

WDFPF EUROPEAN FULL POWER CHAMPIONSHIP 18/19 APRIL 2020

Organiser: IDFPF: European Full Power Championships 2020

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Dates

Two Day Event : Saturday 18th - Sunday 19th April

Venue Address : St Benildus Collage, Upper Kilmacud Road, Stillorgan, Blackrock Co Dublin, Ireland

Weigh in-Times: Saturday and Sunday 07:00 – 8:30 Start competition 10:00

Registration Times : Friday 17th 19:00-20:00 at venue

Competition day 30 minutes before weighing time

Entrée fee: First entrée €30.00 - Additional €30.00 per discipline

Competition Equipment:

- 2 platforms
- WDFPF recognized racks
- Eleiko bar and weights
- Experienced Spotters and Loaders

Food & Drinks

- Hot Food will be available in the competition area every day

Warm up:

- 3 warm up stations

Trophies:

- Trophies for each athlete 1-2-3 place
- Participation Certificate for all athletes
- Best lifter trophies Female and Male Un + Eq

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**

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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 [trivago.com](https://www.trivago.com), [lastminute.com](https://www.lastminute.com), or [airbnb](https://www.airbnb.com) for best deals.

Some local suggestions

Two of the larger Hotels in the area are listed below, to secure accommodation we recommend your booking is made well in advance of the event.

Talbot Hotel Stillorgan www.talbothotelstillorgan.com

Address: Stillorgan Rd, Woodland, Dublin, A94 V6K5

Phone: (003531) 200 1800

Event Code "Powerlifting Event". When ringing up "quote the title to get the preferred rates"

Hotel Distance from Venue 2.5 km

Leopardstown Clayton Hotel www.claytonhotelleopardstown.com

Address: Central Park, Leopardstown, Dublin 18

Phone: (003531) 293 5000

Event Code CHAMP

Hotel Distance from Venue 3.8 km



Please use the Hotel event / promotional code to secure preferential terms, the discount will be held for a limited period and thereafter the accommodation & discount may not be available.

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Competition Schedule:

NEW WDFPF RULE: Even years WOMEN lifting Saturday Men Sunday

Uneven years MEN lifting Saturday Women Sunday

- Saturday All women Unequipped + Equipped
- Sunday Men from Unequipped + Equipped

Drug Testing: Min 10% as WDFPF requires

- Times and schedule will be announced after the entrée deadline.

ENTRÉE DEADLINE ATHLETES 16th March 2020

ENTRÉE DEADLINE FEDERATION 19th March 2020

How to get to venue

- Airport: Dublin International 21 km
- By Car: 21 or (M50 Toll 35 km)
- By public transport 21 km
- Bus from Airport Stops at Talbot Hotel Stillorgan

Venue

- Angels Power Lifting Club, Dublin, Ireland

Dublin is on the small side compared to some other capital cities, but it still packs a punch. Its history spans Vikings, rebellion, civil war and plenty more besides. A city of many stories, Ireland's capital city also boasts a strong literary heritage, thanks to writers such as James Joyce, Oscar Wilde and Bram Stoker. Known as Baile Átha Cliath ("town of the hurdled ford" in the Irish language, Dublin has a lot to offer; aside from its urban [attractions](#), one of the city's biggest selling points is its proximity to nature, with mountains on one side, and sea on the other. Sandwiched in between is a lively, dynamic city brimming with history, culture, great [restaurants](#) and enough to do whether you're visiting for [48 hours](#) or two weeks.

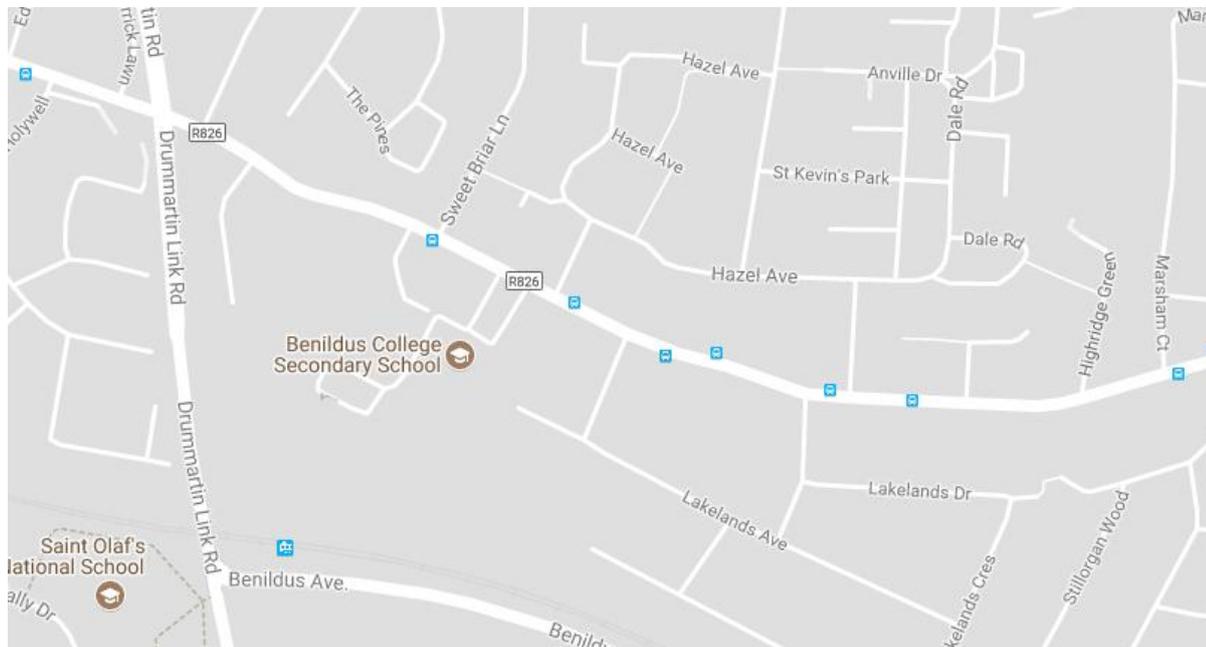
Our Aim

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.

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Things to do in Dublin

Dublin has plenty of exciting things to do and see. Enjoy the beautiful St. Stephens Green Park, explore Grafton Street with its abundance of high profile shops, or soak up historical sites such as St. Patrick's Cathedral and Trinity College. All the hotels are easily accessible to the city centre and two are only 20 minutes away with the Luas Green Line service nearby.

The Guinness Storehouse

The Guinness Storehouse is located at St. James Gate Brewery in Dublin City. The storehouse has an impressive 7 floors filled with interactive experiences. Starting from the bottom you have the brewing story and Guinness retail store.

Imagination

Imagination offers Ireland its one and only interactive children's museum for the under 9's and is dedicated to children's success. It is located a 10-minute drive from the hotels and can be easily reached by car or a 20-minute walk.

Powerscourt House and Gardens

Originally a castle in the 13th century, it was altered in the 18th century by a German architect. It was renovated in 1996 and has become a popular tourist attraction. It has a superb golfing range, scrumptious dining in the Avoca restaurant, spectacular views of the waterfall and for those little adults, a large garden to tire them out for the day.

Phoenix Park

Phoenix Park Visitor Centre offers visitors historical interpretations of the park dating back to 3,500 BC, whilst also learning about the wildlife it holds. It offers visitors free self-guided tours of various wildlife that the park houses.

Old Jameson Distillery

Old Jameson Distillery come and see the Old Jameson Distillery as it is one of the most popular attractions in Dublin City Centre. Old Jameson Distillery is one of Ireland's oldest and most iconic distillers. Its famous Jameson whiskey is renowned worldwide and has put Dublin on the centre stage for whiskey production.