

EVENT INFORMATION

WEIGHTLIFTING WALES
CODI PWYSAU CYMRU

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**WELSH SENIOR
CHAMPIONSHIPS 2024
&
WELSH PARA-POWERLIFTING
CHAMPIONSHIPS AND WINTER
WEIGHTLIFTING OPEN 2024**

**SATURDAY 30TH NOVEMBER / SUNDAY 1ST
DECEMBER**

HVERFORDWEST, PEMBROKSHIRE

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Overview

Weightlifting Wales are excited to be delivering both the Welsh Senior Championships (to take place on Saturday 30th November) and Welsh Para-Powerlifting and Winter Open (to take place on Sunday 1st December).

Both events are classed as Tier 2 events. You can see below the explanation's 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 Information

Both competition days will be held at:

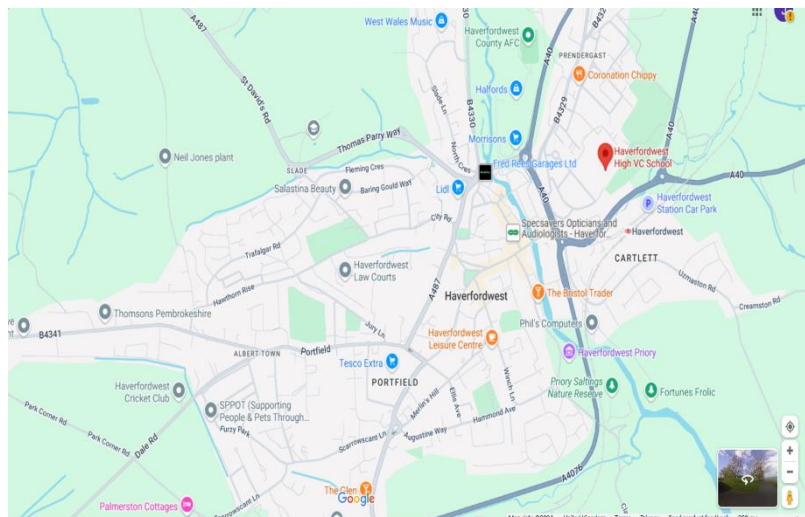
HAVERFORDWEST HIGH V C SCHOOL,

Haverfordwest,

Pembrokeshire,

United Kingdom,

SA61 2NX



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Travelling by Car

The main access road to the school development connects to the A40 c.150m north of the Scotchwell Roundabout. The access road incorporates the following:

- A partially traffic signalised junction incorporating an uncontrolled left turn lane (from the northbound A40 carriageway) and a prohibited right turn (from the southbound A40 carriageway);
- A 40mph speed limit (terminating to the north of the access road in the vicinity of Scotchwell Lane);
- The access road itself has a 20mph speed limit reducing to 5 mph once within the grounds of the school.
- A footway adjacent to the northbound A40 carriageway (linking to the existing footway at the Scotchwell Roundabout and extending into the school via the access road);
- A maintenance bay; with street lighting in the vicinity of the A40 junction.

There is also vehicular access via the Back Lane mini-roundabout and provides drop off/pick up area facilities. The main pedestrian entrance to the venue is via the Back Lane mini roundabout, this access leads to the main parking area.

Free parking is available at the venue. The car park is a wheelchair-accessible car park that provides designated accessible car parking spaces, alongside a wheelchair-accessible entrance to the venue itself.



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Travelling by Bus

There are no bus stops located in the vicinity of the school, however there are bus stops located to the north of the site on B4329 Prendergast and A40 Sydney Rees Way, with Haverfordwest Bus Station located to the west of the site (as shown in Figure). The bus stops on A40 Sydney Rees Way contain ghost laybys formed by white lining (with a build out present at the northbound stop), bus boarders with a shelter incorporating seating and a timetable, with electronic display screens present.

The bus stops on B4329 Prendergast do not contain any bus infrastructure. All the bus stops have footway access.

Haverfordwest Bus Station has six bus stands each with a shelter, seating and a timetable. No other facilities are present. A bus stop is also present at Haverfordwest Railway Station consisting of a shelter with seating and a timetable, accompanied with a bus boarder.



Travelling by Train

Haverfordwest Railway Station is located approximately c.300m south from the proposed site. The station is considered to be within comfortable cycling distance (c.5 mins) and a distance also suitable for walking (c.10 mins).

Haverfordwest Railway Station is operated by Transport for Wales (TfW), with a usual service pattern of a train every two hours southwards towards Milford Haven and east / northwards towards Manchester Piccadilly (via Swansea, Cardiff Central and Hereford).

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General facilities at the station include a ticket office, sheltered cycle storage (accommodating 12 bicycles in the form of six stands), waiting rooms, café, toilets and step free access coverage with a ramp for train access.

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 Events Manager, Harry Nelms, 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

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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.

You need to take some form of identification with you when you go to weigh-in, so the Officials can verify you. Your bodyweight will be recorded, and you will provide your 'starting weights' for the Snatch and the Clean and Jerk, so 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.

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

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'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'.

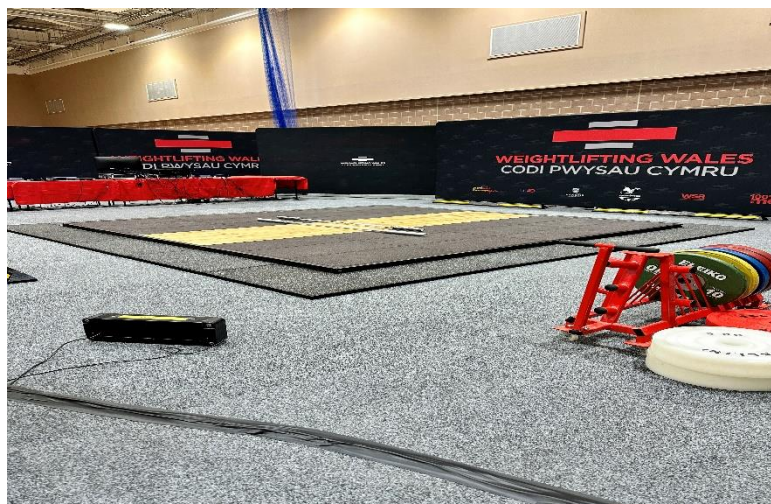
Please remember the 'foot touching the bar' rule: A no lift will be given if an individual uses his/her foot to move the bar before the attempt or puts their foot on the bar or plates before the attempt. The technical official must press the red button to indicate a no lift. If the barbell is touched 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.

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.



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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 2024 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. Grip and Rip (external weightlifting company) will be there on the day capturing all the lifts. These will be available to purchase on their website.

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

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

Below is a guide on photography and video at events.

[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'.

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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 (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 found below.

[Welsh Championships & Winter Open tickets](#)

Food and Drink

There will be a mini food portacabin (like shown in the picture) just outside the main entrance to the venue that will provide a wide range of selection of hot/cold food and snacks, as well as hot/cold drinks for all athletes, spectators, officials, staff etc to purchase. It will open all day for duration of both days of the competitions, approximately 09.00 – 17.00.

The full offering for this event will be as follows:

- Hot Bacon / Sausage Baguettes - £4.50
- Freshly Made Cold Baguettes - £4.50 (choose from various fillings Ham/Cheese/Tuna Mayo /Turkey Stuffing and Cranberry/ Cheese/ Salads)
- Cakes of the day from - £1.50
- Homemade Chicken Curry, Rice and Garlic Naan - £5.50



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- Homemade Beef Lasagne and Garlic Bread - £5.50
- Homemade Vegetable Chilli , Rice and Garlic Naan - £5.50
- Hot Drinks - £2
- Cold Drinks - £1.50
- Freshly Made Fruit pots - £3

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](#)