS.

★ **ONE LEAGUE. ONE STANDARD. EARN YOUR PLACE.** ★



TURN YOUR BIGGEST DISHES — INTO A ★ — CROWD-PULLING CHALLENGE!



WHAT IS A BEL CERTIFIED CHALLENGE?



CREATED BY YOU

A food challenge
designed
by your venue.



OFFICIALLY LISTED

Your challenge is
featured on the
British Eating League.



POINTS AWARDED

Successful eaters
earn valuable
league points.



FREE PROMOTION

We promote your
challenge to our
eaters & food fans.

WHY VENUES JOIN BEL

- ✓ INCREASED FOOTFALL
- ✓ SOCIAL MEDIA EXPOSURE
- ✓ REPEAT VISITS FROM COMPETITIVE EATERS
- ✓ NO DISRUPTION TO NORMAL SERVICE
- ✓ YOU CONTROL THE FOOD, PRICE & RULES

HOW POINTS WORK

THE BIGGER THE CHALLENGE,
THE **MORE POINTS** EARNED.

SMALL CHALLENGES



ENTRY-LEVEL
POINTS

LARGE CHALLENGES



HIGH-VALUE
LEAGUE POINTS

MASSIVE CHALLENGES



TOP-TIER
LEADERBOARD STATUS



SCAN TO
REGISTER
YOUR CHALLENGE

WANT YOUR VENUE ON THE BRITISH EATING LEAGUE TABLE?

 Craig@britisheatingleague.uk

 Britisheatingleague.uk

 [@Britisheatingleague](https://www.instagram.com/Britisheatingleague)



BRITISH
EATING
LEAGUE



LOVED BY **COMPETITIVE EATERS**
& **FOOD CREATORS** ACROSS THE UK



BRITISH EATING LEAGUE – RAISING THE STANDARD OF UK FOOD CHALLENGES





ACCREDITED CHALLENGES

CATTLEMAN'S STEAKHOUSE

1KG Chilli Challenge - 1 Point
2KG / 25oz Steak Challenge - 2 Points
72oz Steak Challenge - 3 Points
Cottage Pie Challenge - 4 Points
3.4KG Chilli Challenge - 3 Points
Mega Mixed Grill - 2 Points
Holy Roast Challenge - 5 Points
Monster Burger Challenge - 2 Points
Chocolate Gateaux Challenge - 1 Point
Fish & Chips Challenge - 2 Points
Breakfast Challenge - 2 Points
50/50 Challenge - 2 Points

The More You Eat, The Less You Pay - 3 Points
Black Pudding / Baconator Challenge - 2 Points
Dirty Chipstick Challenge - 2 Points
Vegan Challenge - 3 Points
Sugar Showdown - 3 Points
Bangers & Mash Challenge - 6 Points
Breakfast Loaf Challenge - 2 Points
Spag Bol Challenge - 4 Points
Wayward Feast - 3 Points
Lions Feast - 3 Points
Hot Dogs - 3 Points
Fish Fingers - 3 Points

ALMONDSBURY CREATIVE

Nuggetageddon - 3 Points
Creative Cats Burger Feast - 3 Points
Creative Cats Six Pack - 3 Points
Brownie Mountain - 3 Points
Poutine - 3 Points

SABSDLI

3KG New York Cheesecake - 3 Points
The Bubble Breakfast - 3 Points
English Breakfast Loaded Stick - 3 Points
The Spicy Toastie - 3 Points

THE PATTY FREAKS

Atlas Challenge - 2 Points

FAT BOYZ

The Tower Of Terror - 5 Points

PORT OF BRISTOL

Breakfast Challenge - 2 Points
Fish & Chips - 4 Points
Council Cuisine - 3 Points

MR CHINNERY'S EMPORIUM

Ramen Noodles - 2

POINTS COUNT TOWARDS OFFICIAL BRITISH EATING LEAGUE RANKINGS!



STEF2HUNGRY

Representing **Northern Ireland**, **Stef2Hungry** has quickly established himself as one of the British Eating League's most consistent and determined competitors. Travelling across the UK to compete against some of the country's top eaters, Stef has earned a reputation for staying calm under pressure and delivering strong performances across a wide variety of food challenges.



His list of BEL achievements continues to grow, with an impressive collection of podium finishes. These include **1st Place** in the Spaghetti Bolognese Challenge at Cattlemans Steakhouse, **1st Place** in the Online Upload Double Cheeseburger Challenge, **2nd Place** in the Online Pancake Eating Challenge, **2nd Place** in the Online Upload Custard Cream Challenge, **2nd Place** in the Shortbread Eating Challenge at the Port of Bristol, and **3rd Place** in the Online Upload Cheeseburger Challenge.

Stef has also embraced the BEL Certified Challenge system, successfully completing **two official BEL Certified Challenges** so far, with plans to travel the country and add many more to his growing list throughout the season.

His consistency has been rewarded in the standings, where he currently sits **4th in the British Eating League Table with 141 BEL points**, putting him firmly among the league's elite competitors.

With a growing list of achievements, a willingness to travel wherever the competition takes him, and the determination to keep climbing the rankings, **Stef2Hungry** is undoubtedly one of the names to watch as the British Eating League continues to grow.



The Cattleman's Steakhouse

LIVE CHALLENGES



Follow on all the platforms





PREVIOUS RESULTS FROM BRISTOL

Quarter Pound Burger Eating Contest

The British Eating League kicked off an action-packed weekend at Almondsbury Creative with an explosive Quarter Pounder Burger Eating Contest, attracting a fantastic crowd and some of the UK's most determined competitive eaters. With a £500 prize pot up for grabs, the stage was set for an unforgettable battle.

Competitors were challenged to eat as many quarter pounder burgers as possible within the time limit, testing not only their speed but also their stamina, strategy and composure. From the opening whistle, the pace was relentless as the athletes pushed themselves to the limit in front of an enthusiastic audience.

Producing one of the standout performances of the season, JJ Da Lion stormed to victory by becoming the only competitor to finish all 20 burgers, setting an impressive winning time of 6 minutes and 54 seconds. Wayward Feaster delivered another exceptional display to secure second place after eating 19½ burgers, while Stef2Hungry completed the podium with a strong total of 14 burgers.

The event highlighted everything that makes competitive eating such an exciting spectator sport – incredible athletic performances, passionate supporters and a brilliant atmosphere throughout the day. A huge thank you goes to Almondsbury Creative for hosting the competition, along with everyone who attended and helped make the event such a success.

The Quarter Pounder Burger Contest was the perfect start to a memorable weekend of British Eating League action, leading directly into the Shortbread Eating Competition the following day and continuing another exciting chapter in the growth of competitive eating across the UK.

BRITISH EATING LEAGUE | **ALMONDSBURY CREATIVE**

1/4 POUNDER BURGER EATING CONTEST

RESULTS

1ST	JJ DA LION 20 BURGERS IN 6M 54S	
2ND	WAYWARD FEASTER 19.5 BURGERS	
3RD	STEF2HUNGRY 14 BURGERS	

£500 PRIZE POT! | **THANK YOU**
TO ALL COMPETITORS AND EVERYONE WHO CAME ALONG TO SUPPORT!



Shortbread Eating Contest

The British Eating League headed to the fantastic Port of Bristol Sports & Community Hub for one of the most unique contests on the 2026 calendar – the Shortbread Eating Competition. With a £300 prize pot on the line and valuable league points up for grabs, competitors faced the challenge of eating as many pieces of shortbread as possible within the time limit.

Shortbread may look simple, but experienced competitive eaters know it's one of the toughest foods to tackle. Dry, crumbly and difficult to swallow at speed, it demands exceptional technique, patience and determination. Every competitor was pushed to their limits as they battled through mouthful after mouthful in front of an enthusiastic Bristol crowd.

When the crumbs finally settled, Wayward Feaster claimed a deserved victory after finishing with just one piece remaining, producing one of the strongest performances of the season. Stef2Hungry secured second place with six pieces left, while Mitch Clifton completed the podium in third after leaving 41 pieces.

The event once again demonstrated why the British Eating League continues to grow across the UK, bringing professional competitive eating to new audiences while creating a fun, exciting atmosphere for spectators of all ages. Huge thanks go to the Port of Bristol Sports & Community Hub, everyone who attended, and all of the volunteers who helped make the event a success.

With another fantastic competition complete, the race for league points and championship honours continues as the British Eating League travels to its next venue, where another group of hungry athletes will battle for glory.

PORT OF BRISTOL SPORTS & COMMUNITY HUB

BRITISH EATING LEAGUE

BIG BRITISH COMPETITION. BIGGER APPETITES.

SHORTBREAD EATING COMPETITION

★ RESULTS ★

1ST	WAYWARD FEASTER	1 LEFT
2ND	STEF2HUNGRY	6 LEFT
3RD	MITCH CLIFTON	41 LEFT

WELL DONE TO ALL COMPETITORS!

THINK YOU CAN HANDLE THE SHORTBREAD? ★

PRIZE POT £300

PORT OF BRISTOL SPORTS & COMMUNITY HUB
GADG FERRY STEPS,
BRISTOL BS1 6KJ

AN OFFICIAL BRITISH EATING LEAGUE EVENT

★ TEST YOUR SPEED. COMPETE FOR GLORY. ★



FOLLOW BRITISH EATING LEAGUE





**Haus der
Bratwürste**

BRETZEL - BIER - BRATWURST



Bratwurst Eating Comp

SATURDAY 3RD | OCTOBER 2026

AT 6PM

BIERE | BRATWURSTE | LIVE MUSIC



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BECOME PART OF THE

BRITISH EATING LEAGUE



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COMPETE AGAINST THE BEST

Take on the UK's top eaters in our biggest challenges and live events.



EARN POINTS. CLIMB THE TABLES.

Collect league points at official events and BEL-certified challenges all year round.



CHALLENGE YOUR LIMITS

Test your skills, break your personal bests and prove you belong.



CHASE CHAMPIONSHIP GLORY

Top the tables and claim your place as the British Eating League Champion.

COMPETE IN A PROFESSIONAL LEAGUE



TRAINED COMPETITORS
Athletes who take their craft seriously.



CONTROLLED ENVIRONMENTS
Safe, fair and overseen by the BEL.



PROFESSIONAL STANDARDS
Rules, judging and integrity at every event.



SCAN TO GET STARTED

TAKE THE FIRST STEP TODAY

COMPLETE THE LEVEL 1 ELIGIBILITY QUIZ AT:

BRITISHEATINGLEAGUE.UK

★ **ONE LEAGUE. ONE STANDARD. EARN YOUR PLACE.** ★

EAT **COMPETE** INSPIRE | [BRITISHEATINGLEAGUE.UK](https://britisheatingleague.uk) |



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PRO ATHLETE RECOVERY

30 MINUTE SESSIONS

• **BOOK YOUR SESSION**



**PRO ATHLETE
RECOVERY**



**30 MINUTE
SESSIONS**



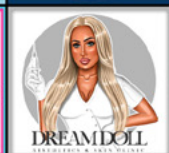
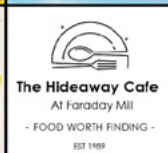
BIG BEL PLATE

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7

12



18



20



36



37



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FEATURED CONTENT CREATORS

This season we've brought referees and judges into the sport — and who better than established online creators. They know food, performance and entertainment, and now they're bringing that energy and fairness to our events, with more eyes than ever on the athletes and standards. Give them a follow and show your support — they're not just creating content, they're helping build a stronger, more professional league.



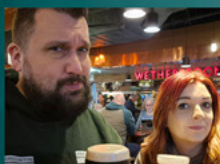
Danny Malin

Formerly of Rate My Takeaway, Danny built a huge following by sitting outside takeaways and giving honest, straight-talking reviews. No gimmicks, just big portions, real reactions and proper Northern humour that people genuinely love.



Yorkshire Indian

Bobby AKA Yorkshire Indian — is a Leeds-born chef and content creator where he shares authentic Indian recipes and cooking vibes with humour and heart. He turned his Yorkshire upbringing into a social sensation online across FB and TikTok.



Great British Pub Crawl

Dale and Holly from Great British Pub Crawl are proper pub-scene grafters. They travel up and down the country showcasing traditional pubs, proper pints, local food and the characters that make British boozers special.



Mancave Bartender

TikTok bartender-creator with over 1 million followers, serving up fun cocktail builds, drink hacks and banter from his outdoor home bar setup. His laid-back style, clever recipes and proper brummie humour have made him a hit with drink lovers and party people alike.



Grumpy Northern Foodie

Stu, a UK-based home cook and food creator known for hearty comfort dishes, quirky recipes & straight-talking reviews. With over 700k across socials, he champions honest, no-nonsense northern cooking and food content with plenty of character and humour.



Historic Pub Crawls

Thomas J. Vosper of Historic Pub Crawls Through England is a pub-obsessed author and creator behind the Historic Pub Crawls series. After turning an annual birthday crawl into a social media hit, he now maps out fun, fact-filled walks through historic pubs across the UK and beyond.



Liam Marley Eats

Liam Marley Eats is a Manchester-based food influencer and content creator known for reviewing independent restaurants, hidden gems, and a wide range of world cuisines. Across Facebook, YouTube, and Instagram, he shares honest reviews and showcases local favourites—from classic fish and chips to unique dishes from around the city.



Chops Garage

James of Chops Garage is a car dealer and content creator who takes viewers behind the scenes of the motor trade. Through his channels, he buys, sells, and repairs cars while showing the real process of auctions, deals, and getting vehicles back on the road.



Baldy's Wigan

Baldy's Pies in Wigan is the brain-child of Alex Melling, whipping up 28-time award-winning artisan pies that have earned big national recognition — including multiple British Pie Awards, WBA Awards and a British Street Food Award.



Gas Guy

The Gas Guy (Ian) is a travel and lifestyle creator sharing fun, unfiltered videos from Hisarönü, Ölüdeniz and Fethiye in Türkiye. Known for his banter, nightlife clips and honest takes from the strip and beaches, he's built a solid following through laid-back content and meet-ups with fellow travellers.



The Yorkshire Stone Dresser

The Yorkshire Stone Dresser is Yorkshire stonemason James Robinson, known for his traditional craftsmanship and popular social media content. Proudly supporting the British Eating League.

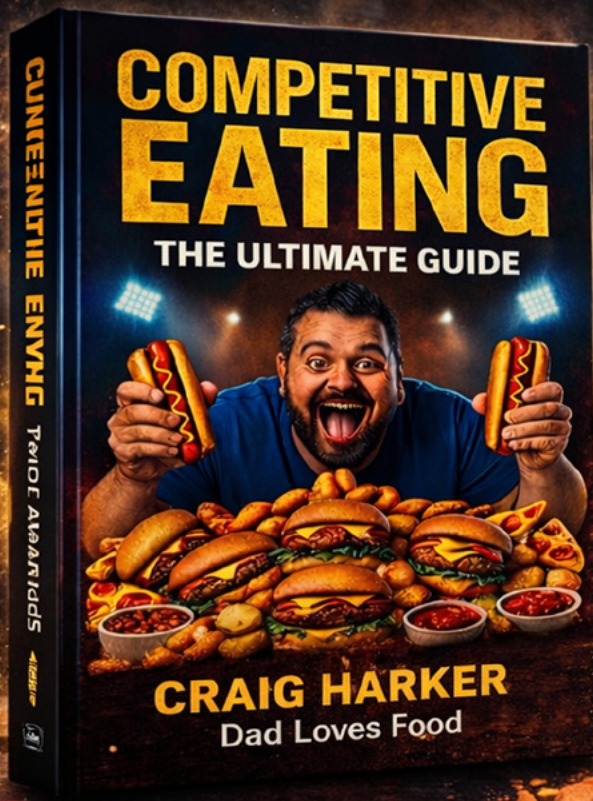


ButtyLad

ButtyLad is one of Craig's closest childhood mates and he travels around a lot. He set up his own vlogging page so you can follow ButtyLads adventures on Facebook. You'll regularly catch him on his fitness journey whilst he eats healthy and goes to the gym too.

EAT LIKE A **CHAMPION**

MASTER THE ART OF
COMPETITIVE EATING



✓ LEARN THE
SECRETS
OF THE **PROS**

✓ TRAIN YOUR
STOMACH

✓ **DOMINATE**
THE **TABLE**



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UPCOMING EVENTS



DATE	CONTEST	VENUE
SAT 25TH JUL	CHICKEN NUGGETS	MUDBILLYS, EXETER
SAT 15TH AUG	BAGELS	SABDSELI, ROMFORD
SAT 3RD OCT	BRATWURST	HAUS DER BRATWURSTE

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WWW.BRITISHEATINGLEAGUE.UK

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CALENDAR FOR 2026**



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830 FINISH

A NEW TWIST ON DARTS



Competitive eating has grown into one of the UK's fastest-rising competitive sports thanks to the **British Eating League**, proving that fresh ideas can build passionate communities. Now it's time to bring that same thinking to the world of darts.



Created by Craig Harker, founder of the British Eating League, 830 Finish offers a brand-new way to play. Hit every number from **1 to 20** in order, choosing whether each is a single, double or treble before finishing with four bulls. You have just **24 darts** to score as many points as possible.



A perfect game scores **830 points** – trebles on 1–20 (630 points) followed by four bullseyes (200 points). It sounds simple, but every dart counts and one mistake can change everything.



Just like the **BEL** monthly upload competitions, 830 Finish runs monthly online challenges. Record your attempt, submit your video before the deadline and see where you rank against players from around the UK.



Whether you're a seasoned darts player or simply looking for a fresh challenge, now is the perfect time to get involved.

★ **ONE BOARD. TWENTY-FOUR DARTS. ONE PERFECT SCORE. CAN YOU HIT 830?** ★

CAN YOU
HIT AN
830
FINISH?



ONE BOARD.
24 DARTS.
ONE PERFECT SCORE.

JULY CHALLENGE

THINK YOU HAVE WHAT IT TAKES? **PROVE IT. WIN £100!**



1. PLAY
Play an official game of 830 Finish



2. RECORD
Record your full attempt on video



3. SUBMIT
Send us your video for review



4. ACCEPTED
Score must be verified and accepted

£100
TO THE
WINNER!

ONLY ONE
CAN HIT
PERFECT!

ENTER
NOW!



DEADLINE: MIDNIGHT 31ST JULY!



PARTNERING WITH US

STRONG PARTNERSHIPS. BIGGER EVENTS. GREATER EXPOSURE.

The British Eating League would like to thank all of our sponsors, partners and supporters who help make our events possible. Your support allows us to continue growing competitive eating across the United Kingdom and delivering bigger, better and more professional events each season.

★ WHY PARTNER WITH BEL? ★



MASSIVE EXPOSURE

Our competitions reach hundreds of thousands of people across social media, websites, news outlets and events.



POWERFUL MARKETING

Direct access to a highly engaged, passionate audience with real influence and spending power.



STRONG COMMUNITY

Associating your brand with a sport built on passion, entertainment and fair competition.



CONTENT THAT DELIVERS

Regular high-quality content across multiple platforms all year round.



GROW WITH US

As BEL continues to expand, your brand grows with us every step of the way.

BEL content has been featured across national media and international platforms, giving our partners exposure that goes far beyond the competition table.

Whether it's event sponsorship, category partnership, or long-term collaboration, we offer a range of opportunities to suit your business goals.

Thank You TO OUR INCREDIBLE PARTNERS

We would like to thank sponsors including Cattlemans Steakhouse, Xerocad Print Centre, HDC Dentist Hisarönü, Best Bargain Buys Icmeler, Madiba Watch Marmaris and Patty Freaks, alongside the many businesses that support our athletes, events and league initiatives throughout the season. We also continue to invest heavily through Dad Loves Food to help grow the sport.



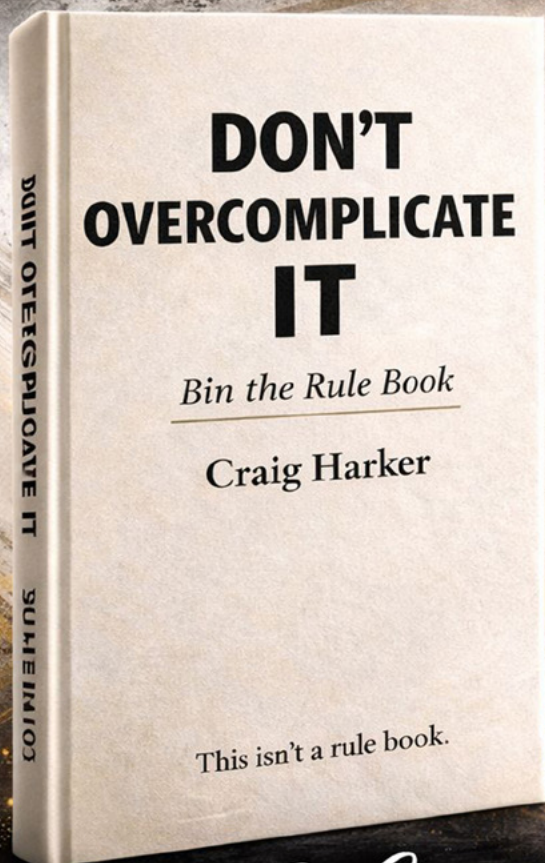
BEST BARGAIN BUYS



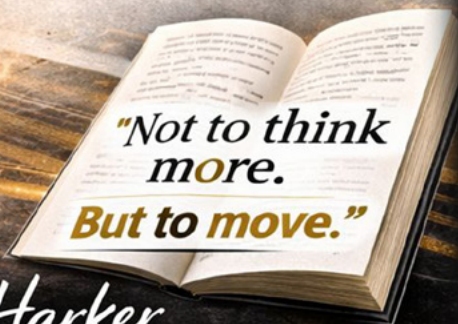
NEW BOOK

DON'T OVERCOMPLICATE IT

Bin the Rule Book



- ✓ This isn't a rule book.
It's a mindset.
- ✓ No systems.
No formulas.
Just action.
- ✓ Stop overthinking.
Start moving.



By Craig Harker

AVAILABLE ONLINE NOW



**& MANY
BOOKSTORES**

