



**BRITISH  
WEIGHT  
LIFTING**

**British Open 2022  
Loughborough University  
10/11 September May 2022**

**Event Information Pack**

**The British Open 2022 is being held in collaboration with the  
National Fitness Games FitFest event**



## **Overview**

BWL are pleased to be teaming up with the National Fitness Games FitFest event for this competition. The outdoor event (weather permitting) will give lifters the opportunity to display their technique, power and passion to both weightlifting fans and the FitFest event audience. This will be a first for BWL and we look forward to seeing a high standard of weightlifting displayed to the wider functional fitness community. By teaming up with the National Fitness Games FitFest, lifters and spectators will be part of a festival of fitness that will bring together fitness enthusiasts from across the country.

## **Venue Information**

The competition will be held at:

Shirley Pearce Square  
Loughborough University  
Epinal Way  
Loughborough  
Leicestershire LE11 3TU

## **Travelling**

If travelling by car, use the venue post code LE11 3TU to reach the main entrance. The nearest motorway link is the M1 and the campus is just two miles from Junction 23. The University is clearly signed on all other main approach roads to Loughborough.

Visitors are asked to use the main entrance on Epinal Way. When you arrive, Security will advise you where to park and issue you with a temporary parking permit. Parking is available free of charge at the venue but it is limited.

Disabled visitors are requested to telephone the University Security Office on 01509 222141 before visiting so that suitable parking can be arranged.

If travelling by train, the nearest station is Loughborough Railway Station which is approximately two miles from the venue.

## **Accreditation**

On arrival, all athletes, coaches and technical officials must collect accreditation from the BWL Registration desk, which will be part of the NFG Registration area.

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 license 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(wristband) and any coach found passing their accreditation to another person will have their accreditation withdrawn and may be subject to further action after the competition.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 NFG:  
<https://register.enthouse.com/ps/event/FitFestSpectatorTickets2021>  
Tickets will also be available to purchase on arrival at the event.



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### **Weigh-Ins**

All weigh-ins will take place inside the University building and you will be directed from the Registration area.

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 British Weight Lifting staff.

### **Competition Rules**

The current rules in the BWL 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: [British Open Series \(britishweightlifting.org\)](https://britishweightlifting.org). 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.

### **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 a paramedic be on site throughout the competition duration.

### **Food and Drink**

A variety of food and beverages will be available to purchase via Street food stalls as part of the NFG FitFest event, however, you are able to bring your own refreshments too.

### **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). 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](mailto:competitions@britishweightlifting.org)