OFFICIAL EVENT PROGRAMME OF THE BRITISH EATING LEAGUE

THE FIRST BITE

ISSUE 12 // FREE

SATURDAY 26TH SEPTEMBER 2026
PBA COMMUNITY & SPORTS HUB
BRISTOL

WE ALL EAT TOGETHER

BRITISH EATING LEAGUE

PORT OF BRISTOL SPORTS & COMMUNITY HUB

EVW



PBA Community And Sports Hub, Nibley Road, Bristol, BS11 9XW

EVOLUTION WRESTING & HOT DOG EATING CONTEST

DAD LOVES FOOD

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PATTY FREAKS

The Cattlemans Steakhouse


MANJAROS
FLAME GRILLED CHICKEN
BRITISH EATING LEAGUE
PARMO CHALLENGE
QUICKEST TIME WINS!
SUNDAY 4TH OCTOBER @ 1PM
1ST PLACE £500 22 POINTS
2ND PLACE £100 16 POINTS
3RD PLACE £50 12 POINTS
186 Linthorpe Rd, Middlesbrough TS1 3RF
BEL GUIDELINES AND RULES APPLY

BRITISH EATING LEAGUE

MESSAGE FROM THE FOUNDER

Craig Harker

Founder & President – British Eating League



WELCOME

Welcome to another edition of the British Eating League Programme. A huge thank you to every competitor, venue, sponsor, volunteer and supporter who continues to get behind BEL. Together we're growing competitive eating across the UK and bringing it to new audiences.

NEXT STOP: PORT OF BRISTOL – EVOLUTION WRESTLING & HOT DOG EATING CONTEST

Our next live event takes place at Port of Bristol Sports & Community Hub on Saturday 26th September, and it's going to be a big one!

BEL will be joining forces with Evolution Wrestling for an action-packed day of live wrestling and competitive eating.

We'll be hosting a 5-Minute Hot Dog Eating Contest, with hot dogs supplied by Flemings. Live wrestlers, competitive eaters, one stage – it's set to be a fantastic event!

PORT OF BRISTOL SPORTS & COMMUNITY HUB

EVW ONE FALL EVOLUTION WRESTLING

HOT DOG EATING CONTEST!

HOT DOGS SUPPLIED BY FLEMMINGS EST. 1981

LAST TIME OUT: SABSDELI

Our previous live event was at Sabsdeli in Romford, where Max Vs Food took the win in the Bagel Eating Contest with an impressive 4 minutes 40 seconds. JJ Da Lion finished second in 6 minutes 10 seconds, with Franco's Feasts taking third. Another great event and a big thank you to Sabsdeli for their support.

THREE ACCREDITED CHALLENGES

Port of Bristol is an official BEL Accredited Challenge Venue, with three food challenges available:

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

That's 9 BEL Points in total for anyone who can complete all three!

THE LEAGUE IS GROWING

The 2026 season is getting bigger and better, with more events, more venues and more opportunities for competitors to earn valuable BEL Points. We're seeing new talent, bigger crowds and more venues embracing competitive eating, which is exactly what we set out to achieve.

SEE YOU AT PORT OF BRISTOL

If you're in the area on Saturday 26th September, come along, support the competitors and experience a British Eating League event for yourself. A massive thank you to Port of Bristol Sports & Community Hub, Evolution Wrestling and Flemings for getting behind the event.

THANK YOU

Thank you to everyone who continues to support the British Eating League. Let's keep raising the standard and showing the UK what competitive eating is all about.

See you in Bristol!

Craig Harker

Craig Harker
Founder & President – British Eating League

DAD LOVES FOOD

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

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BRITISH EATING LEAGUE

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.**

Teesside Live

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

12 Sept 2013



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.

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BRITISH EATING LEAGUE

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

Daily Mail

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

13 Aug 2019



Teesside Live

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

23 Oct 2019



Metro.co.uk

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

26 Jul 2020



Metro.co.uk

Man smashes world record by eating 141 Oreos in five minutes

21 Sept 2020



Daily Mail

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

22 Nov 2020



The Mirror

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

18 Aug 2022



Daily Mail

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

22 Dec 2022



LADbible

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

15 Feb 2023



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BRITISH EATING LEAGUE

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BEL LEAGUE TABLE POINTS

BRITISH EATING LEAGUE

EVERY BITE. EVERY POINT. EVERY CONTEST COUNTS.

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

ddd

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

THIS IS AN EXHIBITION EVENT

NO POINTS WILL BE AWARDED FOR THIS EVENT.

STILL A GREAT EVENT. STILL A BIG CHALLENGE. JUST NOT A LEAGUE POINTS EVENT.

CLIMB THE LEAGUE TABLE. EARN THE BELT. BE THE CHAMPION!

CHECK THE FULL LEAGUE TABLE AND EVENT RESULTS ONLINE AT BRITISHEATINGLEAGUE.UK


BRITISH EATING LEAGUE
2026 SEASON
OFFICIAL
SUPPORTER SHIRTS
EAT WATCH SUPPORT REPEAT
TWO COLOURS • ONE LEAGUE • SHOW YOUR SUPPORT
The Cattlemans Steakhouse
DAD LOVES FOOD
WHITE SHIRT
RED SHIRT
BOTH AVAILABLE NOW!
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GREAT GIFT FOR FOOD FANS
#BritishEatingLeague | #BEL2026 | #DadLovesFood | #CompetitiveEating

BRITISH EATING LEAGUE

HOW THE LEAGUE TABLE WORKS FOR THIS EVENT

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

EXHIBITION EVENT

NO LEAGUE POINTS WILL BE AWARDED FOR THIS EVENT.

This event is being held as an **Exhibition Event**, which is a closed event and therefore will not award points towards the British Eating League Table.

Exhibition events are a great opportunity to showcase competitive eating, bring new audiences to the sport and provide an entertaining experience, but they do not form part of the official BEL points system.

EXHIBITION EVENTS

Held for entertainment, promotion and to showcase the sport. They do not award league points.

OFFICIAL EVENTS

In-person BEL events, online events and certified food challenges all award points towards the BEL League Table.

SAME STANDARDS

All BEL events, including exhibition events, follow the same high standards for safety, fairness and consistency.

GROWING THE SPORT

Exhibition events help introduce new venues, audiences and sponsors to competitive eating and support the continued growth of the BEL.

ONE LEAGUE. ONE STANDARD. EARN YOUR PLACE.

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BIG BEL PLATE

Everyone Gets A Seat At The Table



PORT OF BRISTOL SPORTS & COMMUNITY HUB

Port of Bristol Sports & Community Hub is the kind of venue that shows just how much the British Eating League is growing beyond traditional food venues.

The busy sports and community hub has now joined the BEL as an official **Accredited Challenge Venue,** giving competitive eaters another destination to visit, take on challenges and collect BEL League Points.

There are currently **THREE accredited food challenges** available:

Breakfast Challenge – 2 BEL Points: A proper big breakfast challenge for anyone who thinks they can handle a serious start to the day.

Council Cuisine – 3 BEL Points: A challenge with a difference and another opportunity to add points to your BEL season total.

Fish & Chips Challenge – 4 BEL Points: A British classic turned into a serious food challenge, with 4 BEL League Points available for anyone who can conquer it.

That means there are **9 BEL League Points** available from the accredited challenges at Port of Bristol alone.

On **Saturday 26th September**, the venue will also host its first British Eating League live event with a **Hot Dog Eating Contest**, with the hot dogs supplied by Flemings.

The contest will take place alongside **Evolution Wrestling**, bringing live wrestling and competitive eating together as part of the same event.

The Hot Dog Eating Contest will be run as a **BEL Exhibition Event and will not award BEL League Table Points**, as it is a closed event rather than an open BEL competition.

This is similar to the Atlas Burger Challenge we previously ran. However, points were awarded at that event because the burger challenge itself was an official **BEL Certified Challenge**.

Events like this are another great way of introducing competitive eating and the British Eating League to completely new audiences.

Whether you're heading down for the wrestling, watching the competitive eaters battle it out or returning another day to tackle one of the three accredited challenges, Port of Bristol Sports & Community Hub is now firmly on the BEL map.

Three accredited challenges. 9 BEL Points available. Live competitive eating. Live wrestling.

Welcome to the British Eating League, **Port of Bristol Sports & Community Hub.**



DAD LOVES FOOD

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The Cattlemans Steakhouse

PATTY FREAKS

Sabsdeli

LEAGUE TABLE

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			IN-PERSON EVENT	ONLINE EVENT	ONLINE UPLOAD	CERTIFIED CHALLENGE	TOTAL POINTS
1st	Max Vs Food		6	3	5	18	312
2nd	JJ Da Lion		8	2	4	29	287
3rd	Wayward Feaster		4	3	6	18	172
4th	Stef2Hungry		5	4	4	6	158
5th	Steel Rod Radim		4	0	0	20	120
6th	Reece Vs Food		5	2	4	7	124
7th	Dan Is Full		0	0	1	23	73
8th	Brad Scott		2	3	4	0	49
9th	Olly Feasts		2	2	2	3	43
10th	Adrian Wieckowski		0	0	4	2	37

			IN-PERSON EVENT	ONLINE EVENT	ONLINE UPLOAD	CERTIFIED CHALLENGE	TOTAL POINTS
11th	Stefan Reger		1	0	0	8	31
12th	Johnatable		2	0	0	6	30
13th	Franco's Feasts		3	0	1	1	27
14th	Nate Vs Food		1	2	1	0	25
15th	Lifting Weights Cleaning Plates		1	0	0	3	25
16th	Josh The Goat		1	0	1	4	23
17th	Cole Clears Plates		0	0	1	8	22
18th	Tyler Owen		1	0	0	4	20
19th	Lamar Vs Food		0	0	0	7	18
20th	Kyle V Food		2	0	0	0	13
21st	Food OGR		0	0	2	0	13
22nd	Joe		1	0	0	0	12
23rd	Mitch Clifton		1	0	0	0	12
24th	Buffed & Stuffed		0	1	3	1	12
25th	Pizza Explorator		0	0	1	3	10

			IN-PERSON EVENT	ONLINE EVENT	ONLINE UPLOAD	CERTIFIED CHALLENGE	TOTAL POINTS
26th	Steff (Belgium)		0	0	0	3	8
27th	Anthony Ozzy Whitworth		0	0	2	0	6
27th	Jack Wilshere		0	0	2	0	6
29th	King Billy		1	0	0	0	5
29th	Steve		1	0	0	0	5
29th	Just Dawesy		1	0	0	0	5
29th	The Barber		1	0	0	0	5
29th	Scott		1	0	0	0	5
34th	TunnyvFood		0	1	0	0	3
34th	Jonno		0	0	1	0	3
34th	Daniel Jenkins		0	0	1	0	3
34th	Keith Dighton		0	0	1	0	3
34th	Yahel		0	0	1	0	3
39th	Matt Baker		0	0	0	1	3
40th	Theo		0	0	0	1	1

*Results Last Updated 09/09/26 *JJ Da Lion Deducted 5 Points

BRITISH EATING LEAGUE

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

SABSDELI

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

PORT OF BRISTOL

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

THE PATTY FREAKS

Atlas Challenge – 2 Points

FAT BOYZ

The Tower Of Terror – 5 Points

MR CHINNERY'S EMPORIUM

Ramen Noodles – 2 Points

POINTS COUNT TOWARDS OFFICIAL BRITISH EATING LEAGUE RANKINGS!

BRITISH EATING LEAGUE

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.* ★

SAFETY FIRST

BRITISH EATING LEAGUE

WE EAT. WE COMPETE. WE RESPECT THE SPORT.

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

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

BRITISH EATING LEAGUE

WHAT ELSE IS HAPPENING

OVER THE WEEKEND

CREATE. PLAY. INSPIRE
ALMONDSBURY CREATIVE

AT ALMONDSBURY CREATIVE

ANOTHER FANTASTIC WEEKEND OF FOOD CHALLENGES AND ENTERTAINMENT!

FOOD CHALLENGES
GOOD FOOD
GREAT ATMOSPHERE
EVERYONE WELCOME!

FRIDAY @ ALMONDSBURY CREATIVE
FROM 17:30



REECE VS FOOD
BROWNIE MOUNTAIN CHALLENGE
(30 MINS TO EAT 5.5KG)



WAYWARD FEASTER
CLEAN PLATE CHALLENGE
(WORLDS HEALTHIEST CHALLENGE)
(30 MINS TO EAT 3.7KG)

SUNDAY @ ALMONDSBURY CREATIVE
AT 11:00



ONE LEAGUE. MORE THAN JUST EVENTS.

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BRITISH EATING LEAGUE

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. ★

COLES CLEARS PLATES

Rosemary's journey into the world of food challenges started a little differently to most. Away from competitive eating, she works as a teacher, but her interest in taking on huge amounts of food began after watching the popular 10,000-calorie challenges online.

Eventually, watching wasn't enough. Rosemary decided to attempt the 10,000-calorie challenge herself – and completed it!

From there, she discovered the competitive eating scene, following established eaters including Max vs Food, BeardMeatsFood and Leah Shutkever. Seeing them take on restaurant challenges around the country inspired Rosemary to start giving them a go herself.

Success didn't come straight away. After a few failed attempts, she finally claimed her first restaurant challenge victory last summer when she completed the Mission Burrito challenge – and that gave her the bug.

Since around March this year, Rosemary has started taking food challenges much more seriously and the results have followed. She's now working hard on increasing both her capacity and speed, with the goal of becoming increasingly competitive against the more experienced eaters on the circuit.

She has already completed an impressive 8 BEL Certified Challenges, with plans to tick plenty more off the list as she continues to develop.

As one of relatively few women currently competing in the UK food challenge scene, Rosemary is determined to keep improving, push herself further and show that she can mix it with the guys.

For Rosemary, though, it isn't only about the food or the times. One of the biggest positives has been becoming part of the competitive eating community, meeting other eaters and getting the opportunity to compete alongside some of the pros who originally inspired her to get involved.

Cole's Clears Plates might still be relatively new to the competitive eating scene, but she's absolutely smashing it so far.

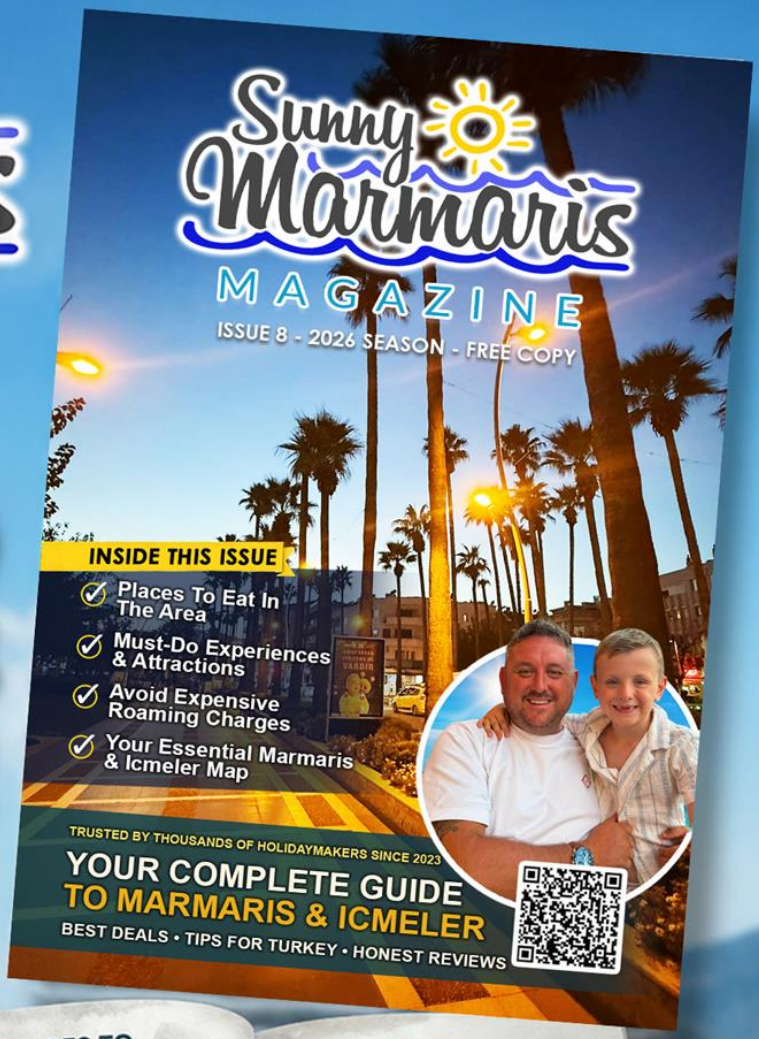
Keep an eye on her – we think there's plenty more to come!


Steakhouse
LIVE CHALLENGES
social media platforms

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FEATURED EATERS

★ THE STARS OF THE BRITISH EATING LEAGUE ★



Max vs Food



JJ Da Lion



Stef2 Hungry



Wayward Feaster



Coles Clears Plates



Reece v Food



Olly Feasts



Franco's Feasts



Steel Rod Radim



Big Brad Eatz

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

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BRITISH EATING LEAGUE

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.

DAD LOVES FOOD

The Cattlemans Steakhouse

xerocad printcentre

HDC HISARONU DENTAL CENTER

PATTY FREAKS

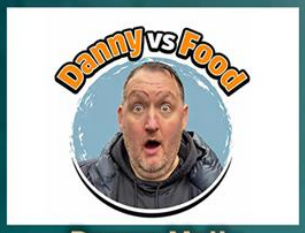
MADIBA WATCH

BEST BARGAIN BUYS



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 & staight-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.



Baldys 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 Turkiye. 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 Craigs 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.

PREVIOUS RESULTS FROM SABDSELI

Bagel Eating Contest Results

The British Eating League headed to Sabsdeli in Romford, London for another live competitive eating event, with three BEL competitors stepping up to take on the Sabsdeli Bagel Eating Contest.

With £500 in prize money on the line, there was plenty to play for, with £300 for the winner, £150 for second place and £50 for third.

And it was Max Vs Food who once again showed why he is one of the UK's top competitive eaters.



🏆 MAX VS FOOD – 4 MINUTES 40 SECONDS!

Max powered his way through the full challenge in just 4m 40s, finishing comfortably ahead of the competition and taking home the £300 first-place prize.

JJ Da Lion put in another strong BEL performance, completing the challenge in 6m 10s to secure second place and £150.

Franco's Feasts battled his way through the challenge but ultimately couldn't get the full amount down, finishing third and collecting the £50 prize.

🥯 OFFICIAL RESULTS

🥇 1st – Max Vs Food – 4m 40s – £300
🥈 2nd – JJ Da Lion – 6m 10s – £150
🥉 3rd – Franco's Feasts – Unfinished – £50

It was another brilliant live event for the British Eating League and another opportunity for competitors to pick up valuable BEL League Points towards the season standings.

A huge thank you to Sabsdeli for hosting the contest and continuing to get behind the British Eating League as one of our accredited venues.

Congratulations to Max Vs Food on another BEL victory, JJ Da Lion on a strong second place and Franco's Feasts for stepping up and giving the challenge everything he had.

£500 prize pot. Three competitors. One winner. 0 Another one in the BEL history books!

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ONLINE EATING PREVIOUS RESULTS

Apple Pie Online Upload Contest

30 supermarket apple pies. One timer. Fastest eater wins.

The latest British Eating League Online Upload Contest saw competitors race to demolish 30 supermarket apple pies as quickly as possible, with £200 in prize money and BEL points up for grabs.

And once again, Max Vs Food came out on top...

🏆 **MAX VS FOOD – 1 MINUTE 38 SECONDS!**

Adrian Więckowski secured second place with an impressive 2m 05s, with JJ Da Lion just TWO seconds behind in 2m 07s.



🍏 OFFICIAL RESULTS

🥇 1st – Max Vs Food – 1m 38s

🥈 2nd – Adrian Więckowski – 2m 05s

🥉 3rd – JJ Da Lion – 2m 07s

4th – Wayward – 3m 36s

5th – Food OGR – 4m 43s

6th – Reece Vs Food – 4m 44s

7th – Jack Wilshere – 7m 23s

Another great set of performances and more valuable BEL League Points added to the standings.

Congratulations to Max Vs Food on the win and a massive well done to everyone who took part!

See you in the next challenge!

BRITISH EATING LEAGUE

UPCOMING EVENTS



DATE	CONTEST	VENUE
SAT 26TH AUG	HOT DOG EATING	PBA COMMUNITY & SPORTS HUB, BRISTOL
SAT 3RD OCT	BRATWURST	HAUS DER BRATWURSTE
SUN 4TH OCT	CHICKEN PARMO	MANJAROS, M'BRO

CHECK OUT THE WEBSITE FOR LATEST EVENT UPDATES

WWW.BRITISHEATINGLEAGUE.UK

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30 MINUTE SESSIONS
• BOOK YOUR SESSION

PRO ATHLETE RECOVERY | 30 MINUTE SESSIONS



BRITISH EATING LEAGUE

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	LARGE CHALLENGES	MASSIVE CHALLENGES
★	★★	★★★
ENTRY-LEVEL POINTS	HIGH-VALUE LEAGUE POINTS	TOP-TIER LEADERBOARD STATUS

SCAN TO REGISTER YOUR CHALLENGE

WANT YOUR VENUE ON THE BRITISH EATING LEAGUE TABLE?

Craig@britisheatingleague.uk | Britisheatingleague.uk | @Britisheatingleague

BRITISH EATING LEAGUE

BRITISH EATING LEAGUE

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

★ BRITISH EATING LEAGUE – RAISING THE STANDARD OF UK FOOD CHALLENGES ★

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NO DRINKS FOR 1 MINUTE AFTER FINISH

QUICKEST TIME WINS

FILM YOUR ATTEMPT & UPLOAD VIA WeTransfer

£100 WINNER TAKES ALL

THUR 1ST OCTOBER TO SUN 25TH OCTOBER

SUBMISSION DEADLINE

CAN YOU HANDLE IT?

READY TO COMPETE?

BECOME PART OF THE BRITISH EATING LEAGUE

BRITISH EATING LEAGUE

DO YOU HAVE WHAT IT TAKES?

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

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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

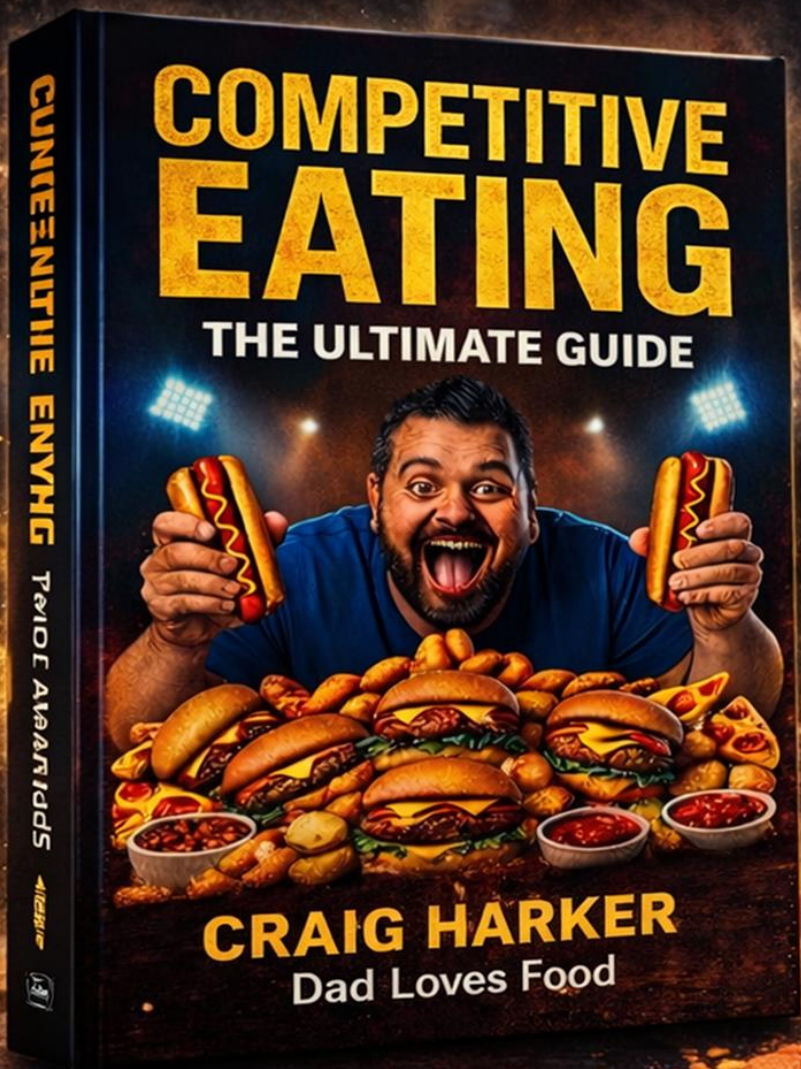
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PORT OF BRISTOL SPORTS & COMMUNITY HUB

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EVW

EVOLUTION WRESTLING

ABOUT EVOLUTION WRESTLING

Evolution Wrestling (EVW) are one of the UK's fastest growing live wrestling promotions, bringing high-energy shows, family entertainment and unforgettable moments to fans across the country.

Featuring a mix of top UK talent, international stars and rising new names, EVW deliver action-packed events that are suitable for all ages – whether you're a lifelong wrestling fan or experiencing it for the first time.

EVW host events in venues across the UK, working with local communities, sports hubs and entertainment spaces to bring professional wrestling to towns and cities nationwide.

From thrilling matches to great atmosphere, EVW shows are all about big personalities, huge moments and a fantastic night out for the whole family.

LIVE EVENTS ACROSS THE UK



THRILLING ACTION



GREAT ATMOSPHERE



FAMILY FRIENDLY

FOLLOW EVW FOR UPCOMING EVENTS

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BRITISH EATING LEAGUE

Haus der Bratwürste

BRETZEL - BIER - BRATWURST

Bratwurst Eating Comp

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