

**2015 EUROPEAN MASTERS WEIGHTLIFTING CHAMPIONSHIP**  
**Bangor University**  
**November 2014 Newsletter**



***Bangor University is ready to explode into action !!!  
Be there! If you are a Master weightlifter do not miss  
next year's European Masters Championship it will be  
a blast. Now read on and see what is being prepared  
to make this a championship which concentrates on  
you as Master and as a weightlifter.***

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**Introduction**

This Newsletter is an attempt to provide you with as much information as possible about the planning of the championship and what arrangements are being made to make this a championship for weightlifters.

Please remember this is being organised inside a university campus and this is a "first" for Masters weightlifting. It is not quite like other championships where the venue might be in a small town with a variety of hotels scattered around and the necessity to have a shuttlebus service which on occasions fails to show or is late in picking people up. Bangor is a small city close to the sea and also next to the beautiful countryside of Wales and Snowdonia National Park. You can stay in the university's student's accommodation but there will only be 180-190 rooms available. Or you can stay in accommodation in the city of Bangor where you will not be more than 15 minutes' walk away from the university and the championship venue.

Four meetings have taken place over the last 12 months between European Masters Chairman Bill Barton and the University Championship Organising Committee. There has been excellent cooperation whereby the overall agreement is that the championship has to have everything to make it satisfactory for all the athletes. One final meeting is planned in January 2015 to complete all the arrangements.

## The Venue

### **Canolfan Brailsford Sports Hall – Bangor University Bangor, Gwynedd LL57 2EH, North Wales, UK**

The Sports Hall has recently had a complete refurbishment and the interior is impressive and has the appearance of a building “that was completed yesterday”. So let’s get down to what you all want to know, “what can I expect of this championship and this venue?” Here are some questions and answers.

- **Q.** Will I be able to train when I arrive and before I compete?  
**A.** Yes, there is a fully equipped weightlifting gym with 6 platforms, the gym is close to the competition hall but not close enough to interfere in any way when the competition starts. The gym will be open when lifters start to arrive and can be used until the end of the championship.
- **Q.** Will the competition warm up facilities be satisfactory and will there be enough full sized 5 kg and 2.5 kg discs for the women and the older men?  
**A.** Yes, there will be 6 warm up platforms all equipped with a “brand new” 190 kg Eleiko “competition set” including a man’s bar and a woman’s bar. In addition there will be 5 pairs of Eleiko full size 5 kg plastic discs and 3 pair of 2.5 kg.
- **Q.** What about changing rooms and showers?  
**A.** There are separate showers and changing rooms for men and women.
- **Q.** Will scales be available for “check weigh ins” before the competition starts?  
**A.** Yes, at least two sets of scales will be available from the start.
- **Q.** Does the university intend to stream any of the championship weightlifting to the internet.  
**A.** Yes, it is the intention of the university to stream the entire championship.

## Other Information

- Accommodation is available in the university using student accommodation. These are limited and approximately 180 rooms will be available with charges for room only, bed and breakfast, and bed, breakfast, and dinner.
- Hotels are available in the City of Bangor at different prices, there are also many good quality B&B rooms available, and all within 10-15 minutes’ walk to the venue.
- Using a computer “search engine”, e.g. Google, it is possible to find rented accommodation in surrounding areas such as other seaside towns or in the countryside outside of Bangor. You will need to come by car or hire a car to be able to do this but it will give you the opportunity to see some beautiful areas and towns in North Wales.
- It is recommended that you **do not book** a flight into a London Airport. The nearest airports to Bangor are the two recommended below –
  - Manchester International Airport

- Liverpool John Lennon Airport
- From both airports it is possible to travel to Bangor by train and a recent price check was £29 return. At Manchester Airport the train station is a part of the airport and easily accessed and Bangor University will also provide a shuttle bus service twice a day at the start of the championship and at the end, it will be at a scheduled time, and it must be booked in advance. Bangor train station is a 10 minute walk away from the University.
- The university bar will be open during the day and in the evening for the Masters to sit with friends and relax over a glass of beer.
- Snacks and sandwiches will also be on sale during the day.
- It is also possible to take a bus or train to Holyhead about 60 km from Bangor and there you can take a ferry across the sea to Dublin, Ireland.
- **Bangor University has CCTV Security throughout the University. Any person taking items which do not belong to them, especially small weightlifting discs, will be held by security until the police arrive.**

### Technical Officials

- If you are a referee please bring your uniform. There will be at least 35 sessions of weightlifting and each session will require three referees, a technical controller, and a jury. If you are a lifter and a referee there is no doubt you would like to have referees present when you compete, especially if you make a new World or European Masters record, that is why we ask all referees to offer their services.
- If a technical official volunteers for **two sessions in one day** then that official will be given a voucher to obtain a lunch.
- An “official’s room” will be available all day and every day with tea, coffee, and some biscuits for light refreshments.
- The European Masters Chief Referee is Michel Vereecke (Belgium) please see Michel if you are prepared to referee and he will allocate your sessions.

### Closing Banquet

- The cost for one ticket for the Closing banquet in Bangor is £20 BP (Sterling).
- On the website over the coming days there will be details on how this must be paid i.e., in advance **but not with the entry fees**, or during the opening days of the championship.
- At some championships the number of people buying tickets for the Closing Banquet is fewer and attendance is low. Because of this there is a very real danger that future organisers will not arrange a Closing Banquet.
- Why should Masters attend the closing banquet?
  - This is the last opportunity to celebrate the championship together and say farewell to friends.
  - The Closing banquet is the only way in which the following awards can be presented.
    - Best lifters in age groups (men and women).
    - Grand Masters awards – best overall lifters (male and female).
    - National Team Awards.
- Best lifter awards cannot be presented if the named recipient is not present at the Closing Banquet or if there is no one from the same nation present to accept it on

their behalf. In such a circumstance the award will not be mailed it will be scrapped and the cost of the award will be money wasted.

#### Conclusion

**We are looking forward to greeting you all to this championship and I hope we can all share in the enjoyment.**

**Further information on the European Masters website -**

**[www.europeanmasterswl.com](http://www.europeanmasterswl.com)**