



**BDFPA
2012
British Unequipped
Powerlifting
Championships
Glasgow
Scotland**

Promoter



William Brown

Date of Competition

Saturday 7th April 2012

Entry Fee £35.00

Cheques to be paid by Monday 26th March 2012 to

Glasgow City Barbell Club

Trophies to first 3 lifters in each weight class and all age groups

Meet Site



Scotstoun Stadium

72 Danes Drive

G14 9HU

Glasgow

Phone: 0141 276 1620

World class track and field facilities include a 400m athletics track, stadium and rugby pitches. The National Badminton Academy, ensures that Scotstoun remains one of Scotland's most prestigious sports facilities.

Finally, why not relax in the health suite which has a steam room, sauna, spa and saunarium. Or enjoy a snack, tea or coffee or a drink in our cafe/bar. **Scotstoun Stadium** is an Athletics venue in Glasgow. It will be used for the [2014 Commonwealth Games](#), and in 2008 underwent £16 million renovation.

Hotels

Hotel Novotel Glasgow Centre



Novotel Glasgow Centre hotel is a 3 star hotel located metres from central Glasgow s Sauchihall Street. Book the hotel for central Glasgow attractions, as well as the city s nightlife and shopping. The hotel has 139 rooms, each with wireless internet and satellite TV. Elements Bar and Restaurant serve an exciting range of international cuisine as well as wine and cocktails. You can relax in the sauna after a work out at the fitness centre. 6 fully-equipped function rooms welcome up to 40 people.

Hotel highlights

The hotel is located in the very heart of Glasgow city centre, perfect for exploring the local sights and shopping. Glasgow Central train station is 1.5 km away, while Glasgow International Airport is 10 km from the hotel.

- **181 Pitt Street**
- **G2 4DT GLASGOW**
- **UNITED KINGDOM**
- Tel (+44)141/2222775
- Fax (+44)141/2045438
- <http://www.novotel.com/gb/hotel-3136-novotel-glasgow-centre/index.shtml>
- E-mail H3136@accor.com
- Double room £75 a night based on 2 adults sharing room

Distance to Scotstoun Stadium 4.5 miles (Hampden Private Hire Taxi £7.10)

The hotel will hold 80 rooms each night for the 11th, 12th, 13th November under WDFPA. Each guest can either call 0141 222 2775 or e mail H3136-re@accor.com quoting the WDFPA reference, the hotel will need your credit card for each room booked to guarantee your stay. The rate they can offer is £69.00 bed & breakfast per single room or £79 bed & breakfast per twin room/double room per night. Because it is so many rooms they would put a final release date of 1 month prior to arrival and then any unused rooms will be cancelled. All other bookings after that would be subject to availability however they would of course honor the agreed rate.

Hotel ibis Glasgow City Centre



220 West Regent Street
G2 4DQ - GLASGOW
UNITED KINGDOM

Ibis Glasgow City Centre hotel is a budget hotel, located in central Glasgow. Book the hotel for easy access to the train stations and the restaurants and nightlife of central Glasgow. The hotel has 141 contemporary guest rooms, each with wireless internet access and satellite TV. The café has hot and cold snacks and light meals 24 hours a day, and you can relax with a drink at the friendly bar.

Tel. : (+44)141/2256000

Rooms from £44.00 a night

Distance to Scotstoun Stadium 4.5 miles (Hampden Private Hire Taxi £7.10)

<http://www.ibishotel.com/gb/hotel-3139-ibis-glasgow-city-centre/index.shtml>

Argyll Hotel



<http://www.argyllhotelglasgow.co.uk/>

Distance to Scotstoun Stadium 3.0 mile (Hampden Private Hire Taxi £5.20)

Located on Sauchiehall Street, within easy reach of the city centre, we are in close proximity to the bars and restaurants of the West End, with attractions like the Kelvingrove Museum and Art Gallery nearby.

973 Sauchiehall Street, Glasgow, G3 7TQ

All en suite rooms have TV with tea and coffee making facilities. Dry cleaning and laundry services available. Full Scottish breakfast included. Restaurant and function room for up to 25.

Prices from: £40 per person/nigh



Sandyford Hotel Glasgow

Distance to Scotstoun Stadium 3.8 mile (Hampden Private Hire Taxi £6.20)

904 Sauchiehall St, Glasgow, G3 7TF

Tel: (+44) 0141 334 0000

Fax: (+44) 0141 337 1812

<http://www.sandyfordhotelglasgow.com/>

Email: info@sandyfordhotelglasgow.com

Cheap Hotel Rates

Off Peak Prices (October 1st - March 31st)

- Single En-Suite only £40 Per Night
- Double/Twin En-Suite only £60 Per Night
- Triple En-Suite (3 singles) only £75 Per Night
- Family En-Suite (1 double, 1 single) only £75 Per Night
- Quad Room En-Suite (1 double, 2 singles) only £90 Per Night

Acorn Hotel Glasgow

140 Elderslie Street, Glasgow, G3 7AW

Distance to Scotstoun Stadium 3.9 mile (Hampden Private Hire Taxi £6.30)

<http://acorn-hotel-glasgow.h-rez.com/>



Situated in the beautiful listed Park area by the City Centre, Glasgow's newest 4 star boutique hotel is an excellent choice for the business and leisure traveller, offering 19 stunning bedrooms all designed by an award winning Scottish designer?

Elderslie Street, Glasgow, G3 7AW

All rooms have free wireless internet access, plasma TV with satellite. Executive rooms with walk in showers, super king size beds, complimentary robes and slippers and a champagne reception. **Prices from: £33 per person/night**



ARGYLL GUEST HOUSE GLASGOW

TEL NO 0141 357 5155

970 Sauchiehall Street, Glasgow G3 7TH

[info @ argyllguesthouseglasgow.co.uk](mailto:info@argyllguesthouseglasgow.co.uk)

www.argyllguesthouseglasgow.co.uk

Argyll Guest House Glasgow

Distance to Scotstoun Stadium 3.0 mile (Hampden Private Hire Taxi £5.20)

Our Glasgow Guest House offering 20 budget bedrooms and breakfast if preferred.

Argyll Guest House Glasgow, formerly the Angus Hotel, is a 3 star budget travel lodge offering room only or bed and breakfast accommodation at cheap and affordable rates. Located on Sauchiehall Street half mile west of Glasgow city centre our guest house offers 20 non-smoking bedrooms en-suite, internet and email access and street parking.

This Glasgow Guest House is in an ideal location for visiting Glasgow city centre or Glasgow west end and only 15 minutes by [taxi from Glasgow Airport](#), under 45 minutes by [taxi from Prestwick Airport](#) or 5 minutes drive from junction 18 on the M8.

The Argyll Guest House is within a short walk of the Scottish Exhibition and Conference Centre / SECC and many of Glasgow's tourist and visitor attractions including the Glasgow [Kelvingrove Art Gallery & Museum](#), Glasgow University, Museum of Transport, Kelvinhall International Sports Arena and Glasgow Science Centre. The Western Infirmary, Yorkhill Sick Children's and the Queen Mothers Hospital are only minutes away.

Glasgow is renowned for its great shopping and city nightlife and the Argyll Guest House is ideally located for both west end and city centre shopping, theatres, bars and restaurants. Why not pop in and see how we celebrate Glasgow Hogmanay.

Our [Glasgow Budget Accommodation](#) can provide a full Scottish breakfast and dinner if required at our popular Scottish restaurant, Sutherlands. Sutherlands offers a wide range of Scottish cuisine with the menu changing in line with the Scottish season making Sutherlands a great place for one of the true Glasgow restaurants.

For a relaxing midweek or weekend break in Glasgow look no further than the Argyll Guest

House. Our great Glasgow location and friendly, efficient service makes the [Argyll Guest House](#) the first choice for both business and tourist travellers alike looking for a [Glasgow Cheap Accommodation](#) city break in Glasgow.

Premier inn Glasgow City Centre (Charing Cross)



10 Elmbank Gardens,
Glasgow, G2 4PP

T: 0871 527 8438

F: 0871 527 8439

Distance to Scotstoun Stadium 4.0 miles (Hampden Private Hire Taxi £6.40)

<http://www.premierinn.com/en/hotel/GLAPTI/glasgow-city-centre-charing-cross>

Situated adjacent to Charing Cross train station in Glasgow city centre, with excellent transport links, this hotel is ideally located whatever the occasion. For evening entertainment, Sauchiehall Street is just a 2 minute walk and provides some of the best nightlife the city has to offer. Our Glasgow City (Charing Cross) Premier Inn has everything you'd expect, incredibly comfy beds in every room and an integrated restaurant serving a mix of traditional and contemporary dishes.

COMPETITION EQUIPMENT

Discs

25kg Red Eleiko Discs x12 - 20kg Blue Eleiko Discs x12 -15kg Yellow Eleiko Discs x10

10kg Green Eleiko Discs x12 -25kg IPF metal Discs x6 -20kg IPF metal discs x6

15kg IPF metal discs x4 -5kg metal Discs x10 -2.5kg metal Discs x15

1.25kg metal Discs x6 - 2.5kg Collars x18

Bars

Eleiko weightlifting bars x 7 - IPF Powerlfting bars x 6

Racks

Squat racks x5 - Bench press x3 - Weight racks x2 - Deadlfting Jacks x1 -Lifting Platforms x6

Eleiko Chalk bins x2 -Weighted Scales calibrated x2 - Blood cleaning kit - Wire Brush to

clean bar Mop & Bucket – Broom - Pens for MC / Kit check / Weigh in /Stop watch /

Clock for mc's table Sound system / Spotters / loaders from Palace of Art

Weightlifting Club and Marinecraft Gym

Wall charts recording current status of lifters / Announcing & Scorekeeping system
DJ for back ground music.



Glasgow Airport, Distance to Scotstoun Stadium 7.2 miles (Hampden Private Hire Taxi £15.00)



Glasgow Prestwick Airport, Distance to Scotstoun Stadium 33.1 miles (Hampden Private Hire Taxi £41.40)



Buchanan Bus Station

Killermont Street, Glasgow G2 3NW

Distance to Scotstoun Stadium 5.2 miles (Hampden Private Hire Taxi £8.00)

<http://www.spt.co.uk/index.aspx>



Glasgow subway

<http://www.spt.co.uk/subway>



Glasgow Central station

Distance to Scotstoun Stadium 4.2 miles (Hampden Private Hire Taxi £6.80)

Gordon Street , Glasgow G1 3SL

<http://www.networkrail.co.uk/aspx/855.aspx>



Glasgow Queen Street

Distance to Scotstoun stadium 4.8 miles (Hampden Private Hire Taxi £7.40)

Rail Station

North Hanover Street

Glasgow

Glasgow City

G1 2AF

Medical Facilities

Glasgow Royal Infirmary

http://www.nhsggc.org.uk/content/default.asp?page=s762&loc_id=13



84 Castle Street, Glasgow G4 0SF Tel:

0141 211 4000

Distance to Scotstoun stadium 5.7 miles

(Hampden Private Hire Taxi £8.50)

Western Infirmary

http://www.nhsggc.org.uk/content/default.asp?page=s762&loc_id=14



Dumbarton Road Glasgow G11 6NT Tel:

0141 211 2000

Distance to Scotstoun stadium 2.5 miles

(Hampden Private Hire Taxi £4.70)

Sports therapy

There will also be two Sports therapists to help the lifters, with soft tissue injuries during the event. And first aid will be provided by St Andrews on the day.

Audience

There will be an £2.00 entry fee in to event with the money raised going to Marie Curie cancer care.

Free Tea and Coffee for referees, Officials/Spotters/Loaders

Food available on site

Meeting Rooms

There will be rooms available for the following.

- 1 Registration
- 2 Equipment checks
- 3 Meetings
- 4 Referee examinations
- 5 Weigh in area

Publicity & Promotions

Local papers and television and club website

Corporate sponsorship

Video/digital Cameras and Photography

I William Brown promoter of this event will obtain permits for the use of video/digital cameras to record the event, and also will also provide DVD's of all the lifting from the two day event for £10 each copy.

Byres Road in Glasgow's West End

Byres Road is the heart and soul of Glasgow's West End and is by far the most cosmopolitan and eclectic street the city has to offer, with a whole range of bars, restaurants and shops to suit all manner of tastes. Let's take a walk up Byres Road.....

If you start from the [Dumbarton Road](#) end of Byres Road in Partick you will be met with an avalanche of [restaurants](#) on either side of the busy thoroughfare. The range of food available is in such a short stretch of the



street is impressive, from local contemporary Scottish through the Mediterranean and all the way to the Far East. Each establishment serves up fine food and wines, which if you have the time, all should be visited at least once.

The next section is a lot more property and hair oriented! For some unknown reason most of the street's estate agents, mortgage lenders and barbers have set up shop here. It must be something to do with the close proximity to good food, some good bars and the ubiquitous coffee houses nearby. As you near where Highburgh Road and University Avenue meet halfway up Byres Road the estate agents thin out and clothing and footwear boutiques move in, again all offering a vast range of fashions and styles. Food still has a foothold this far up as it does for the remainder of the street, with some delicious



delicatessens and sit in coffee houses. Another feature is the quantity of charity shops, many music and books shops which are the boon of the [Glasgow University](#) student population.



When you reach the traffic lights at the 'cross' you are met with a few more eateries and some pharmacies, but the real gem of the second half of the street is the right hand side. Beyond



the banks and building societies that dominate this half of Byres Road (like the estate agents and barbers before it) lie a few teaser bars, which incidentally are very relaxed and have a good range of food and beer, before the real treat of Ashton Lane. I believe it's fair to say that Byres Road wouldn't work without Ashton Lane and neither would Ashton Lane work without Byres Road, two truly complementary streets. Down the narrow alley, and beyond a couple of fine bars and [restaurants](#) you have your goal, a little secluded getaway of fine dining and even finer drinking. From Ireland to Belgium, through Russia and India and back to Scotland...with a cinema topped by a sprawling bar & restaurant thrown in for good measure. And a good measure is what you get, each and every establishment squeezed into the lane makes sure you leave with a full belly and a pair of jelly legs!



If you managed to leave Ashton Lane in one piece then straight across the road is Ruthven Lane, host to a few fine eateries as well as a whole range of small businesses, definitely worth a look, whether you are interested in second hand goods, want a relaxing massage or are even looking for some different styles of clothes to try...in many ways Ruthven Lane is like a concentrated Byres Road, in that you

need to visit it more than once to get the real gist of it.



On the main road again, you have a few cafes and coffee houses, as well as some sports and extreme sports shops, newsagents and some jewellers, also if your eyesight is failing a couple of opticians are nearby. Again, another gem hides behind the main street, that of Cresswell Lane and Decourcey's Arcade. In many ways it's an explosion of mind, body, books and music! It is a true something for everyone lane, and you are bound to buy something from at least one business here, at the very least a coffee.



Nearing the top of the street and the end of our stroll, you go by the local Library which always seems to have some kind of sale or event on and next to it is the streets flower salesman outside the recently re-opened Fopp record store, always a mine of useful knowledge about the street and who's who. Only a few more steps to go, Great Western Road at the top signals the end of Byres Road with the majestic [Glasgow Botanic Gardens](#) crowning a street which has it all and never fails to disappoint.

Byres Road History

Byres Road is part of Hillhead, the steep hillock enclosed by Great Western Road, Byres Road and University Avenue. Its design is that of a 'grid-ironed hillside' town with an overview of the countryside. Comprising of Impressive Houses to the east, Tenements to the North and West while Classical Villas dominate the upper reaches of Gibson Street.

Byres Road Was formed from a small village called the Byres of Partick, occasionally called the Bishop's Byres. Byres Road was to be renamed to Victoria Road many years ago but obviously that was never achieved, no doubt down to the proud nature of the Road's occupants. There is the occasional relic to be found on Byres Road, possibly a leftover from this attempt.



It became the High Street of the Burgh of Hillhead in 1872 with a grand Town Hall, sadly, now demolished. The Road is flanked by tenements, many of appreciable opulence. Similarly opulent tenements stretch out on either side: Great George Street with its Red Sandstone and Dowanhill Street with its White Sandstone, the grandeur of these buildings diminishing as it nears Partick, but still no less impressive. Another notable feature of Byres Road is the clock like sculpture on the corner of the cross with University Avenue. It depicts phases of the moon, and the radiating arms originally were backlit but this has been inoperable since circa 2000, this suggests it was intended to depict a solar or lunar eclipse.





Warm up Room

Hampden Private Hire City Centre Number

0141 332 5050

Or

0141 649 5050

Glasgow Airport to Glasgow City Centre minimum fare £15.00

Glasgow Prestwick Airport to Glasgow City centre £45.00

Glasgow City to Edinburgh Airport £50.00

E mail

Wullie.33@ntlworld.com

www.bdfpascotland.co.uk/index.html