



**BRITISH
WEIGHT
LIFTING**

**British Open x Lift Me Up
Newton Abbot
31 August 2024**

Event Information Pack



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Overview

BWL (British Weight Lifting) are thrilled to announce that this year's British Open will be held in conjunction with the annual Lift Me Up charity competition on 31 August 2024.

This unique event, hosted at Winners 2000 Gym in Newton Abbot, Devon, promises to be the largest charity weightlifting event in the country.

About Lift Me Up

Lift Me Up was established in 2021 by Emily Muskett, inspired by her personal loss of her mother to Motor Neurone Disease (MND) just before the Tokyo Olympics. MND is a devastating illness that attacks the nerves controlling muscles, leading to severe physical decline and ultimately death. With no effective treatment or cure currently available, all funds raised through Lift Me Up go directly to vital research efforts spearheaded by the Motor Neurone Disease Association (MNDA).

A Family-Friendly Event

Families are welcome. Activities such as face painting, and a bouncy castle will be available throughout the event.

Donations and Spectators

If you would like to donate to the charity, please click here - [Emily Muskett is fundraising for Motor Neurone Disease Association \(justgiving.com\)](https://www.justgiving.com/EmilyMuskett)

Spectator tickets can be purchased on the day from the registration desk. All proceeds will go towards the Lift Me Up charity.

Eleiko Raffle

<https://raffall.com/363000/enter-raffle-to-win-a-trip-to-eleiko-hq-hosted-by-lift-me-up-2023>

Each year Lift Me Up run a charity raffle; this year they are pleased to announce that Eleiko have provided a special prize. The winner will receive, a trip to the Eleiko HQ as well as;

- 1 x night accommodation for two people at Hotel Mårtenson in Halmstad, Sweden
- All meals included (lunch at HQ, breakfast and dinner at the hotel)
- 1 x item of clothing from the shop at HQ
- Full access to the weightlifting training facilities at HQ

****Please note winners will need to cover their own travel****

Venue Information

The competition will be held at:

Winners 2000 Gym
Greenhill Way
Newton Abbot
TQ12 3SB



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Travelling

If travelling by car, use the venue post code TQ12 3SB. The nearest major road A380 which is a continuation of the M5. The gym entrance is off Greenhill Way only.

If travelling by train, the nearest station is Newton Abbot station, about 1.3 miles from the venue.

Accreditation

On arrival, all athletes, coaches and technical officials must collect accreditation from the BWL registration desk.

All coaches and athletes must provide photographic ID to collect their accreditation and must wear it visibly.

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) 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.

Weigh-Ins

All weigh-ins will take place inside the gym, 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 licenced coach or a member of British Weight Lifting staff.

Competition Rules

The current rules in the BWL TCRR will be followed. For the British Open, the lifter with the highest total in each bodyweight category will win, if two lifters record the same total, the lifter who achieves the total first in chronological order will take first place. For the Lift Me Up competition, results will be determined on Sinclair points.

Competition Schedule and Start List

The competition schedule and start list will be published on the BWL website. Please note that changes may still be made to the schedule and start list prior to the competition's running, so we recommend checking back regularly to ensure you have the right information for the competition.

Medal Ceremonies and Prizes

BWL will present medals to the top three ranked lifters in each bodyweight category determined by total. These will be presented at the end of each category.

Additionally Lift Me Up will present prizes to the top three male and female lifters, as well as the best master and best junior lifters. These prizes will be determined based on Sinclair scores.

Safeguarding

There will be a designated event safeguarding officer present. All safeguarding reports and questions should be reported at the BWL Registration area.



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Medical

There will be a paramedic on site throughout the competition's duration.

Food and Drink

A variety of food and beverages will be available to purchase onsite via The Leisure Lounge Cafe which is open from 8am till 5pm.

Live Stream

The event will be livestreamed for free via BWL.TV.

[British Open x Lift Me Up Blue Platform \(bwl.tv\)](#)

[British Open x Lift Me Up Red Platform \(bwl.tv\)](#)

Photography

Photos of the event will be taken by Xpresmedia (@xpresmedia_)

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