

England Weightlifting and Para Powerlifting Championships

**8-10 December
2023**

NEC Birmingham

Event Information Pack

Overview

BWL are pleased to be delivering the 2023 England Weightlifting and Para Powerlifting Championships as part of the Fit Fest at the NEC Birmingham.

Venue Information

The competition will be held at:

Halls 18 – 20, National Exhibition Centre, Pendigo Way, Marston Green, Birmingham B40 1NT

The NEC is the UK's best-connected venue, located at the heart of the UK; with Birmingham airport and Birmingham International train station on-site. See venue map at end of this pack.

Getting to NEC, Birmingham couldn't be easier!

Find out how to travel by car, train, tube, taxi or plane by hitting this link:

<https://www.thenec.co.uk/visitors/travel-updates/>

Travelling by rail, alight at Birmingham International and follow directions to Hall 20 via the Atrium.

Travelling by car, the NEC is clearly signposted from all motorways and major routes including the M42, M40 and M6 - just pop B40 1NT in your sat nav to get to the NEC Site. Once on site please stop using your Sat Nav and follow the digital screens to Fit Fest 2023 for visitor parking North 3 - 7 Car parks / Coach parking North 1 Car park / Blue Badge parking - Hall 17.

Car Parking

Pre book your parking to save money:

<https://www.thenec.co.uk/visitors/parking-at-the-nec/>

Please check your journey ahead of travelling in case of any disruptions

<https://www.thenec.co.uk/visitors/travel-updates/national-rail-strikes-and-eastway-slip-road-closure>

The Venue

Onsite there will be the following Arenas (see page 6 for more details):

Three SiD Competition Arenas, The Main Arena will be a mixture of seating and standing viewing, Arena 2 and 3 will be standing viewing only.

Three British Weightlifting Competition Platforms, with a mixture of seating and standing viewing.

One ATHX Arena will be standing viewing only.

One British Indoor Rowing Arena, with a mixture of seating and standing viewing (Saturday Only)
Seats are not allocated and will work on a first come first served basis across all competitions.

Accessible Viewing

There will be an accessible area open to individuals with disabilities, illnesses or injuries preventing them from standing for a prolonged period at each arena.

Please report to registration when onsite to find out more information. If you are a blue badge holder please bring this with you.

For further venue information please head to the NEC website Disabled Visitors to the NEC | The NEC Birmingham (<https://thenec.co.uk/visitors/accessibility/>)

Accreditation

On arrival, all athletes, coaches, technical officials, loaders and media must collect entry wristbands/lifter stamp from the BWL Registration Desk which will be in the entrance to Hall 19. Halls 18 - 20 are best accessed via the Atrium A3, and the event entrance will be Hall 19. (look for a banner saying England Weightlifting and Para Powerlifting/British Rowing athlete registration).

All coaches and athletes are required to provide photographic ID to collect their wristband/stamp 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

Please either bring your spectator tickets printed or downloaded on your phone. There will be a roaming registration team in the Atrium area ready to scan your ticket and give you your wristband.

Note - the kiosks are dedicated to athlete/coach/official registration and guest list only. Fit Fest are dealing with all spectator tickets. Tickets can be purchased [here](#). You can purchase them on the day **via the website**. If you need to speak to a member of the Fit Fest team, please head to the info point by the entrance of Hall 19.

SPECTATORS WILL NOT HAVE ACCESS TO THE VENUE OUTSIDE OF THE TIMES BELOW

Friday 8 December - (England Weightlifting Championships Only) 1345hrs – 1915hrs

Saturday 9 December 0830hrs – 2030hrs

Sunday 10 December 0830hrs – 1815hrs

Weigh-Ins

All weigh-ins will take place prior to entrance to the Arena. 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. Placings in the Para Powerlifting will be determined by formula.

Competition Schedule and Start List

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

Live Streaming

The competition will be livestreamed, free of charge, The links are as below:-

<https://arena.joymo.no/api/share/2QQVGv9IDS01NS1zJjyE> red platform Friday: Senior A Groups

<https://arena.joymo.no/api/share/FFXDoYadVhZbXyLlfgL> blue platform Friday: Senior B Groups

<https://arena.joymo.no/api/share/XOurv6YOE1DIF0I9OmoL> red platform Saturday: Senior and Para Powerlifting A Groups

<https://arena.joymo.no/api/share/y26jyhi05ARsvdXVib2D> blue platform Saturday: Senior B Groups

<https://arena.joymo.no/api/share/vmF651VFJ6jFMBmWNV5P> green platform Saturday: Masters

<https://arena.joymo.no/api/share/pNGaF4owJmIMSGl3niJ8> red platform Sunday: Senior A Groups

<https://arena.joymo.no/api/share/4s84B03oVklTHsqzdcZs> green platform Sunday: Masters

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/formula (for the para event).

Safeguarding

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

Medical

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

Food and Drink

There will be a number of vendors spread across Halls 18 – 20 and in the Atrium area. There are also areas of seating.

Photography

There will be photographers in attendance – Phil Ward – **Follow the Lighthouse**

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

and Nick Jones, **Grip and Rip** <https://www.gripandrip.co.uk>

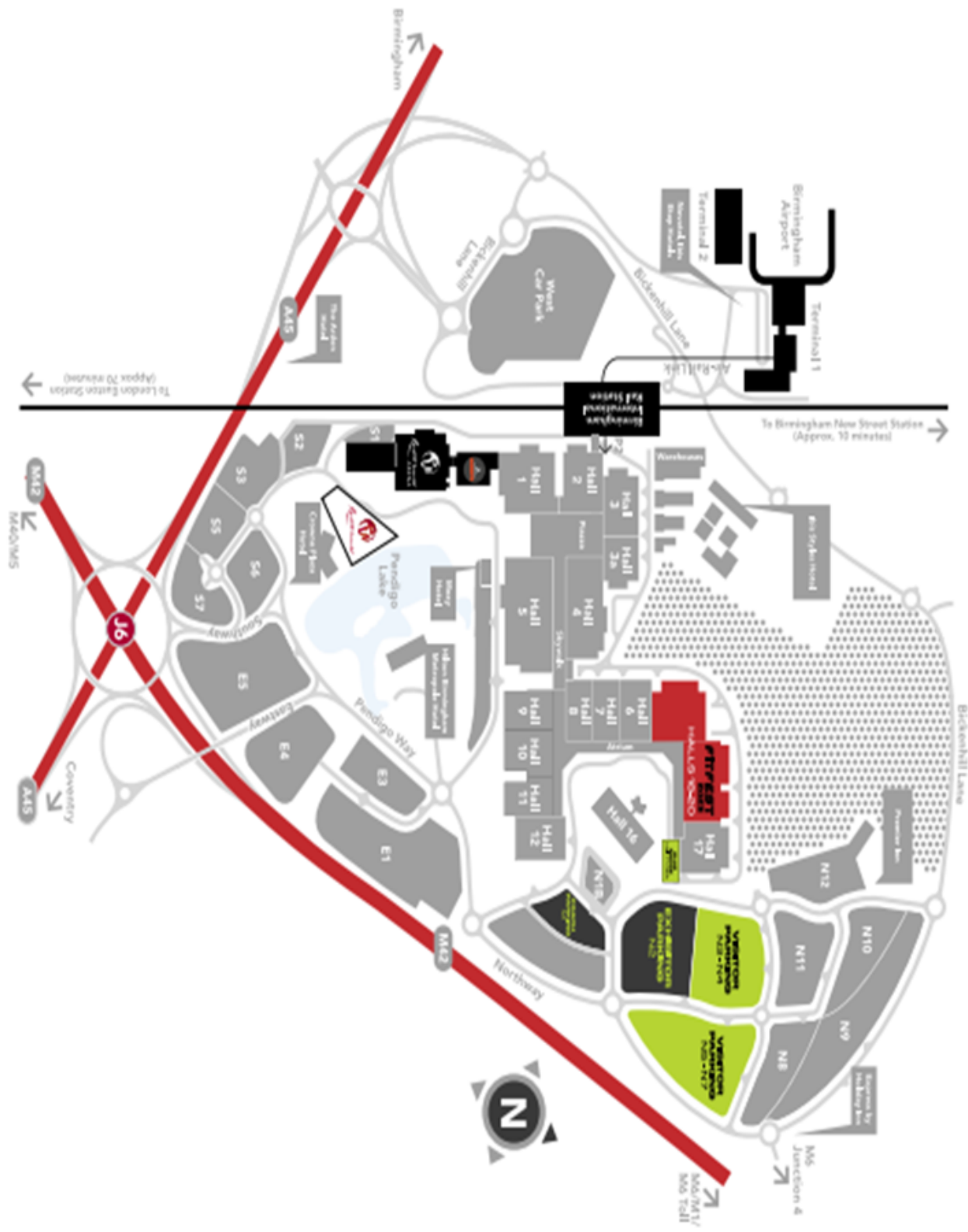
Only official photographers/videographers with accreditation will be allowed access.

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



Fit Fest – What is happening!!!

ENGLAND WEIGHTLIFTING CHAMPIONSHIPS – Hall 19

With competitions across three days, the England Weightlifting Championships will also include Para Powerlifting and Master Athletes. For information on schedule and leaderboards, please head to:

<https://britishweightlifting.org/competitions/england-championships>

VIP EVENT

An exclusive ticketed event will see VIPs having the chance to take on workshops hosted by the Elite Athletes, Q&A time, an up close chance to watch the athletes compete to kick off the weekend, and photo opportunities on Friday evening.

ELITE CROSS FIT SHOWCASE – Hall 20

Competing across Saturday and Sunday, our Elite Athletes will take to the competition floor on the SiD Main Arena in-between the SiD Triple Threat competition. This event will see athletes from across the globe compete in mixed teams of six, athletes include Pat Vellner, Jayson Hopper, Dallin Pepper, Nick Matthew, Brent Fikowski, Jack Farlow, Jelle Hoste, Björgvin Karl Guðmundsson, Enrico Zenoni, Danielle Brandon, Arielle Loewen, Alex Gazan, Emma Lawson, Kels Kiel, Jennifer Muir, Thuri Helgadotti, Ella Wunger, and Lucy McGonigle.

For heat timings, workouts and leaderboards, please head to the FitFest website: <https://www.fitfest-event.com/>

SiD TRIPLE THREAT – Hall 20

A one day team event; There are 10 divisions competing concurrently across the weekend. Teams of 3 will compete on either Saturday or Sunday depending on their division. For heats, workouts, leaderboards, please head to the Strength in Depth website: <https://www.strengthindepth.com/>

ATHX – Halls 18/19

Competing in pairs, Saturday is an open event, giving athletes a last opportunity to compete for a spot in the ATHX Finals. Sunday is an invite only ATHX Finals Day, where the top athletes from each division from across the year will compete for the podium spots. For heat times, leaderboards and further information please head to:

<https://athxgames.com/>

BRITISH ROWING INDOOR CHAMPIONSHIPS – Hall 18

Multiple categories will compete over this one day event including but not limited to Open, Junior, Team Relay, Masters, Adaptive and Lightweight. For heat times, leaderboards and further information please head to:

<https://www.britishrowing.org/events/events-calendar/bric/>

Onsite there will be a vast village that will fill any down time that you have! Vendors will be spread across Halls 18 - 20; there are also areas of seating and catering across each of the halls.