

**England Legacy
Masters
Weightlifting
Championships &
Para-Powerlifting
Open
Oldbury Academy
17/18 June 2023**

Event Information Pack



Overview

BWL are pleased to be delivering the England Legacy Masters Championships & Para-Powerlifting Open to be held at the Oldbury Academy, Birmingham.

Venue Information

The competition will be held at:

Oldbury Academy
Pound Road,
Birmingham
West Midlands
B68 8NE
0121 5333750

<http://oldburyacademy.co.uk>

The venue is wheelchair accessible, as are the facilities.

Travelling by Road

Oldbury Academy in the West Midlands north west Birmingham, off junction 3 of the M5, follow road under the M5 and keep left, at the round-about take first exit onto Wolverhampton Road the A4123, at the third set of lights turn left onto Pound Road the Academy is 200 yards on the right, the Academy is well connected by road.

Travelling by Rail

There are two local train stations near to Oldbury Academy, Langley Green and Rowley Regis both are less than 5 minutes via taxi, the journey times are listed below from Birmingham New street.

Langley Green	28 minutes
Rowley Regis	32 Minutes

There are direct trains from London, Manchester, Crewe and Cardiff to Birmingham New Street where you will need to change to the `Birmingham to Worcester via Kidderminster line` for Langley Green and Rowley Regis.

Estimated train journey times to Birmingham New Street:

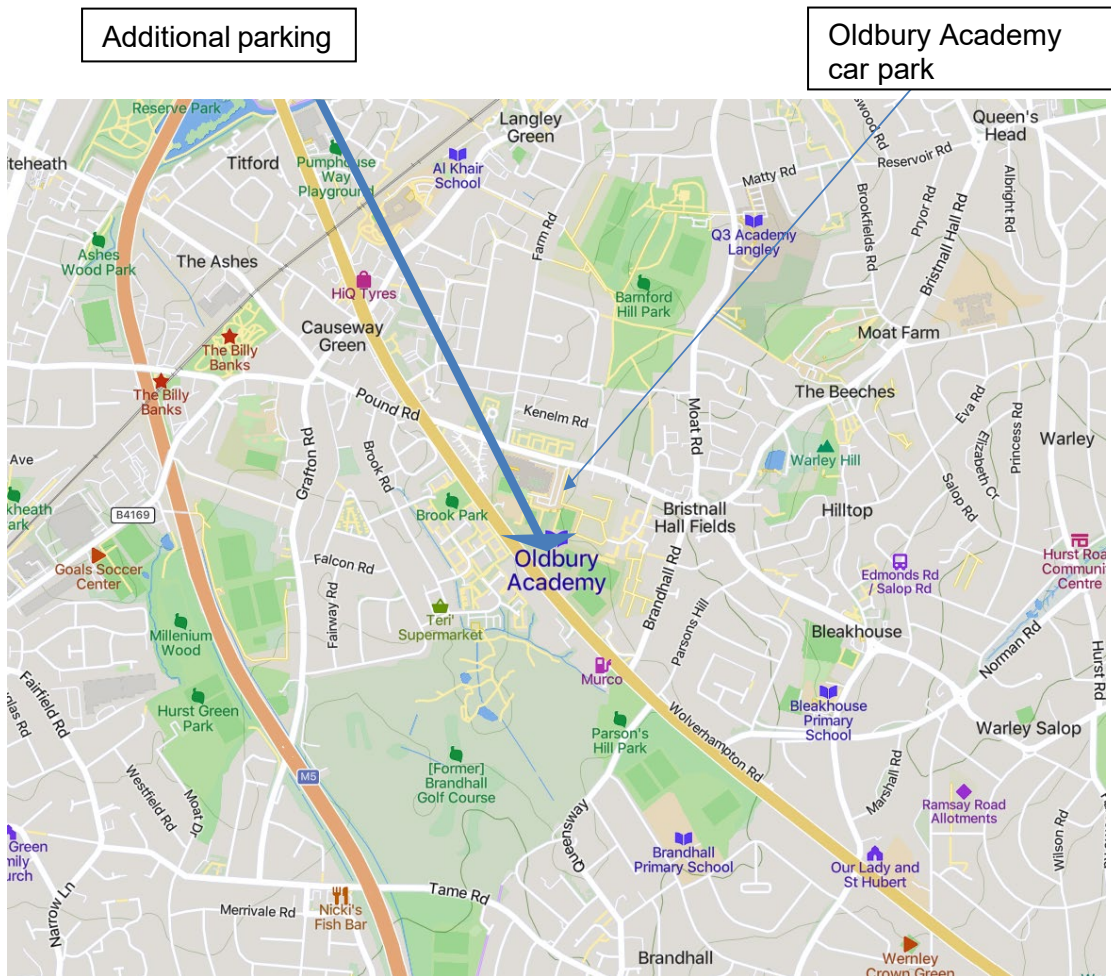
- Liverpool – 2.25 hours
- Manchester - 2 hours
- Birmingham – 30 minutes (as above)
- London – 1.20 hours
- Cardiff - 2 hours

International travel to Oldbury

The nearest airports to Oldbury are Birmingham international Airport and East Midland Airport, which east midlands is around 1.5 hours away and Birmingham 30 minutes.

Parking

Parking is free at the Academy (no overnight parking). The car park on Pound Road (Main Entrance to the Academy) has 50 spaces, the car park on Wolverhampton Road (Entrance to Sam's Fitness) has 10 spaces, there is no access to the competition on Wolverhampton Road.



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.

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 up to seven (7) days 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 BWL owned event, there will be livestream for this competition.

Medal Ceremonies

A medal ceremony will take place immediately after the end of each session/ 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 selling hot and cold food and drinks, please note it is CASH ONLY



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