

British Championships

5/6 August 2023

Manchester Central Conference Centre

Event Information Pack

Overview

BWL are pleased to be delivering the 2023 British Championships at the iconic Manchester Central (formerly the G-MEX) and home of the 2002 Commonwealth Games weightlifting event.

Venue Information

Manchester Central Conference Centre - <https://www.manchestercentral.co.uk/visitors>

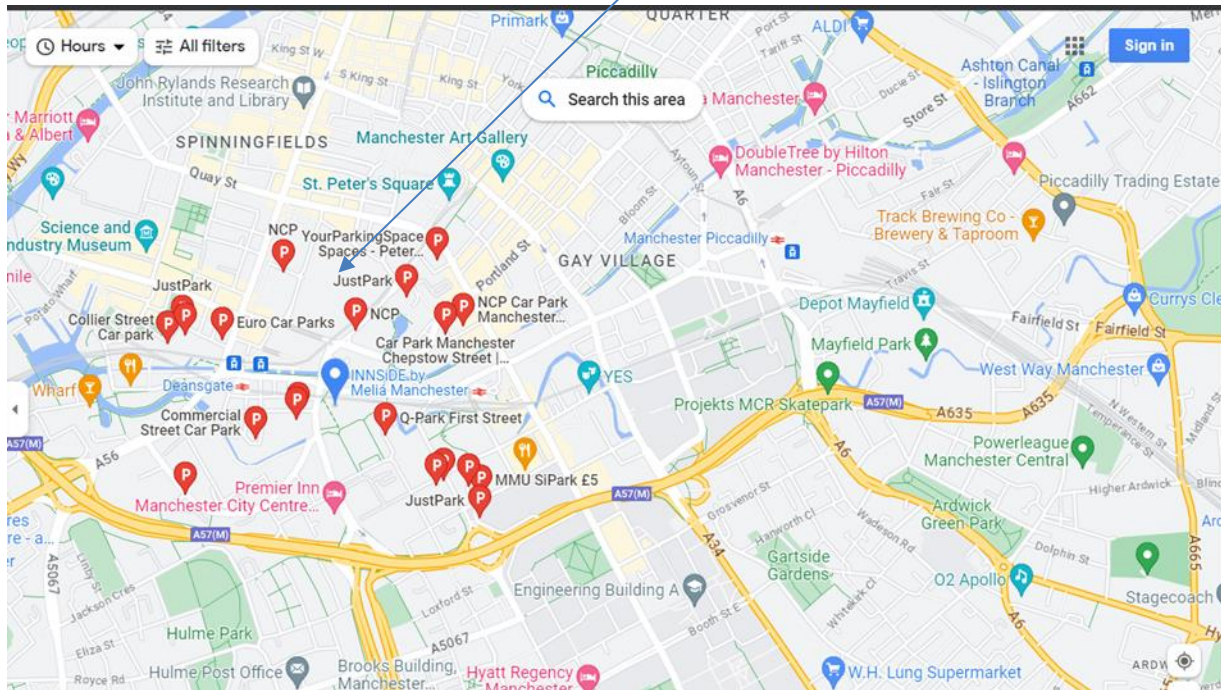


Tel: +44 (0)161 834 2700
info@manchestercentral.co.uk

Manchester Central
Petersfield M2 3GX

The Competition will take place in Central Hall 1. Access via the **Charter Foyer** entrance.

Venue



Directions

- M6 (from south – Stoke-on-Trent, Birmingham)**
 Leave the M6 at junction 19, just after Knutsford Services. Follow the A556 towards Altrincham and pick up the M56 towards Manchester Airport. Follow the motorway onto the A5103 (Princess Parkway), then follow signs for Manchester Central, Petersfield.
- M6 (from north – Preston, Blackpool, Carlisle)**
 Leave the M6 at junction 21a for the M62 towards Manchester. At junction 12, join the M602 and continue to the end of the motorway (Regent Road Roundabout, Salford). Follow signs to the city centre along Regent Road, and then to Manchester Central, Petersfield.
- M62 (from west – Liverpool)**
 At M62 junction 12, join the M602 and continue to the end of the motorway (Regent Road Roundabout, Salford). Follow signs to the city centre along Regent Road, and then to Manchester Central, Petersfield.
- M62 (from east – Leeds, Yorkshire)**
 At M62 junction 18, join the M60 west-bound. Take junction 17 onto the A56 (Bury New Road) and follow signs to the city centre, and then to Manchester Central, Petersfield.
- M56 (from west – North Wales, Chester, Ellesmere Port)**
 Follow the M56 past Manchester Airport. Continue onto the A5103 (Princess Parkway), then follow signs for Manchester Central, Petersfield.

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

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

Travelling by Rail

It takes a little over two hours to reach Manchester from London and Manchester also has direct connections to most major UK cities. Services arrive at Piccadilly or Victoria stations where passengers can connect with Metrolink trams for easy access to the city centre. Manchester Central is a 20 minute walk from Piccadilly Station or just five minutes by taxi. Alternatively, catch a connecting train to Oxford Road Station - just five minutes from Manchester Central on foot.



Travel time by train to Manchester from:

London 2h 9m

Birmingham 1h 30m

Newcastle 2h 37m

Edinburgh 3h 34m

Glasgow 3h 16m

Bristol 2h 59m

Further information on train services can be found at:

www.avantiwestcoast.co.uk

www.nationalrail.co.uk

www.tpexpress.co.uk

www.northernrailway.co.uk/stations/MAN

International travel to Manchester

Manchester Airport is a major international hub just nine miles (14.5km) from the city centre. It serves more than 200 destinations worldwide including direct routes to nine US cities. From the airport, the city is approximately 25 minutes away by taxi or just 20 minutes via the half-hourly express rail service (tickets £3.00-£4.00). There are approximately 18 flights a day into Manchester from London.

Information on Manchester Airport

can be found at: www.manchesterairport.co.uk

Accessibility

Manchester Central is designed for maximum accessibility at all events. Most of the exhibition space is on the ground floor/street level and can be easily accessed via the main entrance. Entrances are fully accessible and the foyer entrances are sensor-activated.

Accreditation

On arrival, all visitors including athletes, coaches and technical officials must collect accreditation from the BWL Registration Desk which will be located on the main desk in the Charter Foyer.

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 Conference 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](#).

Live Streaming

As this is a BWL owned event, the competition will be livestreamed. Livestream passes can be purchased at:

[Saturday Red Platform](#)

[Saturday Blue Platform](#)

[Sunday Red Platform](#)

[All Access Pass](#)

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 Gallery area adjacent to the Central Hall (competition venue), selling hot and cold food and drinks. You can bring your own refreshments.

Photography

There will be photographers in attendance –

Red Platform: Nick Jones – Grip and Rip (images and video)

<https://www.gripandrip.co.uk/products/british-senior-championships-2023-red-platform>

- Photo Package (£25) - All of the best photos taken from you 6 attempts. Edited to get the best shot of your lifting. Photos are only offered in one size only
- Video Package - (£25) - 6 videos of your 6 attempts. Shot in 4k and colour graded for the best possible quality in real time with audio OR in slow motion without audio. Videos are offered in both landscape (best for youtube viewing) and portrait (Instagram reels, TikTok) be sure to select the correct size you want.
- Video Package - Slow Motion and Regular Speed Video (£30) - With this option you'll get your



regular video as well as a slow motion edit straight after the lift.

- Video and Photo Package - (£40) - Want both photos and video? Combination package is offered at a discounted rate.
- Video and Photo Package - *Slow Motion and Regular Speed Video* (£50) - Want both regular video and slow motion. That can be done too! You'll get your regular video as well as a slow motion edit straight after the lift.

Blue Platform: Phil Ward – Follow the Lighthouse (images and video)

<https://www.followthelighthouse.com/shop/event-packages/bwl-british-champs-blue/>

<https://www.followthelighthouse.com/shop/>

£25 for either photo or video and £35 for a combined photo and video package.

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/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