



FREQUENTLY ASKED QUESTIONS

1- How long after I have run a competition will I be able to access the entry fees?

When you register a competition you must setup a Stripe account. Entry fees for your competitions are automatically paid into your Stripe account 7-days after the entry fee is paid online. For example, if an entry is completed on the 14th you will receive the fee into your stripe account on the 21st.

To access the money in your Stripe account you may need to review the settings to transfer the money regularly into your bank account.

2- I need to change weight category/withdraw from a competition.

If it is a BWL competition you should email competitions@britishweightlifting.org . We will confirm receipt of your email in due course.

If it is not a BWL run competition, please contact the individual event organiser – you can find their details on the competition’s information page.

3- Can I bring my coach to a competition?

Yes, we encourage you to bring a coach to competitions. You should always nominate your coach on the entry form when you submit your entry. If you don’t nominate your coach in advance they may not be permitted to enter the warm up room.

You must check that your coach has a valid BWL coach licence. If they don’t have a licence they won’t be allowed to coach you.

4- I don’t have a coach, do I have to have one at a competition?

No, it’s not a requirement that you have a coach with you.

5- Are there any competitions coming up in my local area?

Please check out our live Competitions Calendar at <https://britishweightlifting.org/competitioncalendar> - new competitions are added on a regular basis so be sure to keep checking back to see what's local to you.

6- I want to organise a competition and I need to set up a Stripe account. How do I set up a Stripe account?

Go to the '[Host a Competition](#)' page on our website, here you'll find a step-by-step guide to set up a Stripe account.

7- I competed but my results aren't showing up on the rankings yet. Where are they?

Results from British Weight Lifting competitions are usually online within 24 hours of the competition finishing.

Results from Tier 3 competitions can take slightly longer as the organiser must process the results and send them to BWL to include in the rankings. You can contact the organiser using the details on the competition information page to check if the results have been submitted.

8- I want to start competing, what should I do?

It's usually a good idea to join a club or find a coach who is familiar with competitive weightlifting so they can guide you towards your first competition. You can search for clubs using our club finder tool here:

It can also be helpful to check the Technical and Competition Rules and Regulations (TCRR) to learn about what equipment you might need and how a competition works. You can find the latest version of the TCRR here:

You can also find a list of upcoming competitions here:

9- Can I get a refund for my entry fee?

Competitions run by BWL don't offer refunds unless you cannot compete for medical reasons and have a letter from a doctor or physiotherapist to support your withdrawal.

Tier 3 event organisers may or may not offer refunds, this is up to each organiser to decide. You should check the competition information page first, and if it's not clear then you should contact the organiser.

10- Can I transfer my entry to a different competition?

Entry fees are not transferable between any competitions, even when they have the same organiser. For Tier 3 competitions you should contact the organiser to see if a refund is possible so that you can then enter a different competition.