

England Grand Prix 2019

2 – 3 November 2019

Lifter Information Pack

#EWLGRANDPRIX19
@EnglandWeightLifting

Thank you for entering the England Grand Prix 2019.

This short pack will outline the competition and will be a source of information about the event.

Should you have any queries please contact British Weight Lifting on 01132 249 402 or email competitions@britishweightlifting.org

Event Information

The England Grand Prix 2019 will take place on Saturday 2nd and Sunday 3rd October 2019, encompassing the England Senior Grand Prix, England Para Powerlifting Grand Prix, England Masters Grand Prix and England Development Grand Prix.

This championship event is open to all members of British Weight Lifting who have qualified in their respective bodyweight category, and the results from the event can be used for qualification to any weightlifting competition in the country. Eligibility to compete in the England Grand Prix is based on residence in a location that is recognised as being within England.

Venue/General Information

The competition will be held at:

Stantonbury Campus
Stantonbury
Milton Keynes
K14 6BN

Lifting will take place simultaneously in the theatre and leisure centre. There will be total of 3 platforms which may all be in use at any one time. The main platform will be in the theatre and will host all Senior groups. Two platforms will be in the leisure centre and will host Para Powerlifting, Masters and Development groups.

There is step-free access to the competition venue from the car park to both the theatre and the leisure centre.

An information point will be present in the foyer of both areas.

Free parking is available at the school campus although there are limited spaces.

Food and drink will be available to purchase on site through our partner Uncle Beef.

Travelling

If travelling by car use the venue post code **MK14 6BN** to reach the main entrance on Saxon Street. From the main entrance drive through the school car park to the theatre car park. Parking is free but places are limited.

If travelling by train, the nearest stations are Milton Keynes Central (approximately 2.5 miles away) or Wolverton (approximately 1.5 mile away).

Catering

Uncle Beef will have a catering van present in the quad between the leisure center and the auditorium during competition hours. They will accept both cash and card payments. A full menu is attached to the email for further information.

Accreditation

On arrival, all lifters must collect accreditation. The list below indicates where to collect your accreditation:

Seniors – theatre
Masters – leisure centre
Development – leisure centre
Para Powerlifting – during weigh in

All lifters are required to provide photographic ID to collect their accreditation and must wear their accreditation visibly at all times, except when warming up and competing. Development lifters may provide proof of age if they do not have photographic ID.

Lifters must arrive with enough time to collect their accreditation prior to weigh in.

Any lifter found passing their accreditation to another person will have their accreditation withdrawn and may be subject to further action after the competition.

Accreditation for Coaches

Please make coaches aware of the following:

On arrival, all coaches must collect a wristband from the theatre.

All coaches are required to provide photographic ID to collect their wristband and must wear it visibly at all times.

Any coach found passing their wristband to another person will have their wristband withdrawn and may be subject to further action after the competition.

Weigh Ins

Saturday

All Senior weigh ins will take place in the theatre, in the bottom corridor down the left hand side of the auditorium.

All other weigh ins will take place in the leisure centre in an upstairs room.

Sunday

All Senior weigh ins will take place in the theatre, in the bottom corridor down the left hand side of the auditorium.

All other weigh ins are to be confirmed but will likely take place in the leisure centre in an upstairs room.

Please ensure lifters arrive with enough time to collect their accreditation prior to weigh in. It is the lifter's responsibility to ensure they are present for their allocated weigh in time slot. Any lifters who miss their weigh in or fail to make weight will not be permitted to compete.

Categories and Presentation

England Senior Grand Prix

The competition will be ranked as a Senior competition, all lifters will compete in a single age group (Senior). Medals will be presented to the top three ranked lifters in each bodyweight category determined by total.

England Masters Grand Prix

The competition will be ranked as a Masters competition, lifters will compete in their respective Masters age group (35-39, 40-44 etc. up to 80+). Medals will be presented to the top three ranked lifters in each bodyweight category and age group determined by total.

England Para Powerlifting Grand Prix

The competition will be ranked as a Senior competition, lifters will compete in a single age group (Senior). Medals will be presented to the top three ranked lifters in each bodyweight category determined by AH points score.

England Development Grand Prix

The competition will be ranked as a Development competition, lifters will compete in their respective Development age group (Under 10 or Under 12). Medals will be presented to the top three ranked lifters in each bodyweight category and age group determined by points score.

Bodyweight Changes

Only Development lifters may move up or down one bodyweight, including on the day of the competition. These lifters can still compete as full competitors and win medals.

No other lifters may change bodyweight categories if they do not make weight. Failure to make weight will mean a lifter is not eligible to compete.

Spectators

Lifters and coaches do not need to buy tickets, a lifter's accreditation pass will allow access to seating at all 3 platforms across both days. Please be aware though that there is limited seating and you may be asked to give up your seat to a paying spectator. Any lifter found passing their accreditation to another person will have their accreditation withdrawn and may be subject to further action after the competition.

Family, friends and fans do need to buy tickets – advance tickets are available to purchase at a discounted rate at <https://www.eventbrite.co.uk/e/england-weightlifting-grand-prix-2019-tickets-73432932879?aff=ebdssbeac>

Don't forget to use your membership number to receive an exclusive BWL member 15% discount on 1 ticket - simply click on 'Enter Promo Code' and enter your membership code.

Concessions relate to a person aged over 65 (proof of age may be required) or children under 12. Children young enough to not require their own seat do not need a ticket.

Tickets prices will be higher on the door and membership discounts are not available on the day, so we suggest you buy in advance to take full advantage of the discounts.

Safeguarding

The designated event safeguarding officer is Sue Ward. All safeguarding reports and questions should be reported at the Welcome Desk in either the Leisure Centre or Auditorium.

Medical

The nearest hospital is:
Milton Keynes Hospital,
Standing Way,
Milton Keynes,
Buckinghamshire
MK6 5LD

Competition Schedule and Start List

<https://britishweightlifting.org/competitions/british-weight-lifting-championships>

Please note that changes may still be made to the schedule and start list – a final version will be completed and issued early next week.

If you have any questions, queries or require further information please contact British Weight Lifting on 01132 249 402 or email competitions@britishweightlifting.org