

British Championships 2024
NEC Birmingham
In Conjunction with SiD UK Championships
5 - 7 July 2024

Event Information Pack

Overview

British Weight Lifting is pleased to be delivering the 2024 British Championships in conjunction with SiD UK Championships at the NEC Birmingham.

Venue Information

The competition will be held in:

Hall 1

National Exhibition Centre, Pendigo Way, Marston Green, Birmingham B40 1NT

Entrance to Hall 1 is via the Atrium.

Rest Area for Athletes

SiD Organisers have kindly agreed that on the day they are competing, lifters may use their athlete rest area (it will be signposted in Hall 1).

Fractional discs

We will be continuing the process of signing out sets of fractional discs if athletes require these for warm up. They will be available from the BWL information desk adjacent to the main platform.

Travel

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. Find out how to travel by car, train, tube, taxi or plane by hitting this link: <https://www.thenec.co.uk/visitors/travel-updates/>

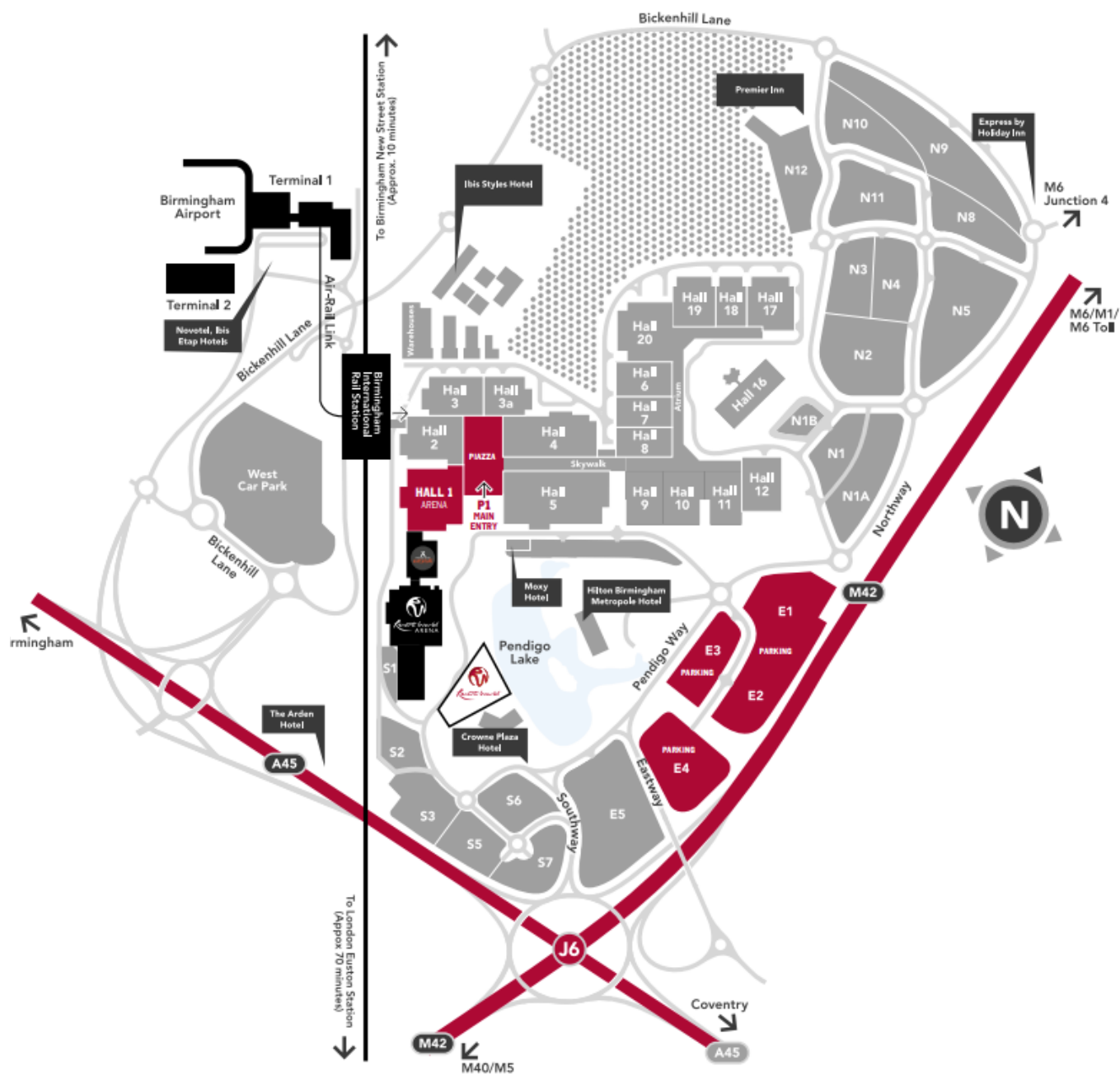
Travelling by rail, follow directions to the NEC (and Hall 1 via the Atrium) from the station concourse. Getting to NEC, Birmingham couldn't be easier!

Car Park

Pre book your parking to save money: <https://www.thenec.co.uk/visitors/parking-at-the-nec/>

Follow the digital directions to SiD x BWL Champs 2024 for visitor parking East 1 - 4 Car parks / EV Parking East 3 / Blue Badge parking - Via Gate 1

Please check your journey ahead of travelling in case of any rail disruption/road closures
<https://www.thenec.co.uk/visitors/travel-updates/national-rail-strikes-and-eastway-slip-road-closure/>



Accreditation

On arrival, all athletes, coaches and technical officials must collect accreditation from the kiosk outside Hall 1, marked Athlete Registration. Accreditation is valid for the duration of the entire event. Please note, you will only receive 1 wristband. You can collect this on any day, so please keep hold of it!

Lifters note: If you wish to spectate on a day you are not lifting, you must return to the kiosk on the day of your competition to get a lifter stamp. Without this you will not be able to enter warm up.

All coaches and athletes are required to provide photographic ID to collect their accreditation and must wear 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). 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

See below for timings for spectators:

Friday 5 July

1345hrs – 1930hrs

Saturday 6 July

0845hrs – 1900hrs

Sunday 7 July

0845hrs – 1900hrs

PLEASE NOTE SPECTATORS WILL NOT HAVE ACCESS TO THE VENUE PRIOR TO THE ABOVE TIMES.

What do you need?

Please either bring your spectator tickets printed or downloaded on your phone. The registration team situated at the front of Hall 1 will be ready to scan your ticket and give you your wristband, the kiosks are dedicated to athlete / coach / TO registration only. If you need to speak to a member of the SiD organiser team, please head to the info point by the entrance of Hall 1.

Wristbands are valid for the full three days, please keep these on to regain access to the event. The (SiD) team will also have 'Lost Child' bands, please request one of these for your children if you would like to add your phone number in case of emergency.

There will be three (3) BWL Competition Platforms, with a mixture of seating and standing viewing. Seats are not allocated and will work on a first come first served basis across all competitions. Details re the SiD event are at the end of this guide.

Weigh-In

All weigh-ins will take place outside Hall 1, you will be directed from the accreditation desk.

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 BWL staff. Please remember you must bring photo ID to weigh-in.

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.

We will be using paper-based processes for both weigh-in and weight changes via the Marshal table.



Competition Schedule and Start List

The competition schedule and start list have been published on the BWL website:

[British Championships - British Weight Lifting](#) and

[BWL British Masters Championships - British Weight Lifting](#)

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.

Medal Ceremonies

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

Livestream

The event will be streamed on bwl.tv - <http://BWL.tv> Tickets can be purchased here – [British Championships - British Weight Lifting](#)

Photographers

Grip and Rip and Follow The Lighthouse will be taking pictures/videos across the event. Please see below for their contact details:

Red and Green Platforms: Nick Jones – Grip and Rip

<https://www.gripandrip.co.uk/products/british-senior-championships-2024-red-green>

Blue Platform: Phil Ward – Follow the Lighthouse

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

Safeguarding

There will be a designated event safeguarding officer present. All safeguarding reports and questions should be reported at the BWL information desk, adjacent to the main (Red) platform.

Medical

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

Vendors

Onsite there will be a vendor village. There are also areas of seating and catering within the hall as well as activity space.

Please visit our BWL information desk, situated close to the main platform where you can purchase NB clothing, and our BWL patches and flags!!

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

Media accreditation

Requests must be made in advance to competitions@britishweightlifting.org

See next page for details of the SiD event.



SiD UK Championships

The Venue

Onsite there will be the following Arenas;

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

One Outdoor Lakeside Arena which will be standing viewing only. (Saturday and Sunday only)

One Outdoor Run by Lakeside which will be 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](#)

The SiD UK Champs is either a two or three day competition depending on division, with athletes competing concurrently across the weekend. Elite and RX Team and Individuals, and Masters 35 - 39 athletes will be competing across the three days, and the Intermediate and Scaled Teams and Individuals, and all other Age Group athletes will be competing across Saturday and Sunday.

For heats , workouts, leaderboards, please head to the Strength in Depth website:

<https://www.strengthindepth.com/>