



**BRITISH DRUG-FREE POWERLIFTING ASSOCIATION**  
**An affiliate of the**  
**W.D.F.P.F.**

**THE EUROPEAN FULL POWER CHAMPIONSHIPS 2019**

**BACKGROUND**

- 1.** The European Full Power Championships will take place at Brandon Leisure Centre over the weekend of 27<sup>th</sup> and 28<sup>th</sup> April 2019. All female lifters will participate on the 27<sup>th</sup> April with all Male lifters on the 28<sup>th</sup> April. Each day includes equipped and unequipped lifting. All spectators and coaches are free to attend. Full details are compiled in this administrative instruction. All lifters are to ensure they have qualified for this event in the respective weight class.

**AIM**

- 2.** The aim of the event is to identify individual champions within the WDFPF, both male and female, for all the entered age and weight categories.

**EXECUTION**

- 3. Rules.** The competition will be run in accordance with the World Drug Free Powerlifting Federation (WDFPF) rulebook.
- 4. Location.** **Brandon leisure centre, church road, Brandon Suffolk IP27 0JB**
- 5. Timings.**
  - a.** Weigh in 0800 – 0900 on both days – **If you arrive after 0900 you will not lift**
    - i.** Event briefing 1030 hrs.
    - ii.** Lifting commences 1100 hrs.
  - b.** Presentations will be given on completion of the event.
- 6. Prizes.** Prizes will be awarded to lifters at the discretion of the WDFPF. Those placed in the top 3 of their category, age and weight, will receive a trophy signifying their position.

Note: Best lifter trophies in the Equipped will not be presented if they do not beat the Unequipped score, WDFPF Ruling applies.

**SERVICE SUPPORT**

- 7. Dress.** All lifters are to use equipment as detailed in the BDFPA rulebook, Items will be available for purchase on the day. All male lifters must be in position of briefs, boxer shorts are not permitted and no underwire bras for females. Please check the rule book for further information.

8. Medical. Initial medical cover will be provided on site. Serious injuries will be transported to A&E via ambulance. Individuals are required to ensure they have appropriate levels of personal cover where applicable.

9. Finance. The cost of the event is £60.00 per lifter for their first entry and £25.00 for all additional entries.

**LIFTERS OUTSIDE THE BDFPA WILL PAY IN STERLING ON THE DAY AND ARE ENTERED FOR THE EVENT BY LISTING ON THE TEAM ENTRY SHEET PROVIDED BY THE WDFPF. ANY LIFTER SUBMITTED ON THE TEAM SHEET THAT WITHDRAWS AFTER THE CLOSING DATE IS LIABLE FOR 50% OF THE ENTRY COSTS FOR THE EVENT THEY HAVE ENTERED.**

10. Accommodation. Individuals must make suitable arrangements for travel to arrive in plenty of time for weigh in and the event. There are many hotels within 15 miles of the event venue. Lifters are suggested to use either [laterooms.com](http://laterooms.com), [lastminute.com](http://lastminute.com) or [tripadvisor.co.uk](http://tripadvisor.co.uk) for best deals.

Some local suggestions can be found at [brandonhousehotel.co.uk](http://brandonhousehotel.co.uk), [bridgehotelbrandon.com](http://bridgehotelbrandon.com) or [travelodge.co.uk- Barton-Mills-hotel](http://travelodge.co.uk-Barton-Mills-hotel). At the time of production of this instruction prices range from £55.00-£95.00 per room per night. Hotels further afield may be cheaper, but all competitors are reminded of their requirement to be at the venue during weigh in. Distances to local towns and cities when considering accommodation are:

- a. Cambridge – 50 mins – 35 miles
- b. Norwich – 45 mins – 35 miles
- c. Bury St Edmunds – 25 mins – 15 miles
- d. Ipswich – 60 mins – 42 miles
- e. Peterborough – 90 mins – 55 miles

## **TRAVEL CONSIDERATIONS**

11. Brandon is a small village in Suffolk that is just off the A11 on the A1065. It has a train station that connects to Gatwick and Heathrow via London. Closest Airports are as follows:

Stansted – 60 mins – 55 miles

Luton – 1 hr 40 mins – 70 miles

Norwich – 60 mins – 40 miles

Heathrow – 2 hrs 15 mins – 101 miles

Gatwick - 2hrs 30 mins – 121 miles

## **COMMAND AND CONTROL**

12. Competition Organisers / Co-ordinators. The event co-ordinator is Mr Steve Van Kempen on behalf of the President BDFPA and President WDFPF.

13. Referees. All qualified BDFPA referees are to make provision to attend the event to maintain currency. Those used for duties will be supported by additional arrangements confirmed by the

BDFPA on notification of eligibility. WDFPF affiliates are to make every effort to provide additional referees to support their lifters.

14. Safety and Insurance. A full safety brief will be prior to the event as per the timings in Para 5ai. A risk assessment will be conducted the day before the event, but all lifters are to ensure they have appropriate personal cover to participate. By undertaking to participate in the event all lifters agree to this element of the admin instruction.

15. In entering the event and completing the entry form all participants agree to have their name displayed for the purposes of results and drugs testing on the relevant BDFPA and WDFPF pages related to the administration and governance of the sport of Powerlifting.

16. Further details can be obtained from [vankempens@yahoo.co.uk](mailto:vankempens@yahoo.co.uk)

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For President