



BRITISH  
WEIGHT  
LIFTING

**BUCS Championships  
Bangor University  
22/23 April 2023**

**Event Information Pack**



## **Overview**

BWL are pleased to be delivering the BUCS Championships at Bangor University.

## **Venue Information**

The competition will be held at:

University of Bangor  
Canolfan Brailsford (sports centre)  
Ffriddoedd Rd,  
Bangor LL57 2EH  
01248 382571  
[brailsford@bangor.ac.uk](mailto:brailsford@bangor.ac.uk)

## **Travelling**

Bangor is on the North Wales coast, a few miles from Snowdonia National Park. Well connected by road and rail.

### **Travel directions**

There are good road links to Bangor along the north Wales coast from the M56 and M6. There are direct trains from London, Manchester, Crewe and Cardiff. There are also frequent ferries from nearby Holyhead to Ireland.

### **Estimated train journey times to Bangor:**

- Liverpool - 1.5 hours
- Manchester - 2 hours
- Birmingham - 3 hours
- London - 3 hours
- Cardiff - 4 hours
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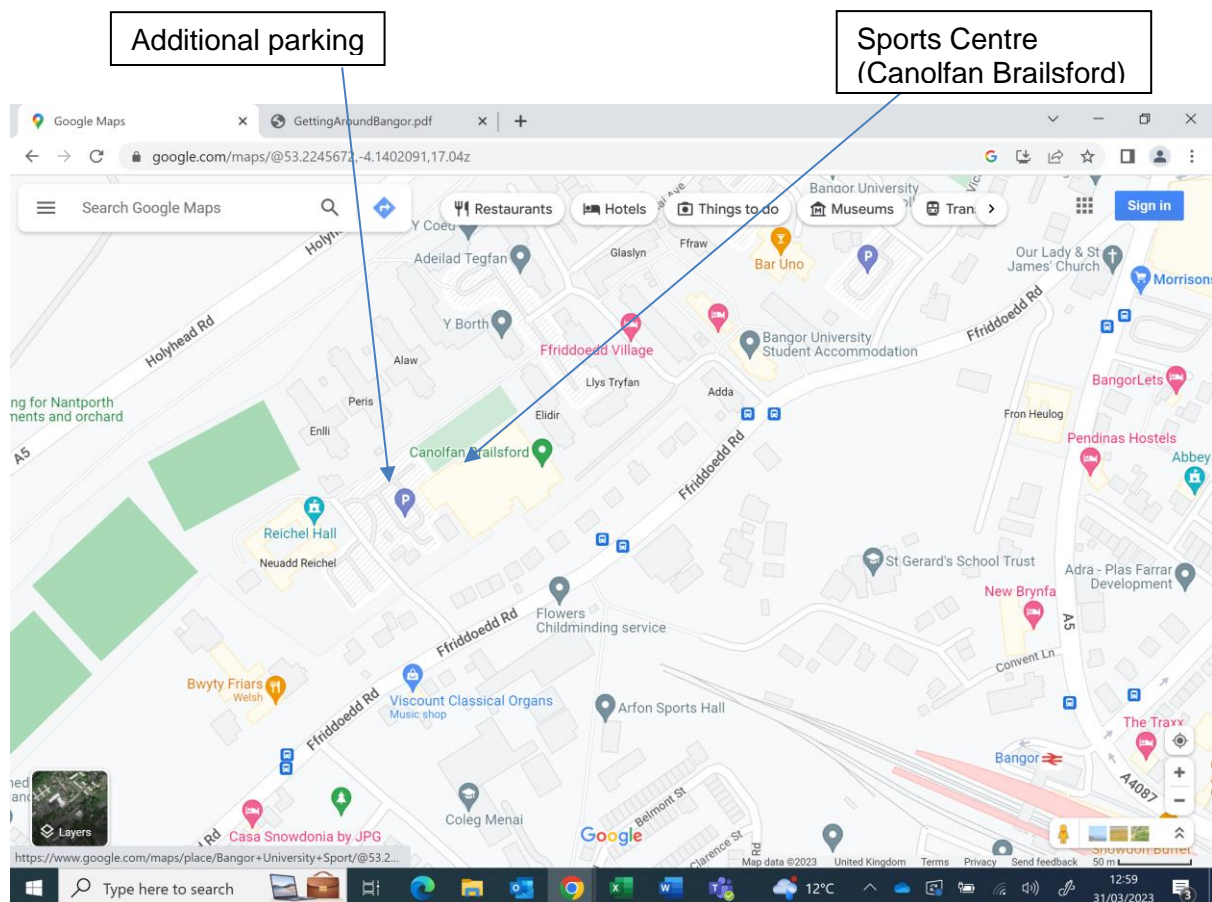
### **International travel to Bangor**

The nearest airports to Bangor are Liverpool John Lennon Airport and Manchester Airport, which are both around 1.5 to 2 hours away.

The nearest port is Holyhead, which has direct sailings from Ireland. It is a 30 minute journey from Holyhead to Bangor.

## Parking

Parking is free at the sports centre (no overnight parking). The car park is small, but there is an additional car park to the rear at Reichel Hall (see diagram below).



## Accreditation

On arrival, all athletes, coaches and technical officials must collect accreditation from the BWL registration desk which will be located in the entrance area to the Sports Hall.

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(wristband) and any coach found passing their accreditation to another person will have their accreditation withdrawn and may be subject to further action after the competition.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 event from BWL [here](#). Tickets will also be available to purchase on arrival at the event.

### **Weigh-Ins**

All weigh-ins will take place inside the Sports Centre and you will be directed from the registration area.

Any athletes aged below 18 may be accompanied to weigh-in by a chaperone if required. This may be a licensed coach or a member of British Weight Lifting staff.

### **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 in chronological order will take first place.

### **Competition Schedule and Start List**

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

Please note that changes may still be made to the schedule and start list prior to the competition running, so we recommend checking back regularly to ensure you have the right information for the competition.

### **Live Streaming**

As this is a BUCS owned event, unfortunately there will be no livestream for this competition.

### **Medal Ceremonies**

A medal ceremony will take place immediately after the end of each session/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 area.

### **Medical**

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

### **Food and Drink**

There is a small café in the sports centre, however, you are able to bring your own refreshments too. Morrisons supermarket is approximately 10 minutes walk away.



## **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](mailto:competitions@britishweightlifting.org)