

# EVENT INFORMATION

**WEIGHTLIFTING WALES**  
CO I PWYSAU CYMRU

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CODI PWYSAU CYMRU

## WELSH AGE GROUP CHAMPIONSHIPS 2025

**SATURDAY MARCH 15<sup>TH</sup>**

**CANOLFAN BRAILSFORD SPORTS  
CENTRE, BANGOR UNIVERISTY**



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## Overview

Weightlifting Wales are excited to be delivering the first Welsh national competition of 2025, which is set to be the Welsh Age Group Championships in Bangor, North Wales, on Saturday 15<sup>th</sup> March. Due to the number of entries, this will now only be a one-day event, instead of the originally planned and communicated two days across the full weekend. The Welsh Age Group will also mark the last Welsh national competition with the existing bodyweight categories, before adopting the new 8+8 categories from April onwards in line with British Weightlifting.

This event is classed as a Tier 2 event. You can see below the explanations between the three different tier levels in accordance with British Weightlifting:

### **Tier 1 - British Championship**

This tier of competition is the highest standard of weightlifting in the UK, showcasing the best lifters our country has to offer. Lifters from anywhere in the UK are eligible to compete, however they must have met the qualification standard in a valid competition.

### **Tier 2 – Home Nation Championship (e.g. Welsh Championships)**

Competitions hosted by the Home Nations. Each will have its own eligibility standards, so check these with the organiser before entering. For example, the Welsh Championships is only open to lifters who meet the eligibility criteria (found below)

### **Tier 3 – Ranking Events**

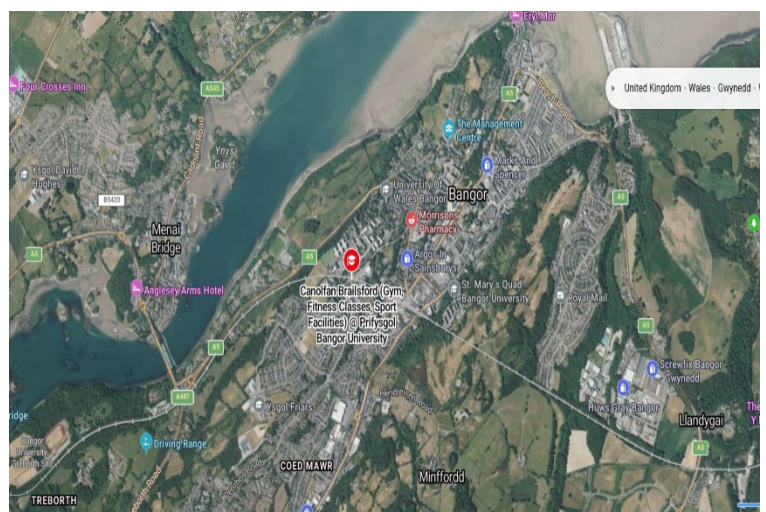
For example, an Academy Open. These events are open to all lifters to enter and achieve results that feature on our rankings list. This tier is suitable for both novice and experienced lifters and the ideal place to qualify for Tier 1 and 2 competitions.

## Venue Location

The full address of the location of the 2025 Welsh Age Group Championships:

*Canolfan Brailsford Sports Centre*

*Ffriddoedd Road,*



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*Bangor,*

*United Kingdom,*

LL57 2EH

## Travelling to the venue

### **Car:**

There are good road links to Bangor along the north Wales coast, with the M56 and M6 in being the closest motorways. The town is mainly accessible via the A55 expressway, a major road that connects Northwest England to North Wales. Also, in most cases if driving from the South/North/East England region the fastest route to Bangor is the A55 expressway as well along the north Wales coast.

Coming from West Wales, it would be best to follow the A487 via Porthmadog and Caernarfon to the Bangor region. And from South Wales, our advice would be to follow the A49 through Hereford, Leominster and Shrewsbury, then follow Wrexham and Chester signs to the A55.

Free parking is available at the venue on a first come first serve basis. The car park is a wheelchair-accessible car park that provides designated accessible car parking spaces (there are a number of blue badge bays directly opposite the main entrance), alongside a wheelchair-accessible entrance to the venue itself.

### **Bus:**

Bangor Bus Station is located on Garth Road (next to Marks and Spencer). Each route has a number, which is displayed at the bus stop and on the bus itself. The main bus service operating in Bangor is Arriva.

Timetables can be obtained at the bus station or on the bus services' website: [www.arrivabus.co.uk](http://www.arrivabus.co.uk) or on the local Council website [www.gwynedd.gov.uk](http://www.gwynedd.gov.uk) under 'Parking, Road & Travel'.



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The Ffriddoedd Bangor University Campus in which Canolfan Brailsford Sports Centre is located on can be reached through the following bus routes: 5, X5, 5C, 42.

From further afield on a national scale, National Express and other coach services offer connections to Bangor from various cities across the UK.

## ***Train:***

Bangor benefits from excellent rail connections, providing an efficient and scenic way to reach the town. The main station, Bangor Railway Station, serves the city of Bangor, Gwynedd, is well-served by trains from various parts of the UK, through train operates Transport for Wales and Avanti West Coast. Bangor railway station is situated around 0.3 miles southeast of Canolfan Brailsford Sports Centre, which is only a short walk of around 15 minutes.

Bangor is on the main line to Holyhead and is served by regular direct trains from London Euston (around 3.5 hours travelling time), Manchester (around 2.5 hours travelling time), Birmingham (around 3 hours travelling time) and Cardiff (around 4 hours travelling time). Trains travelling from London will stop through various stations along the midlands, Crewe, Chester, and the North Wales coastal towns. Anyone coming from Manchester, Liverpool, or other parts of North West England can easily access Bangor via direct train services as well that link up with the North West coastal line.

General facilities at Bangor train station include a ticket office, sheltered cycle storage, waiting rooms, cafe, toilets and step free access coverage through various lifts, with a ramp for train access.

## **Venue facilities**

Upon arrival at the main entrance to the venue, which is accessed on a slight level, you met by power sided automatic double doors. Once in building itself, all corridor doors will be manually pull/push operated. An accessible toilet is available on the ground floor, with a refuge point being located by the main lift.

To find out a detailed plan of the whole venue building, we advise you to click the following link below which will take you through to a video that walks you through how to



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get round all the access points and other facilities of the Canolfan Brailsford Sports Centre, in a POV style.

<https://www.youtube.com/watch?v=gK433q0pr6Q>

Note the following timecodes for the above video:

00:07 Vehicular Access

00:31 Parking

00:40 Entrance

00:49 Lifts

01:18 Facilities

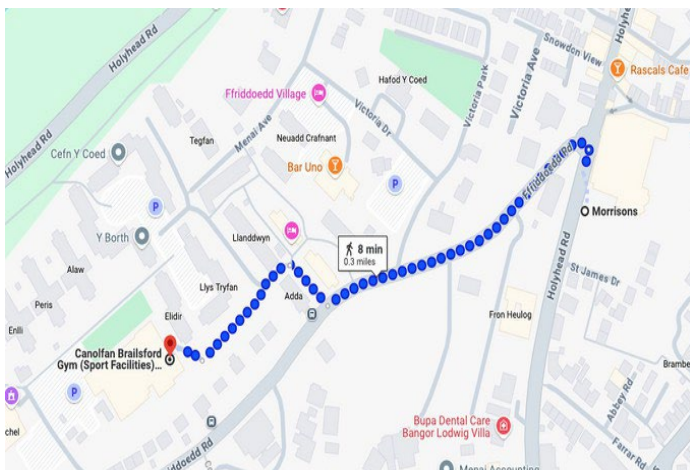
01:35 Refuge Points

## **Spectators**

Spectator tickets can be purchased on Eventbrite ahead of the competition. If you do not wish to do so, you will be expected to pay at the door as you enter through the main sports hall (cash only). To avoid any inconveniences on the day, we recommend purchasing your tickets ahead of the competition.

The link to the Eventbrite page for spectator tickets can be find below.

[Welsh Age Group Championships 2025 tickets](#)



## **Food/Drink and Refreshments**

There will be a catering stall within the main sports hall of the venue where athletes can purchase food such as sandwiches, snacks and hot/cold drinks. Nearby, there is also a Morrisons, which is an 8 minute walk from the venue.

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## **Accreditation**

For athletes competing, identification and proof of membership are required and are essential at weigh-in; please bring these along with you on the day. No physical ID; you will not be allowed to lift.

Technical officials are to collect an accreditation lanyard through the Weightlifting Wales team on arrival to the venue.

To coach in any Weightlifting Wales or British Weightlifting competition, UK coaches will need to have in place a current membership with British Weightlifting, a Level 2 Weightlifting qualification, a valid safeguarding qualification, an enhanced DBS and a valid coaching license. We highly recommend all coaches attend a safeguarding course each year ahead of competitions.

Only coaches with a current BWL licence will be able to collect a coach accreditation (lanyard) and any coach found passing their accreditation to another person will have their accreditation withdrawn and may be subject to further action after the competition. Any person found in the warm-up area without an athlete accreditation or coach wristband will be asked to leave the area immediately and may be subject to further action after the competition.

## **Weigh-Ins**

All weigh-ins will take place at the venue and athletes will be directed from the reception desk to the weigh in room.

Athletes are required to weigh in in their singlets. For athletes that are intending to make weight, athletes that are 'over' their category will have a 0.25kg deduction to account for the weight of the singlet as per International Weightlifting Federation protocol.

All under 18's must weigh in their clothes; this can be the lifting attire they will wear, or just shorts / leggings and a t-shirt and need to be accompanied by a chaperone. Socks and shoes will be removed. Female officials will only weigh-in female lifters, and male officials will only weigh-in male competitors.

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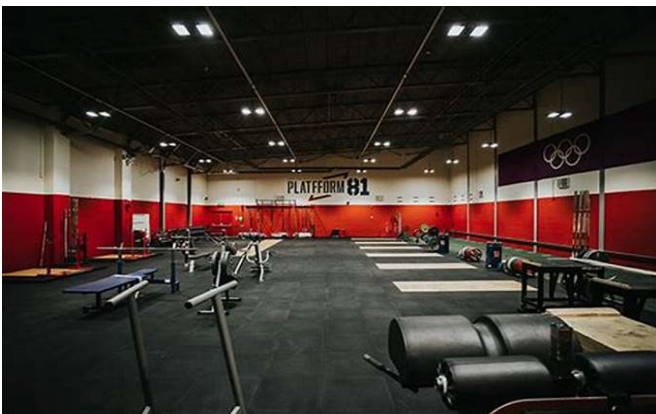
Competing athletes will need to take some form of identification with them when they go to weigh-in, so the Officials can verify everyone. All athlete bodyweights will be recorded on the day, in which will athletes will then be provided their 'starting weights' for the Snatch and the Clean and Jerk, so for athletes, be sure to check with your coach what numbers you should put down, but do not worry-your coach can change these during the competition.

Note that presentation of the lifters will take place 10 minutes before the start of the group. Medals of the previous group will presented in the 10 minutes after presentation of lifters for the preceding group; with presentation being 10 minutes after the session start times.

## Warm up area

You can find the below images of what the warmup area room looks like, and what the sort of setup you shall expect on the day.

On the below page you can find a full approximate room layout.



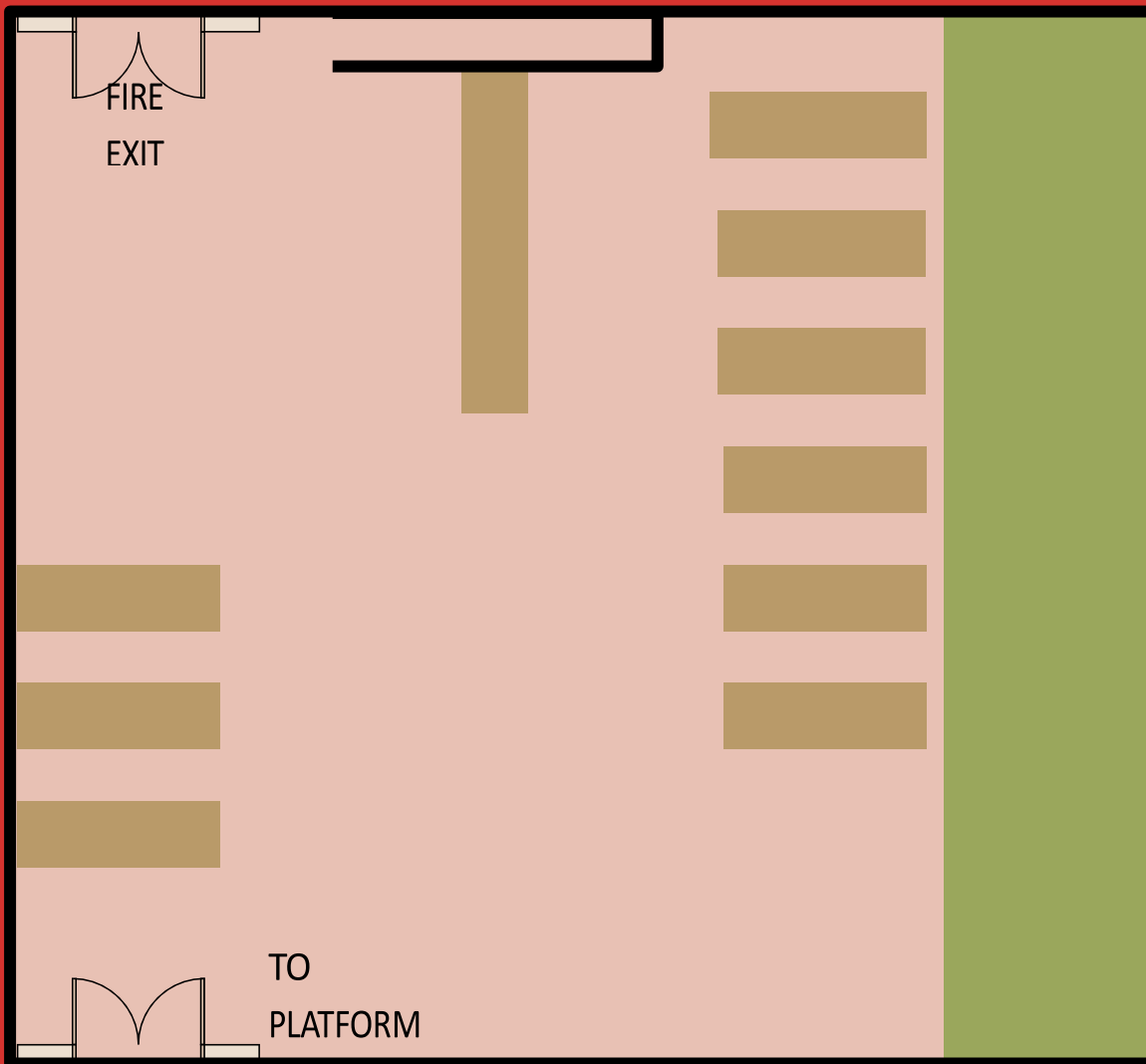
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## THE BACKROOM





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## Competition Rules

In Weightlifting and Para-Powerlifting, you are permitted to use certain types of support and wear specific accessories of clothing during the competition. You should check the equipment you have is legal in weightlifting before your competition, as the Technical Controller may check this and tell you that your equipment is not allowed.

For more information on what type of clothing is permitted, as well as the full run down of the Technical Rules set by the International Weightlifting Federation and World Para Powerlifting, find the links below:

[International Weightlifting Federation Technical Rules](#)

[World Para Powerlifting Technical Rules](#)

On competition day, lifters have three attempts in the Snatch, and three in the Clean and Jerk. A lifter's best attempts in each discipline are combined to give a total, on which the ranking of the competition is based.

The referees will signal to the lifter when to put the bar down when they are satisfied the lift is complete and they will signal using a light system whether the lift was a 'good' or a 'no' lift. If a lifter receives two or more white lights, this is a 'good lift', if the lifter receives two or more red lifts, this is a 'no lift'.



**Please remember the 'foot touching the bar' rule:** A no lift will be given if an individual uses his/her foot to move the bar before the attempt or puts their foot on the bar or plates before the attempt. The technical official must press the red button to indicate a no lift. If the barbell is touched with a foot after a successful attempt the referees' decision will not be reversed, however a warning will be given to the lifter. If the lifter repeats this action on a subsequent lift, the lift will be a No Lift.

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If a lifter fails to register a successful attempt in either the Snatch or the Clean and Jerk, they will not receive a total and therefore will not be ranked in the competition.

There will usually be a 10-minute break between the Snatch and the Clean and Jerk part of the competition unless otherwise announced.

The winner of the competition is the lifter who registers the highest total. If two lifters reach the same total, then the lifter who achieved this first in the competition will be the winner.

**Under 12 Lifters:** The BWL points scoring system for under 12s; encouraging the technical abilities of young lifters at these crucial age groups. The points system is designed to encourage lifter's technical ability rather than how much they can lift and so be competitive because of their technical ability. The final points awarded are a combination of technical ability and weight lifted rather than just weight lifted. The lifter will score the most points through the highest combination of technique points scored and the weight lifted in kilograms in the two lifts of the Snatch and the Clean and Jerk.

## **Anti-Doping**

This is a UK Anti-Doping sanctioned event. As such, UKAD can be present during the competition day and select lifters for anti-doping testing.

For more information on the changes within the 2025 World Anti-Doping Code, as well as the full prohibited, find the relevant link below to the area on the UKAD website.

<https://www.ukad.org.uk/athletes/whats-banned-sport-prohibited-list>

## **Photography**

There will often be a WW staff member at events taking photos and videos for promotional and advertising purposes. These may be used on our social media channels, our website, and on posters, to showcase our sport.

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If you decide on the day of competition that you do not want photos to be taken of you/your child, you must inform a member of the Weightlifting Wales team so he/she may inform the photographer.

Below is a guide on photography and video at events, as well as the attached infographic for advice on spectator photography.

[WW/BWL Photography and Video Guidelines](#)

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## SPECTATOR PHOTOGRAPHY AND FILMING AT WW EVENTS

**WHO CAN YOU PHOTOGRAPH OR FILM?**

When photographing or filming under 18's, we ask that spectators only take photos or videos of their own child / family member. If any group photos are taken, please seek permission from the parents of the other children in the image, before sharing.

**WHERE CAN YOU TAKE PHOTOS?**

Spectators can take photos within the competition hall and around the venue, but photos cannot be taken in the changing rooms or in the weigh-in room, nor should photos be taken whilst anyone is getting changed etc.

**WHAT SHOULD YOU DO IF YOU HAVE A CONCERN?**

If you are concerned about any activity involving photography at one of our events, you should report this immediately to the Safeguarding Officers, or if you are unable to locate them, notify any member of staff.

To read our Photography Guidelines visit:  
<https://weightlifting.wales/safeguarding> and find the document under the heading 'Policies, Forms & Useful Guidance'.

## **Medical**

There will be a paramedic team on site throughout the competition's duration.

## **Safeguarding**

Our designated safeguarding lead is Simon Roach, who will on site in the venue during the whole day. If you suspect a safeguarding concern, please contact Simon Roach at [simon.roach@weightlifting.wales](mailto:simon.roach@weightlifting.wales) , or should be reported to the front desk area who will communicate out for Simon. Our deputy safeguarding lead Hannah Powell ([hannah.powell@weightlifting.wales](mailto:hannah.powell@weightlifting.wales) ), will also be present on the day.

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## **Respecting everyone**

The vast majority of individuals who participate in and assist in the coordination and officiation of these competitions do so in a voluntary capacity. Our primary objective is to establish and maintain an environment that upholds the dignity of sport and all its participants. This encompasses a strict prohibition against the use of foul language, or any form of harassment directed towards staff, officials, athletes, or coaches.

It is incumbent upon all athletes and coaches to conduct themselves with the utmost respect. In particular, any use of profanity or inappropriate language will be met with zero tolerance.

[code of conduct for lifters](#)

[code of conduct for coaches](#)

[code of conduct for parents/guardians](#)