



**BRITISH
WEIGHT
LIFTING**

BUCS Weightlifting & Para Powerlifting Championships

**St Mary's University, Twickenham
12 April 2022**

Lifter Information Pack

Thank you for entering the BUCS Weightlifting and Para Powerlifting Championships 2022.

This short pack will outline the competition and will be a source of information about the event.

Should you have any queries please contact British Weight Lifting on 01132 249 402 or email competitions@britishweightlifting.org

Event Information

British Weight Lifting is delighted to bring you the BUCS Weightlifting and Para Powerlifting Championships which will take place on 12 April 2022 at St Mary's University, Twickenham.

Categorised as a BWL Tier 1 event the results from the competition will be added to the BWL rankings and can be used for qualification to future national events. This event can also be used to set BWL British records.

Join us as we celebrate a return to weightlifting and para powerlifting competitions after the COVID-19 pandemic. Cheer on lifters as they go head-to-head for the BUCS Weightlifting and Para Powerlifting Championship titles and celebrate the sport at its dramatic and breath-taking best.

COVID-19

Due to the current COVID-19 pandemic, additional planning and control is required to ensure that the BUCS Weightlifting and Para Powerlifting Championships event minimises the risk to anyone attending it. The health, safety and wellbeing of all attendees is our paramount concern. Protocols will be implemented to provide a safe and controlled environment and every attendee must adhere to these.

Please refer to the attached document for full rules and regulations.

No one should attend the event if they are:

- Experiencing any COVID-19 symptoms (high temperature, continuous cough, loss of taste or smell)
 - Self-isolating as a result of COVID-19 symptoms or having been in contact with someone who has had symptoms
 - Has been instructed to self-isolate by NHS Test and Trace or any relative Home Countries schemes
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- We recommend that all attendees complete a Lateral Flow Test (LFT) within 24 hours of the competition



- If LFT is positive, the individual must immediately self-isolate as per Government guidelines
- Do not attend if displaying any symptoms
- Keeping distance between yourself and people you wouldn't normally come into contact with
- Regularly wash/sanitise your hands
- We recommend that face coverings should be worn when moving around the venue

Guidelines are subject to change following Government advice so please check back regularly on the run up to the competition.

Venue/General Information

The competition will be held at:

St Mary's University
Waldegrave Rd,
Twickenham
TW1 4SX

Lifting will take place in the Tennis gymnasium across 2 platforms.

A Front of House desk will be present inside the gymnasium at the main entrance to help with accreditation and general queries.

Parking is available at £2 a day at the University campus although there are limited spaces.

There is step-free access to the competition venue from the car park.

Travelling

If travelling by car, use the venue post code **TW1 4SX** to reach the main entrance on Waldegrave Road. The car park is a one-way system so please use the correct entrance/exit. Parking is free but places are limited.

If travelling by train, the nearest stations are Strawberry Hill and is approx. 500m, Fulwell station is approx. 1000m and Teddington station is approx. 1 mile from the university.

Catering

Catering is in the main cafeteria in the main building. Opening times will be situated near the cafeteria.

Accreditation

A Front of House desk will be present at the main entrance to help with accreditation and general queries.

On arrival, all lifters must collect accreditation from the Front of House desk.

All lifters are required to provide photographic ID to collect their accreditation and must wear their accreditation visibly at all times, except when warming up and competing.

Lifters must arrive with enough time to collect their accreditation prior to weigh in.

Any lifter found passing their accreditation to another person will have their accreditation withdrawn and may be subject to further action after the competition.

Accreditation for Coaches

Please make coaches aware of the following:

On arrival, all coaches must collect a wristband from the Front of House desk.

All coaches are required to provide photographic ID to collect their wristband and must wear it visibly at all times.

Any coach found passing their wristband to another person will have their wristband withdrawn and may be subject to further action after the competition.

Any person found in the warm up area without a lifter accreditation or coach wristband will be asked to leave the area immediately and may be subject to further action after the competition.

Weigh Ins

Please ensure lifters arrive with enough time to collect their accreditation prior to weigh in. It is the lifter's responsibility to ensure they are present for their allocated weigh in time slot.

Lifters aged below 18 may be accompanied to weigh in by a chaperone if required. This may be an accredited coach, or a member of British Weight Lifting staff.

Categories and Presentation

Competition

The current rules in the BWL TCRR will be followed. The lifter with the highest total in each bodyweight category will win, if two lifters record the same total, the lifter who achieve the total first in chronological order will take first place.

Medal Ceremonies

Medal ceremony will take place immediately after the end of each session. Medals will be presented to the top three ranked lifters in each bodyweight category determined by total.

Medals will be presented to the top three ranked lifters in each bodyweight category determined by total.

Spectators

Spectators are now allowed to watch the competition live. Advanced tickets can be bought online but there will also be an option to get tickets on the day. The link to advanced tickets:

<https://www.eventbrite.co.uk/e/bucs-weightlifting-and-para-powerlifting-championships-2022-tickets-272627364787>

On the door prices will be as per below:

On The Door	
Single Day Ticket	£22
Single Day Concession* / Student*	£19

*Please note that a concession is 65+ or someone aged between 11 - 16 years of age. Photographic ID to prove age may be required. Anyone aged 10 and under can enter the competition free of charge with an accompanying adult. Student ID will be required.

Safeguarding

The designated event safeguarding officer is Sue Ward. All safeguarding reports and questions should be reported at the Front of House desk in the gymnasium.



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Medical

A paramedic will be on site throughout the competition duration.

The nearest hospitals are:

Imperial College London
St Mary's Hospital,
Praed St,
London
W2 1NY

Imperial College Healthcare NHS Trust
The Bays,
S Wharf Rd,
London
W2 1NY

Competition Schedule and Start List

Please note that changes may still be made to the schedule and start list.

Please note that updated documents will be published on the BWL website, we recommend checking back regularly to ensure you have the right information for the competition. If you have any questions, queries or require further information please contact British Weight Lifting on 01132 249 402 or email competitions@britishweightlifting.org



BUCS CHAMPIONSHIPS TUESDAY 12 APRIL 2022

Red Platform		Blue Platform	
Weigh in: 07.00 Start: 09.00 Finish: 10.00	Men 61/67kg Lifters 6	Weigh in: 7.00 Start: 9.00 Finish: 10.30	Women 45,49,55kg Lifters 11
Weigh in: 08.10 Start: 10.10 Finish: 11.40	Men 73kg Lifters 10	Weigh in: 08.40 Start: 10.40 Finish: 11.40	Women 59kg Lifters 7
Weigh in: 09.50 Start: 11.50 Finish: 13.20	Men 81Bkg Lifters 12	Weigh in: 09.50 Start: 11.50 Finish: 13.20	Women 64kg Lifter 11
Weigh in: 11.30 Start: 13.30 Finish: 15.00	Men 89Bkg Lifters 10	Weigh in: 11.30 Start: 13.30 Finish: 14.40	Women 71Bkg Lifters 8
Weigh in: 13.10 Start: 15.10 Finish: 16.40	Men 81Akg Lifters 10	Weigh in: 12.50 Start: 14.50 Finish: 15.50	Women 71Akg 7 Lifters
Weigh in: 14.50 Start: 16.50 Finish: 18.10	Men 89Akg Lifters 8	Weigh in: 14.00 Start: 16.00 Finish: 17.00	Women 76,81,87, 87+kg 7 Lifters
Weigh in: 16.20 Start: 18.20 Finish: 19.30	Men 102, 109, 109+kg 10 Lifters	Weigh in: 15.10 Start: 17.10 Finish: 18.40	Men 96kg Lifters 11

*All finish and start times are subject to change on the day of the competition subject to the competition running speed.



MEN				
First Name	Last Name	CLUB	B/W	TOTAL
Ben	Foggo	BANGOR	61	200
Ben	Hickling	Brighton	61	209
Yegeun	Ji		67	210
Garin	Beams	BANGOR	67	221
Lewis	Angus	DUNDEE	67	151
Hugo	Mcneil	BIRMINGHAM	67	168
Christopher	Ly	ST MARYS	73	183
Kent	Toha	MANCHESTER	73	202
Daniel	Ball	LOUGHBOROUGH PL/WL	73	175
Joseph	Bryant	BATH	73	220
Dylan	Mitchell	St ANDREWS	73	185
Ioannis Sarantellis	Kominellis	EDINBURGH	73	165
Finn	Mcswiggan	EDINBURGH	73	165
Jean-Baptiste	Adams	IMPERIAL	73	191
Sam	Gibbs	CARDIFF MET	73	170
Wang	Jianghaonan	LIVERPOOL	73	200
Chris	Murray	Loughborough	81A	313
Theo	Morris	USW	81A	247
Thomas	Adler	UCL	81A	201
William	Ridge	BANGOR	81A	227
Harry	March	BATH	81A	220
Lee	Salter	MIDDLESEX	81A	223
Damien	Baudhuin	BRIGHTON	81A	228
Matthew	Tonge	MANCHESTER	81A	213
Konstantinos	Agkastiniotis	CAMBRIDGE	81A	203
James	Zhang	ST ANDREWS	81A	201
Dare	Alabi	BEDFORDSHIRE	81B	200
Gavin	Heffernan	BRISTOL	81B	175
Eoghan	McArther	GLASGOW	81B	197
Hector	Puerta	BIRMINGHAM	81B	186
Dylan	Barton	LOUGHBOROUGH	81B	190
Nathan	Wren	LOUGHBOROUGH	81B	181
Joe	Webb	LOUGHBOROUGH	81B	190
Michael	Ho	LOUGHBOROUGH	81B	185
Rupert	Ironside-Smith	CARDIFF	81B	178
Emil	Stewart-Nerona	ST ANDREWS	81B	200
Liam	Zwetschnikow	STAFFORDSHIRE	81B	185
Gergo	Kocsis	SHEFFIELD HALLAM	81B	180



Chris	Russ	LOUGHBOROUGH PL/WL	89A	273
Allen	Brindley	HERIOT-WATT	89A	280
Stefano	Cataldi		89A	285
Josce	Syrett	ESSEX	89A	225
Mike	Webb	LOUGHBOROUGH PL/WL	89A	240
Joey	Harrison	BATH	89A	247
Fouad	Ghareeb	EDINBURGH	89A	211
Ethan	King	DUNDEE	89A	210
George	Dean	LOUGHBOROUGH PL/WL	89B	195
Rory	Watson	GLASGOW	89B	195
Pablo	Miro	EDINBURGH	89B	195
George	Lansdown	EDINBURGH	89B	188
Thomas	Zacharis	EDINBURGH	89B	184
Dan	Scott-Jackson	ST MARYS	89B	183
Kal Jie Roger	Loh	ST ANDREWS	89B	183
Benjamin Daniel Derek	Harrington	LEEDS	89B	183
Kamaal	Rehman	CARDIFF MET	89B	183
Adam	Esa	LIVERPOOL	89B	185
Harry	Nelms	CARDIFF	96	291
Myren	Madden	NOTTINGHAM	96	286
Ciaran	Barnes	IMPERIAL	96	250
Ed	Smale	LOUGHBOROUGH PL/WL	96	296
Taylor	Probets	CARDIFF	96	200
Guto	Hughes	BANGOR	96	260
Jules	Hobbs	ST MARYS	96	205
Alexander	Lewis	LEEDS	96	195
Stephen	Bestman	BRUNEL	96	292
Shane	Martin	OXFORD	96	263
Cearn	McDonnell	CARDIFF MET	96	210
Jonathan	Healy	WESTMINSTER	102	261
Josh	Murray	EDINBURGH	102	217
Thomas	Farley	ST MARYS	102	210
Euan	McGuigan	EDINBURGH	102	195
Ben	Slessor	LOUGHBOROUGH PL/WL	109	205
Oliver	Godwin	MANCHESTER MET	109	243
Alex	Burbridge	LONDON SOUTH BANK	109	235
Dan	Conroy	UCL	109	273
Nii	Ocquaye	BRUNEL	109	240



Michael	Markunas	UCL	109+	210
WOMEN				
First Name	Last Name	CLUB	B/W	TOTAL
Alex	Mackay	DUNDEE	45	88
Nurul Syuhaidah	Ahman	LOUGHBOROUGH PL/WL	49	100
Harriet	Renkin	UCL	49	121
Weng Sun	Lao	UCL	49	114
Nikole	Roberts	BANGOR	55	133
Vasiliki	Katsorida	GLASGOW	55	114
Sarah	Eunson	GLASGOW	55	120
Charlotte	Boulanger	NOTTINGHAM TRENT	55	139
Eleanor	Hopper	LOUGHBOROUGH PL/WL	55	97
Ashaunna	Green	HUDDERSFIELD	55	124
Ashley	Rice	ST ANDREWS	55	98
Katarzyna	Moszyk	EDINBURGH NAPIER	59	150
Emilia Nygaard	Parsons	UCL	59	120
Emily	Grimmett	LOUGHBOROUGH PL/WL	59	118
Rebecca	Brett	LOUGHBOROUGH PL/WL	59	115
Alivia	Smithy	GLASGOW	59	122
Kate	Rattley	BOURNEMOUTH	59	125
Elise	Davis	BIRMINGHAM	59	105
Molly	Greenwood	LOUGHBOROUGH PL/WL	64	159
Catrin	Jones	BIRMINGHAM	64	152
Chloe	Briggs	UW TSD: SWANSEA	64	177
Amy	McGeoch	LEEDS	64	131
Michaela	Forgacova	ARTS LONDON	64	131
Niamh	Roach	BATH	64	131
Chloe	Winsor	LOUGHBOROUGH PL/WL	64	111
Mariana Bela	Pilakoutas	EDINBURGH	64	113
Ebony	Coward	EDINBURGH	64	108
Gillian	Murray	EDINBURGH	64	107
Szilvia	Kiraly	STAFFORDSHIRE	71A	165
Grace	Batey	BANGOR	71A	148
Emma	Bruce	STRATHCLYDE	71A	159
Anushka	Bovill	LOUGHBOROUGH PL/WL	71A	159
Holly	Morton	LIVERPOOL HOPE	71A	137
Emily	Steel	LOUGHBOROUGH PL/WL	71A	152
Megan	Webley	CARDIFF MET	71A	137



Hannah	Langdon	ST ANDREWS	71B	128
Emily	Anderton	SUFFOLK	71B	127
Yelizaveta	Salo	ST ANDREWS	71B	120
Esme	Owen	BATH	71B	120
Elinor	Edwards	BANGOR	71B	123
Eilidh	Gilchrist	DUNDEE	71B	115
Nina	Forte	LOUGHBOROUGH PL/WL	71B	115
Hannah	Moore	DERBY	71B	115
kat	Russell	BIRMINGHAM	71B	117
Isabelle	Sperry	BORUNEMOUTH	76	145
Shona	McKirdy	GLASGOW	76	130
Sarah	Wright	ST ANDREWS	76	132
Niamh	Collins	LOUGHBOROUGH PL/WL	81	146
Deborah	Alawode	UCL	81	206
Alexandra	Lesayova	EDINBURGH	87	167
Rushan	Tonge-Bobia	ST MARYS	87+	100