



THE WORLD SINGLE LIFT CHAMPIONSHIPS 2016
WREXHAM, WALES
JUNE 3-5 2016

Hosted by: BDFPA

When:

Friday 03 June – Squat all categories

Saturday 04 June – Bench Press all categories

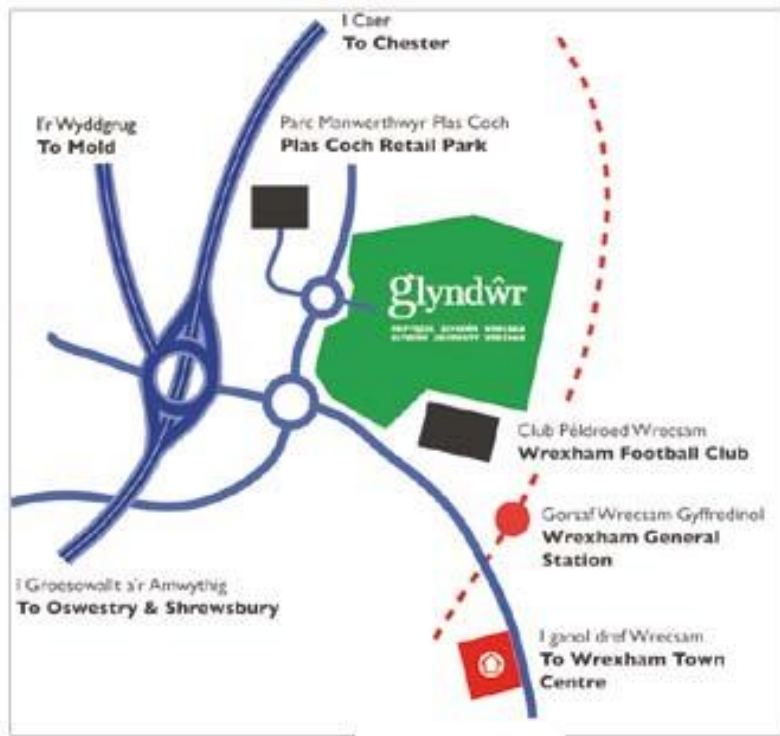
Sunday 05 June – Deadlift all categories

Location:

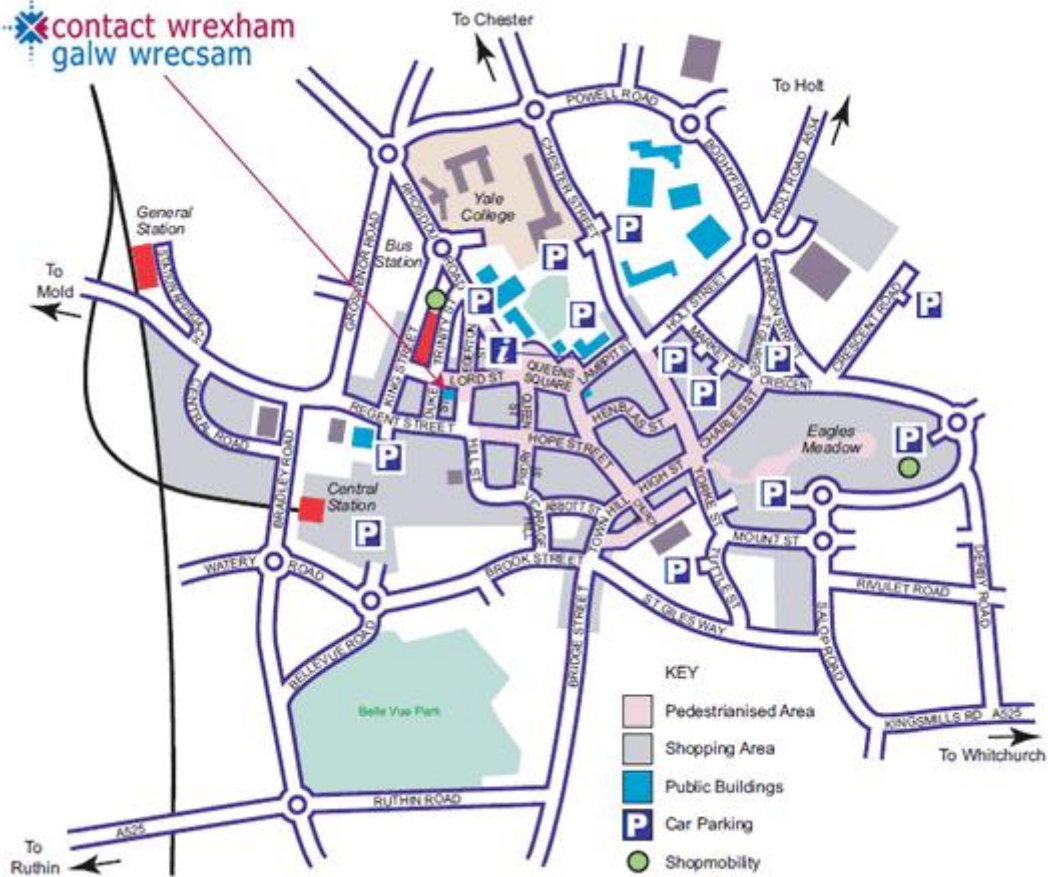
Glyndwr University SportsMold Road, Wrexham, Wales. LL11 2AW







contact wrexham
galw wrecsam



The venue for the competition will be in the Main Gym Hall accompanied by several administration rooms for registration, weigh in and warm up.

Venue Facilities

The lifting area will hold 2 platforms within the main gym hall that can hold up to 400 spectators. The warm up area is behind the main lifting area and feeds directly onto the lifting area. A PA system will keep lifters updated on the progress of the event and the scheduled times of lifting. A separate area for Officials and registration will allow lifters to be weighed in and administration to be conducted away from the main lifting area.

The venue has a café and restaurant on site that will be open for the entire duration of the event each day as required. The weigh in room is situated next to the lifting area whilst a restaurant allows individuals to weigh in then eat on site with the facility only across the car parking area.

The venue also has access to rooms allowing many lifters to be accommodated on site at a price much less than the local hotels. There is ample parking in the main car park with overflow available as required. **All room bookings will be dealt with by the University and will be available to be booked as soon as information is available, book early to avoid disappointment. More information to follow on accommodation.**

General Information

With its central UK location, Wrexham is easy to get to by car or rail. The town centre shopping is 600m away from the venue and has over 90 shops that are open every day. There are numerous bars, restaurants and clubs for visitors to take advantage of during their stay.

Additional Hotels:

The following hotels are in and around the Wrexham area, all are within 20 miles and will take around 30 mins or less to travel to the venue.

<http://ramadaplazawrexham.co.uk/>

<http://www.rossetthallhotel.co.uk/>

<https://www.bestwestern.co.uk/>

<http://www.grosvenorpulfordhotel.co.uk/>

<http://www.moretonpark.co.uk/>

<https://www.travelodge.co.uk/hotels/166/Oswestry-hotel>

<http://www.wynnstayhotel.com/>

<http://www.booking.com/city/gb/chester>

General Directions to Glyndwr University SportsMold Road, Wrexham, Wales. LL11 2AW:

By Road

From M6 Southbound, Leave M6 at junction 20a onto the M56 towards N. Wales, Chester, Runcorn. Follow the M56 West until Junction 15 and exit onto the M53 towards Chester/Wrexham. The road becomes the A55, at Junction 38 exit onto the A483, Wrexham/Chester. At Junction 5 exit and go straight over the roundabout and the university is to the front, follow the signs for the town centre for around 100m and you will see the turn off for the University Car Park.

From M6 Northbound, Join M54 at M6 / J10A. Travel west to M54. You may either travel north on the A41 towards Whitchurch and then the A525 or continue west on the M54 which turns into the A5 which in turn becomes the A483 at Oswestry, continue North on the A483 and leave at Junction 5 as above.

Distance and Journey times from UK locations:

London – 190 miles approx. 3 hours
Birmingham – 120 miles approx. 2 hours 15 mins
Newcastle – 215 miles approx. 3 hours
Glasgow – 235 miles approx.. 3 hours 45 mins
Swansea – 210 miles approx.. 3 hours 20 mins
Southampton – 235 miles approx. 3 hours 35 mins
Norwich – 205 miles approx.. 4 hours 15 mins
Telford – 55 miles approx. 1hour
Cardiff – 205 miles approx. 3 hours 15 mins
Manchester – 48 miles approx. 55 mins
Liverpool – 40 Miles approx. 45 mins

Closest Airports to Wrexham:

Liverpool John Lennon International Airport – 21 Miles
Ringway International Airport – 44 Miles

Return Travel by Train to Wrexham General (200M from the venue) (with current prices Jul 15):

Birmingham	£17.30
Liverpool	£16.60
Manchester	£23.00
London	£81.60
Newcastle	£91.40
Glasgow	£107.80
Cardiff	£72.60
Swansea	£80.60
Southampton	£95.00
Telford	£13.50
Norwich	£203.30

Single Travel by Bus to Wrexham (with prices correct as at July 15):

London Victoria Bus station	£33.10
Liverpool Coach Station	£7.90
Manchester Coach Station	£10.00
Manchester Airport	£10.20
Luton Airport	£42.10
Birmingham Airport	£16.60
Heathrow Airport	£45.40
Leeds/Bradford Airport	£18.70

Competition Equipment:

2 Platforms consisting of:

Combination Squat and Bench racks with adjustable width and height.

Eleiko/Ivanko weights up to 350 Kgs on each Platform

Warm up area with 4 stations for each discipline with over 5000 Kgs of warm up weights

Weigh In:

3 Weigh in areas allowing for quick and simple procedures

Presentations and Trophies

Each lifter will receive:

- Competition T-Shirt
- Trophy relative to finishing position, top 3 in each age and weight class
- Participation Certificate for those outside the top 3

Best Lifters will receive:

- Best Lifter awards – Including MPF
- Additional prizes as dictated by the BDFPA – subject to availability

Competition Entry Fees

Entry fees are indicated below:

First entry £55.00

Each Additional Entry £15.00

Entry deadline will be set at 13 May 16. All National federations are to have completed entry lists and payment with the BDFPA as at this date.

Governing bodies are responsible for the payment of fees by to the BDFPA. Payment details will be provided under separate instruction. Those who choose to pay on the day can do so only by prior arrangement with President of BDFPA on neil.thomas848@hotmail.co.uk . BDFPA members will pay on submission of entry forms to:

8 Onny Grove
Donnington
Telford
TF2 7QH

Fees are to be paid in Sterling only.

Officials, referees admin staff and loaders

The following will apply to all staff required for the event:

Discounted accommodation for the duration of assistance, max 3 referees annotated per Nation by approval of organiser Neil Thomas, President BDFPA.

All meals paid for during period of assistance.

Admin staff will be detailed prior to the event and all member nations are required to indicate who their nominated officials are.

Competition Schedule:

To follow under separate instruction.

Wrexham and local area information:

More information and details on the local area and thing to see and do can be found at:

<http://www.northeastwales.co.uk/what-to-see-and-do/wrexham.aspx>

<http://www.wherewego.com/whats-on/whats-on-w/wrexham/events.aspx>

All competitors will be provided with local information in there welcome pack on registration.

