



**British
Age Group
Championships**

**9/10 September
2023**

John Charles Centre for Sport, Leeds

Event Information Pack

Overview

BWL are pleased to be delivering the 2023 British Age Group Championships at John Charles Sports Centre for Sport in Leeds.

Venue Information

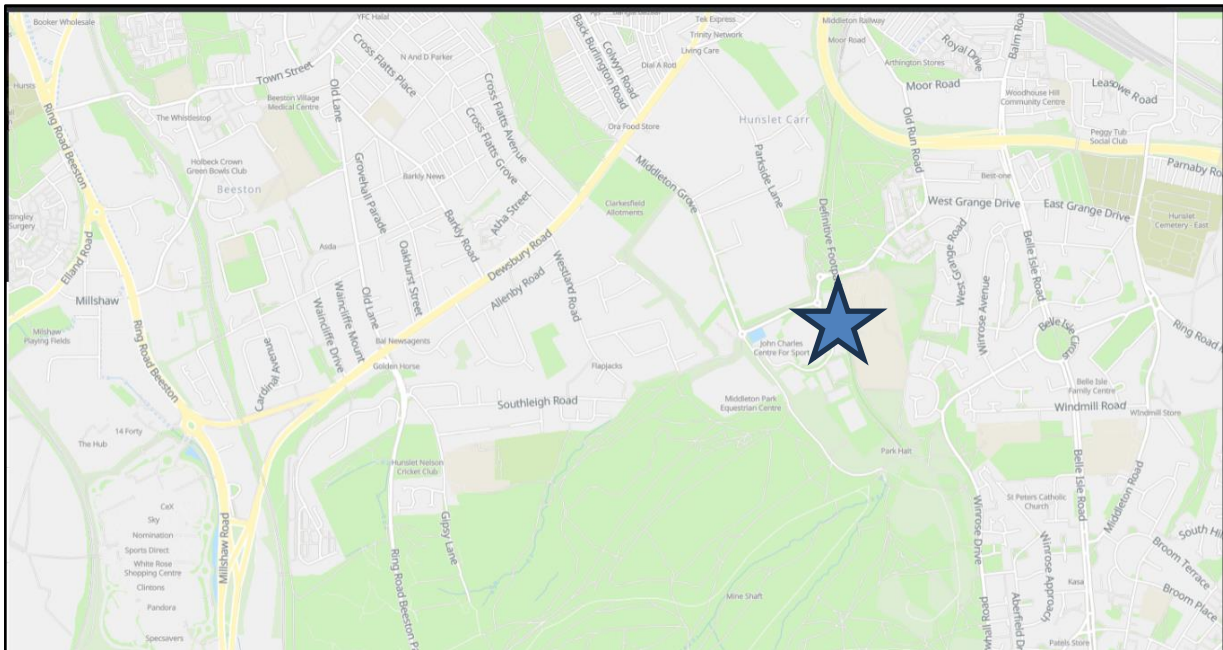
The competition will be held at:

Bowls and Athletics Centre
John Charles Centre for Sport
Middleton Grove
Beeston
Leeds, LS11 5DJ

Travelling by road

If travelling by car, use the venue post code LS11 5DJ, then follow the signs to the Bowls and Athletics Centre.

Free parking is available at the venue.



Leeds is situated in the heart of the UK, equidistance between London and Edinburgh, with cities such as York, Sheffield, Hull and Manchester close by. The M621 runs close to the city, providing direct access to the M1 and M62 and the A1 is accessible to the North of the city centre.

If you come to Leeds by car the approximate journey times and distances are:

London: 3h30m (194 miles), Edinburgh: 4h10m (219 miles), Manchester: 1h (44 miles), Sheffield: 47m (35 miles), Cardiff: 4h (240 miles), Glasgow: 4h (220 miles), Newcastle: 1h48m (100 miles), Nottingham: 1h21m (72 miles), Bristol: 3h40m (210 miles), Liverpool: 1h34m (74 miles), Derby: 1h19m (75 miles), Carlisle: 2h23m (126 miles), Birmingham: 1h57m (120 miles).

Information on planning a journey by car can be found at:

www.theaa.com
www.highways.gov.uk



Travelling by Rail

Leeds is well served by national rail operators and getting to Leeds by train is quick and easy. LNER run direct trains into Leeds from London with most journey times taking just over two hours, while Edinburgh is only three hours away. TransPennine Express run direct train services from Liverpool, Manchester, Newcastle, Scarborough. Northern Rail runs journeys to Nottingham, Skipton, Hull, Blackpool, Knaresborough and Ilkley to name but a few. There are also direct services from Birmingham and Bristol via CrossCountry. Leeds station is 2.5 miles from John Charles Centre for Sport.

International travel to Leeds

Leeds Bradford Airport is just 8 miles from the city centre and serves 70 direct destinations. Leeds is also within easy travelling distance of three more international airports: Manchester, Humberside and Robin Hood Doncaster/Sheffield.

Accessibility

John Charles Centre for Sport has a level entrance with automatic doors, Induction loop and accessible changing and shower facilities.

Accreditation

On arrival, all visitors including athletes, coaches and technical officials must collect accreditation from the BWL Registration Desk which will be located in the entrance to the indoor track.

All coaches and athletes are required to provide photographic ID to collect their accreditation and must wear/show their accreditation visibly, at all times. Athletes must arrive with enough time to collect their accreditation prior to weigh-in.

Only coaches with a current BWL licence will be able to collect a coach accreditation (wristband) and any coach found passing their accreditation to another person will have their accreditation withdrawn and may be subject to further action after the competition. Any person found in the warm-up area without an athlete accreditation or coach wristband will be asked to leave the area immediately and may be subject to further action after the competition.

Spectators

All spectators should purchase a ticket for the appropriate platform at the event from BWL [here](#). Spectators should report to the BWL Registration Desk. Tickets will also be available to purchase on arrival at the event.

Weigh-Ins

All weigh-ins will take place at the Centre and you will be directed from the registration desk.

Competition Rules

The current BWL Technical Rules and Regulations (TCRR) will be followed. The lifter with the highest total in each bodyweight category will win, if two lifters record the same total, the lifter who achieve the total first will take first place.

Competition Schedule and Start List

The competition schedule and start list are published on the BWL website [here](#).

Medal Ceremonies

A medal ceremony will take place immediately after the end of each A group. Medals will be presented to the top three ranked lifters in each bodyweight category determined by total.



Safeguarding

There will be a designated event safeguarding officer present. All safeguarding reports and questions should be reported at the BWL registration desk.

Medical

There will be one paramedic on site throughout the competition duration.

Food and Drink

There is a small café in the Indoor Track. It will sell hot/cold snacks on Saturday from 0900 – 1500, and cold snacks from 1500 – 1800. On Sunday it will sell hot/cold snacks from 0900 – 1500. Hot and cold drinks will also be available. There is also a cafe in the aquatic centre nearby. You can bring your own refreshments.

Photography

There will be photographers in attendance – Further details will be on our website shortly.

Only official photographers/videographers with accreditation will be allowed access.

COVID-19

From 1 April 2022, the Government removed the guidance on voluntary COVID-status certification in domestic settings and no longer recommend that certain venues use the NHS COVID Pass. While you're no longer legally required to self-isolate if you have COVID-19, you should try to stay at home and away from others to avoid passing on the virus. If you've tested positive for COVID-19 or have symptoms of COVID-19, you should avoid contact with others as much as possible.

For this event, we advise that everyone attending should follow the national guidance which can be found at: [Living safely with respiratory infections, including COVID-19 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/living-safely-with-respiratory-infections-including-covid-19). You should not attend if you have a high temperature and/or are unwell and you should continue to maintain good hand hygiene and wash your hands regularly.

Should you have any queries please contact British Weight Lifting on 01132 249402 or email competitions@britishweightlifting.org

New to weightlifting competitions? The following may help!

Olympic Weightlifting is considered as one of the greatest tests of strength and power, and competitions are the stage on which the sport comes to life. We hope the following will guide you through what to expect from a weightlifting competition.

Competition Tiers

Tier 1 - British Championship

This tier of competition is the highest standard of weightlifting in the UK, showcasing the best lifters our country has to offer. Lifters from anywhere in the UK are eligible to compete, however they must have met the qualification standard in a valid competition.



Tier 2 – Home Nation Championship

Competitions hosted by the Home Nations. Each will have its own eligibility standards, so check these with the organiser before entering. For example, the English Championships is only open to lifters who live in England and have met the qualification standards.

Tier 3 – Ranking Events

For example, the Warley Open or London Open. These events are open to all lifters to enter and achieve results that feature on our rankings list. This tier is suitable for both novice and experienced lifters and the ideal place to qualify for Tier 1 and 2 competitions.

The Weigh-In

Before any lifting begins there is a weigh-in to register the actual body weight of all athletes competing. This determines which of the weight categories the athlete will be compete in. The weigh-in takes place two hours before the competition starts, and lasts for up to one hour.

Lifters must weigh-in wearing a lifting costume (or t shirt and shorts if U12). An allowance of up to 250g is made for this. No shoes or socks.

The weigh-in is also when athletes announce the first weight they will attempt to lift in both of the Olympic lifting styles – ‘The Snatch’ and ‘The Clean & Jerk’.

Kit

At Tier 3 competitions lifters don't need to wear a costume.

After progressing to **Tier 2** (Home Nations) and **Tier 1** (British) competitions, lifters must wear a weightlifting costume (leotard) which complies with the following criteria:

- Must be one piece
- Must be collarless
- May be of any colour
- Must not cover the knees
- Must not cover the elbows

Note: Development Age Group [U12] can still compete in T shirt and shorts

Attempting lifts

The athletes will have three attempts to record their highest lift in both the Snatch and the Clean & Jerk. The Snatch is attempted first and the barbell is loaded on the lifting platform in order of progression. This just means that the athlete attempting the lowest weight will lift first.

As attempts are made the athletes have to announce the next weight they will attempt to lift and any increase in weight must be a minimum of 1kg. Athletes have 1 minute to perform the lift, or 2 minutes if they are



attempting consecutive lifts.

Once all athletes have had their three attempts at lifting their highest weight in the Snatch there may be a short break and this process is repeated for the Clean & Jerk.

Judging

Three referees watch as the athletes attempt their lifts (note, for Development Age Groups there may be one centre referee and another official who judges the technical aspects of the lift) . Each referee has a control box with two buttons; one is white and the other is red. The white button is pressed when the referees have judged a lift as 'Good'. The red button is pressed if the referee believes the athlete has committed a fault during the execution of a lift and a 'No Lift' decision is made.

A majority judgement is required from the referees to determine whether a lift is 'Good' or 'No Lift'. For example, if two referees press the white button to indicate a 'Good' lift and the third presses the red button, the majority will be accepted.

Please note the new 'foot touching the bar' rule:

A no lift will be given if an individual uses his/her foot to move the bar before the attempt or put their foot on the bar or plates whichever before/after the attempt. The main reason for this is hygiene, if their shoes are dirty, the bar may scratch the athlete's neck so the bar must be clean. The technical official must press the red button to indicate a no lift.

Scoring and who takes Gold?

An athlete's score is calculated by combining the best successful lifts in the Snatch and the Clean & Jerk.

The winner of the competition is the athlete with the highest combined total.

If two lifters are tied, the lifter who achieved the total first wins. In the Development Age Group the best weight lifted will be added to the technical points awarded to determine the placings.