



**England Championships 2024  
NEC Birmingham  
In Conjunction with Fit Fest  
7 & 8 December 2024**

**Event Information Pack**



## **Overview**

British Weight Lifting is pleased to be delivering the 2024 England Championships in conjunction with Fit Fest at the NEC Birmingham.

## **Venue Information**

The competition will be held in:

Halls 17-19

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

Entrance is via Hall 17.

## **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 desk within the warmup room.

## **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 Hall 20 via the Atrium. Getting to NEC, Birmingham couldn't be easier!

Car Parking - Pre book your parking to save money:

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

Follow the digital directions to FitFest 2024 for visitor parking North 3 - 7 Car parks / Coach parking North 1 Car park / Blue Badge parking - Hall 17.

Please check your journey ahead of travelling in case of any rail disruption

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

Please ignore the parking times when booking the car parks; these are standard, however the carpark will be open from 0615 until late!

## **Guests**

On arrival, please collect accreditation from the kiosk outside Hall 18, 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! Accreditation will permit you access to the full Fitfest event, apart from the main arena.



## **Accreditation**

On arrival, all athletes, coaches, media, volunteers and technical officials must collect accreditation from the kiosk outside Hall 18, 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! Accreditation will permit you access to the full Fitfest event.

**Lifters note: 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 valid 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:

#### **Saturday 7 December**

0830hrs – 2030hrs

#### **Sunday 8 December**

0830hrs – 1830hrs

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 at the Spectator Ticket Kiosk will scan your ticket and give you your wristband.

**\*Note the main arena is not available to every ticket type, please check you have purchased a full FitFest Event Ticket to access this arena, certain sport spectator tickets will need to be upgraded to gain access.**

Wristbands are valid for both days, please keep these on to regain access to the event.

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 Fit Fest event are at the end of this guide.

### **Weigh-In**

All weigh-ins will take place outside Hall 18, 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.

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

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

<https://britishweightlifting.org/competitions/england-championships>  
[England Championships - British Weight Lifting](#)  
[England Para Powerlifting Championships - British Weight Lifting](#)  
[England Masters Championships - British Weight Lifting](#)

### **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 - tickets can be purchased from –  
bwl.tv <https://bwl.tv/home/events/LuB3NNubiOOICAnmfCo6>

### **Photographers**

Nick Jones (Grip and Rip) and Phil Ward (From the Platform) will be taking pictures across the event. Please see below for their contact details:

Blue Platform: Nick Jones – Grip and Rip  
[Grip And Rip](#)

Green and Red Platforms: Phil Ward – From the Platform  
[www.fromtheplatform.com](http://www.fromtheplatform.com)

### **Safeguarding**

There will be a designated event safeguarding officer present. All safeguarding reports and questions should be reported at the BWL stand, opposite our platforms.

### **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.

Athletes are permitted to use the ice baths located within the wellness zones, please bring a towel if you wish to do so.

**Please visit our BWL stand, situated opposite our platforms 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](mailto:competitions@britishweightlifting.org)

### **Media accreditation**

Requests must be made in advance to [competitions@britishweightlifting.org](mailto:competitions@britishweightlifting.org)