

**British Championships 2025**  
**NEC Birmingham**  
**In Conjunction with SiD UK Championships**  
**11 - 13 July 2025**  
**Event Information Pack**

## **Overview**

British Weight Lifting is pleased to be delivering the 2025 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). Within this area there will be access to massage, physio and recovery chairs. **Note** – some of these are chargeable. Do not leave any valuables in this area as it is not monitored.

## **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 desk inside the warm up area..

## **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/>

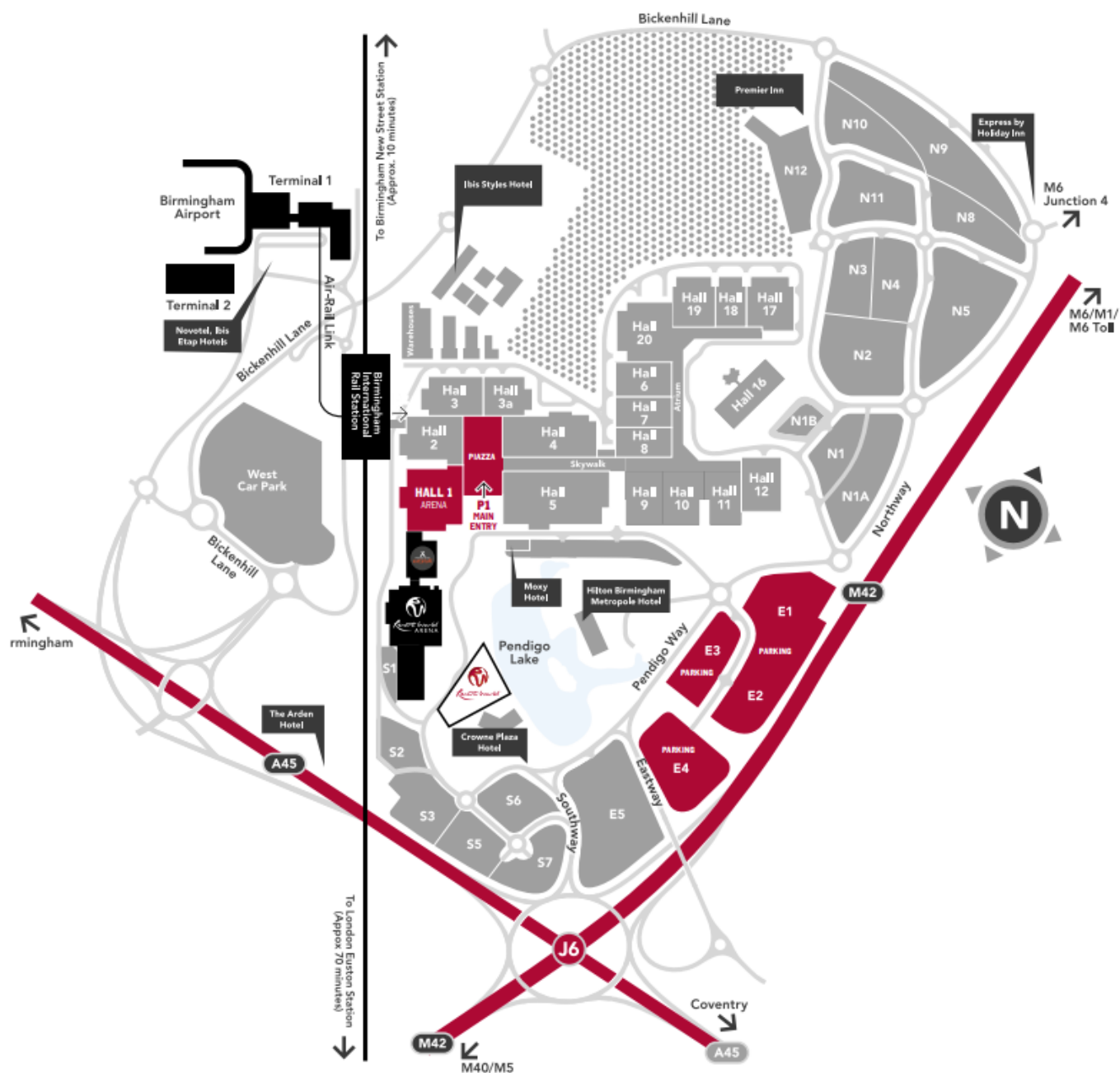
Travelling by rail, follow directions to the NEC (and Hall 1 via the Atrium) from the station concourse. Getting to NEC, Birmingham couldn't be easier!

## **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 in the main piazza (as you enter the venue), marked BWL. 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: You can only access the warm up area for your competition, and must leave upon completion (unless you are also an accredited coach in which case you need to register as such and obtain the appropriate wristband).

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 11 July**  
1330hrs – 1845hrs

**Saturday 12 July**  
0830hrs – 1920hrs

**Sunday 13 July**  
0830hrs – 1745hrs

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 (SiD) 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/ VIP 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.

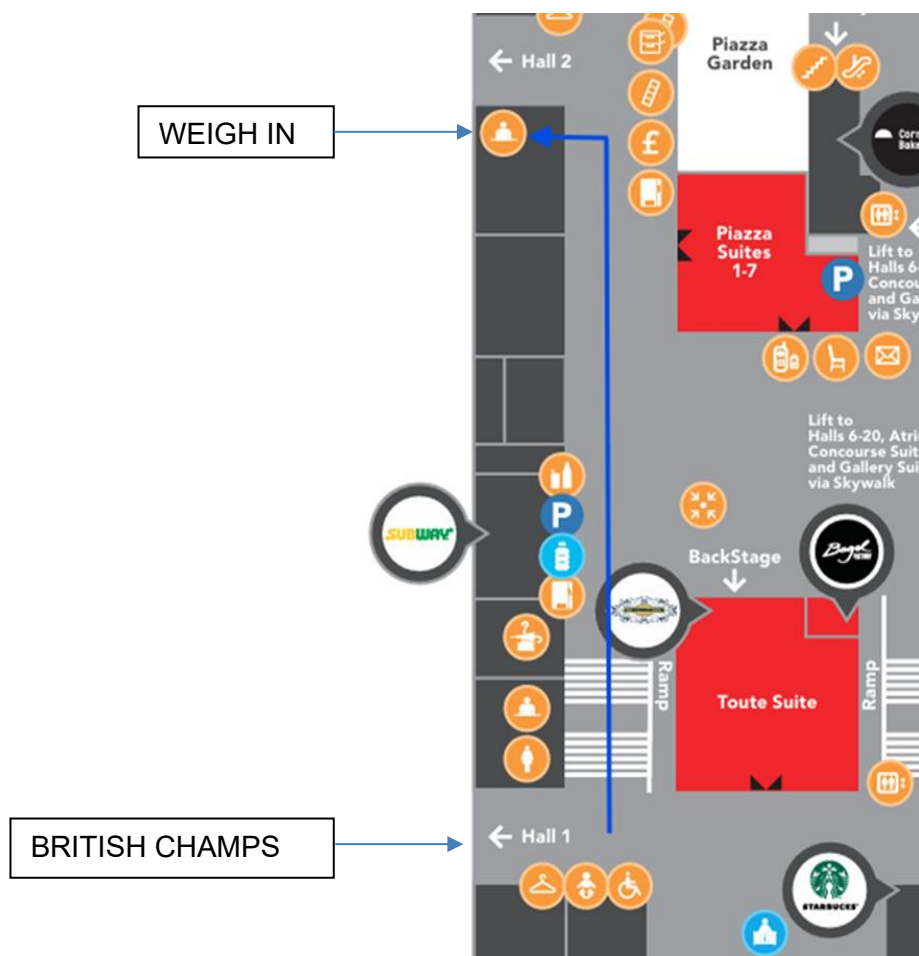
Wristbands are valid for the full three days, please keep these on to regain access to the event. The (SiD) team will also have 'Lost Child' bands, please request one of these for your children if you would like to add your phone number in case of emergency.

There will be three (3) BWL Competition Platforms, with a mixture of seating and standing viewing. Other than the front row seating, 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 for Seniors and Masters will take place **adjacent to Hall 2**, Please see following diagram. Para Powerlifters will, as is usual, weigh in the day before.

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.

Please note athletes may not take any flags or other paraphernalia onto the competition platform(s).

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

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

[British Championships - British Weight Lifting](#)

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

[British Para Powerlifting 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 (seniors) and by Q Points/formulae for Para powerlifters and Masters. There is also a best female & best male Master award, and best female & male para powerlifter award.

### **Livestream**

The event will be streamed on bwl.tv - <http://BWL.tv> Tickets can be purchased here – <https://bwl.tv/home/events/SeagwWUVGpK8BzgiJiYP>

### **Photographers**

White Lights Media are our official photographers. Visit their stand adjacent to the BWL stand, and look out for their photographers!

### **Safeguarding**

There will be a designated event safeguarding officer present. All safeguarding reports and questions should be reported at the BWL stand, to the side of the Green 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 stand situated close to the Green platform where you can take advantage of any current promotions and purchase 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)