

Get competition ready with Eddie

Eddie Halstead is the Competitions Manager here at British Weight Lifting, so if there is anyone better suited to hand out competition advice, it's him. We asked him for his top tips and advice for beginners attending their first competition...

1. Make sure you enter the right category

A common mistake that lifters make is entering the incorrect category. When you enter a competition, you will be asked to select which age category, and weight class you will compete in.

If you entered a bodyweight category you are now too heavy for, we politely ask that you get in touch with our team a minimum of 7 days in advance of the competition and we will do our best to facilitate your change in group.

As for age category, there are a range to choose from, especially for a masters lifter, but please remember that all age groups are calculated based on the lifters age on 31st December in the year of the competition!

2. Straighten your legs

Sometimes we get athletes waiting for a down signal, confused because they think they have finished the lift. In the rules and regulations, it states that the knees must be fully extended before a lift is complete, so make sure when you finish a lift you straighten your legs. Lifters can also get caught out if they don't straighten their legs after a clean before they go into their jerk. A simple fix to ensure you get a good lift!

3. Don't drop the bar

Another quick fix to change a red light to white. Following a snatch or clean and jerk, the lifter must drop the barbell in front of the body and the hands must remain on the barbell until it is past shoulder height. If you simply let go from overhead and drop the bar, it is a no lift.