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UNIVERSITY



CHWARAEON
**CANOLFAN
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**COMMONWEALTH
GAMES 2022**

**WEIGHTLIFTING TRAINING
CAMPS**

CROESO I FANGOR

WELCOME TO BANGOR

Steeped in history, minutes from the stunning mountains of Snowdonia and the glorious beaches of Anglesey, Bangor in North Wales is a small but lively University city located within the county of Gwynedd.

Gwynedd is not only home to the Snowdonia National Park, an area designated for it's Outstanding Natural Beauty, but also boasts a wealth of wildlife and culture including 2 UNESCO World Heritage Sites

Bangor University has experience of holding sporting events including several weightlifting competitions and is currently the training base for Weightlifting Wales. The University is working closely with Gwynedd Council to deliver an exceptional experience to any visiting teams. We are able to provide tailored packages

and will support teams with a dedicated contact, ensuring that they have the optimal environment to prepare for the games.

The University can provide access to hundreds of single en-suite bedrooms which are located on the same campus as our main sporting venue, Canolfan Brailsford. With full board prices of £80 per person per night, catering options can be created to suit a team's particular requirements. Prices include use of all sporting facilities.

INFORMATION ON THE PROPOSED TRAINING VENUE

Canolfan Brailsford

Canolfan Brailsford, is based on the University's Ffriddoedd site and offers a range of sporting facilities with world class equipment. All the training, accommodation and catering provision is conveniently located on the same site which is just a 10 minute walk from the centre of Bangor should team members wish to explore further.

Our fitness rooms cater for resistance, cardiovascular and functional training. These include an upper and lower floor gym and Platform 81, our specialist strength and conditioning room.



Platform 81

This 25m by 18m strength and conditioning room is currently the Welsh Weightlifting National Training Centre and features a range of specialist weightlifting and S&C equipment.

The area boasts seven integrated weightlifting platforms, with one being 9m long, plus three standalone platforms. The floor is covered with top of the range matting which enables you to lift in any area.

The excellent range of equipment includes Eleiko Olympic bars and weights, squat stands, pulling blocks, jerk blocks and technique bars, which are suitable for use by the elite and competitive weightlifter.

Other pieces of equipment that are available to use, include Olympic benches, a para powerlifting bench, two tier dumbbell racks kitted out with a large selection of dumbbells,

kettlebells, assault bikes, rowers, powercage and battle ropes.

Also noteworthy is the wall mounted 4.8m long rig that can be used for a variety of exercises, as well as the 20m marked out track for sprint, bounding and plyometric work. The track can be used with sledges and harnesses or athletes can even take a walk/run with the disc loaded farmers walk frames.



Lower floor gym

The lower floor gym is dedicated to resistance work. The premium range of resistance machines are fitted with consoles that give exercise guidance and help to track and record your workout if required.

The area is also home to a number of heavy duty plate loaded machines that include, leg press, hack squat, calf raise and shoulder press. In addition to this there are flat, incline and decline Olympic weightlifting benches, a Smith machine, preacher curl bench, dual adjustable machines, squat rack, a large selection of free weights and bars, as well as an excellent range of quality dumbbells.



Upper floor gym

With scenic mountain views, our upper floor gym is equipped with a varied selection of around 50 pieces of top of the range cardiovascular machines. Each machine has a fitted console with TV, streaming, app and web services as well as a choice of workouts. In addition there is an excellent range of high quality, resistance machines with fitted consoles to track and record your workouts. This room provides the opportunity for resistance or cardiovascular workouts or allows you to combine the two for a total body workout.

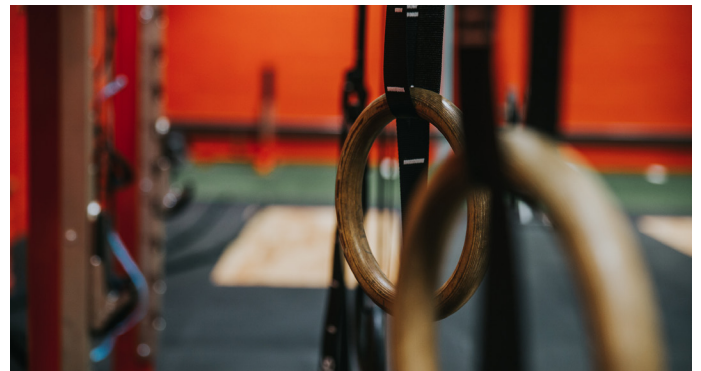


Other Facilities / Services

Canolfan Brailsford has two medical rooms which can be used by your own physio or arrangements can be made for a local physiotherapist to provide treatments. Details and prices are available on request.

We have specialist calibrated scales and ice baths available for your use.

Should you wish, enquiries can be made to train alongside the Welsh weightlifting team.



EXPERIENCE OF HOSTING WEIGHTLIFTING TEAMS

Base for the Wales weightlifting team prior to the 2022 Commonwealth Games

As indicated above, Canolfan Brailsford is currently the base for Weightlifting Wales and a number of leading Welsh Commonwealth athletes use it as their main training facility. It has also been used to host a number of weightlifting competitions including the Welsh National Open and European Masters events



'Bangor University's fitness facilities are the very best for strength and conditioning, functional fitness training and weightlifting in the UK'

- Ray Williams, Commonwealth Gold Medalist

London 2012 pre games training camp for the Chinese weightlifting team

The University became the base for the entire Chinese weightlifting team prior to the 2012 London Olympics. The team, which comprised of 15 athletes a head coach and 6 assistant coaches, were provided with exclusive use of the weightlifting facilities and were housed in the University's accommodation, with catering provided by our in house team.



GETTING HERE

Travel to Bangor

Air

The nearest airports to Bangor are Liverpool John Lennon Airport and Manchester Airport, which are both around 1.5 to 2 hours away.

Road

There are good road links to Bangor along the North Wales coast from the M56 and M6. The journey from Bangor to Birmingham takes approximately 2 hours and 45 minutes.

Rail

There are direct trains from London, Manchester, Crewe and Cardiff.

Estimated train journey times to Bangor:

- **Liverpool - 1.5 hours**
- **Manchester - 2 hours**
- **Birmingham - 3 hours**
- **London - 3 hours**
- **Cardiff - 4 hours**

Sea

The nearest port is Holyhead, which has direct sailings from Ireland. It is a 30 minute journey from Holyhead to Bangor.

ACCOMMODATION

Bangor University's accommodation and catering facilities are located on the Ffriddoedd site, alongside Canolfan Brailsford.

Our 4* campus rooms are all en-suite single bedrooms, arranged within units of 8. Each flat has shared kitchen facilities which includes a cooker, fridge/ freezer, toaster, kettle and microwave. Rooms come

with bed linen and towels as standard and several of our rooms are suitable for those with access requirements.

We are able to provide access to rooms from early July 2022. Please enquire if you would like to hold a training camp before this time as we do have some rooms available outside of the summer months.

On site facilities include:

- **2 laundrettes (operated via a pre purchased card)**
- **Sports bar**
- **Small grocery shop**
- **Catering facilities - full and half board packages can be provided**
- **Free parking**
- **Free Wi-Fi**
- **24 hour security**



ADDITIONAL SERVICES

Fitness

All teams will have access to our gyms and Plattform 81 strength and conditioning facilities.

Wellbeing

The Ffriddoedd accommodation site has plenty of outdoor green space which can be used by teams. We are also able to provide additional rooms for teams to meet. Our sports bar is located on the site, this boasts a pool table and multiple TV screens connected to Sky Sports & BT Sports – the perfect place to relax after a day's training.

Catering

Our in house team has experience of catering for a wide range of events and will ensure that menus feature fresh, and where possible, locally sourced produce. We understand the importance of diet to elite athletes and the catering team will work with you to ensure that the dietary and nutritional requirements of your team is met. All catering is served on the Ffriddoedd site.





Excursions

Bangor is located in North Wales, an area which has been described by Lonely Planet as one of the world's best regions. We're passionate about where we live and love to share our culture, heritage and attractions with others. Working closely with our tourism colleagues in Gwynedd Council we can compile half or full day organised trips which showcase the best that the area has to offer. Whether it's visiting castles, conquering the highest mountain in Wales, sailing along the stunning Menai Straights or travelling at over 100mph on the fastest zip line in the world. Whatever your interests we can put together an itinerary based on your requirements.

Visit the Commonwealth Games venue:

If you are organising a training camp some months before the games take place we can help arrange transport to view the Games' venue

Accessibility information

All of the University's sporting facilities are accessible as are our catering facilities and many of our bedrooms

WORKING IN PARTNERSHIP

Bangor University is committed to promoting sport and the benefits of participation in sport. Its wide ranging sports development programme includes coaching courses, junior sporting camps, campus sporting activities, sporting bursaries and scholarships. It also provides hands on support to grass roots development through local football, rugby and athletics teams. The University works in partnership with Sport Wales and a number of other bodies, these include:

- **Weightlifting Wales**
- **Squash Wales**
- **Hockey Wales**
- **Football Association of Wales**
- **Rygbi Gogledd Cymru**
- **Island Games Association**
- **Welsh Rowing**

Both the University and Gwynedd Council are committed to maximising the benefits that hosting a pre training camp could bring to the area. Opportunities to engage with local sporting clubs and schools will be explored with the Commonwealth Association to achieve a positive legacy in the region.



PROJECT MANAGEMENT AND STAFFING

Training camp provision will be supported by members of the University's sport staff and conference team. A single point of contact will be made available to teams both prior and during the Games, ensuring that your requirements are met fully.

Contact details:

Director of Commercial Services:

Richard Bennett

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Sports Operations Manager:

Sam Wallwork

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Head of Conferencing and Business Development:

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Rydym yn edrych ymlaen at roi croeso cynnes
Cymreig i chi

We look forward to giving you a warm Welsh
welcome