



EUROPEAN SINGLE LIFT CHAMPIONSHIPS AND WORLD MPF 2022

STOKE MANDEVILLE STADIUM,
Guttmann Rd, Aylesbury HP21 9PP
England





Stoke Mandeville – The Birthplace of the Paralympics

It is fitting that the World MPF Single Lifts is held at Stoke Mandeville given that the Paralympic games were born out of a sporting event that they involved 16 injured servicemen and women on 29 July 1948, the day of the Opening Ceremony of the London 1948 Olympic Games, Dr. Guttman organised the first competition for wheelchair athletes which he named the Stoke Mandeville Games, a milestone in Paralympic history.

In 1960 the International Stoke Mandeville Games officially became the Paralympic Games in time for the 1960 summer games in Rome. Stoke Mandeville, being the birthplace of the Paralympic movement, now hosts the flame lighting ceremony for each game, and has done since 2014.

EVENT INSTRUCTION

Location.

The European Single Lift Championships will take place on the 17/18 September 2022 along with the World MPF Championships 2022 in a combined event.

All male competitors will participate on Sat 17 Sep and all female competitors will participate on Sun 18 Sep; this is the same for both events. Individuals may only enter the European Event if they have previously attended a qualifying event whilst entry to the World MPF is open to any individual who wishes to enter based on the criteria listed later in this instruction.

Eligible competitors may enter both if they meet the criteria for the European Single Lift and the World MPF. The European Single Lifts is the primary event and that is listed as the first entry for lifters who will participate in both events. Where an individual is in both events, they must pay for entry into all disciplines that they wish to compete in. Where the event is

the same as the European the lifts will be posted across, where it is different, they will lift as normal

FOR EXAMPLE

1. A lifter enters both the European and the MPF events in the Bench Press, their lifts from the European event will be transferred to the MPF scoresheet and included in the results for both competitions. The lifter would pay first entry of £60.00 for the European Bench and then £20.00 as an additional entry to the MPF Bench, Total £80.00
2. A lifter enters the European Squat and the MPF Bench and deadlift, they will lift in both events to register a total. The lifter would pay first entry of £60.00 for the European Squat and then £40.00 as an additional entry to the MPF Bench and deadlift (2 events), Total £100.00.
3. A lifter enters the MPF Full Power and the MPF Bench, total cost of entry is £60.00 plus £20.00= £80.00. Their lift for the MPF bench will be a posted lift from their full power bench, IE they do not have to lift twice.

A lifter enters the MPF Full Power- Total entry £60.00

A lifter enters the European Bench press only – Total entry £60.00

A lifter enters the World MPF Bench press only – Total entry £60.00

If you are unsure how to complete your entry form for your lifts, then please email the event co-ordinator at neil.thomas848@hotmail.co.uk to seek clarification.

Closing date for this event is 29 Aug 22, after this time the electronic entry form will be turned off.

Participation/Qualification to lift.

European Single Lift: To lift in the European Single Lift Event members of the BDFPA must have participated at the National Single Lifts 22 or have been granted a waiver by the BDFPA President. Any issues surrounding this must be presented to in writing to the email account President@bdfpa.co.uk who will advise further.

BDFPA members Please complete this [Online Entry Form](#) to enter this event.

World MPF: Any individual who is part of any of the organisations below may enter the World MPF Championships, note that there are no qualification requirements. Queries

regarding status to attend due to employment should be addressed to the BDFPA President by email as per the above.

Additional Information:

The event will go towards qualification for the 2023 National Championships pending membership and qualification requirements as detailed in the BDFPA rule book.

Please complete this [**Online Entry Form**](#) to enter this event.

Serving/Retired/Reservist/Auxiliary or equivalent of:

- All Military Services
- Fire
- Police
- Health Service
- Prison Service

NOTE For the World MPF there are no age classes, and all lifters participate in the **OPEN** Category for placings.

Entry Fee.

1. Full Power: £60 (includes full power as squat, bench & deadlift as one events)
2. Single Lift £60 first entry, £20 for each additional entry
3. Full Power lifters wishing to additionally participate in a single lift event must pay £20 for each additional discipline., lifts will be posted from the FP total across, you will not need to lift twice.

For BDFPA members, entry fee is to be paid via transfer below:

ONLINE Payment:

Drug Free Powerlifting Ltd

Sort Code: 54-41-51

Account No: 53681959

Using reference: Surname-Initials-Euro Single Lift 22 (ESL22) or WMPF-Single Lift (WMPF) or both events EWSL22 number of events entering

e.g.:

For European Single lift - ThomasN-ESL22-3

For World MPF - ThomasN-WPS22-4

For those entering both – ThomasN-EWSL22 – 6

NOTE:

If your surname makes the reference too long for your banking details, it should be your initials followed by the event details.

REMINDER FOR THOSE ENTERING BOTH EVENTS – The European Single Lifts is the primary event and as such it would be your first entry (£60.00) and all other entries will be £20.00 whether in the Europeans or the World MPF.

Weigh-in.

All lifters must be present at weigh-in as per the time below. Late arrival will preclude participation.

0700 – 0800 – Weigh in

0800- 0830 – Re-weighs

1000 – Event starts

NB. All competitors must be present for weigh in during this time, those who arrival after 0800 will not be allowed to lift having missed the weigh in time. As a competitor you are responsible for ensuring any accommodation and travel time allow you the ability to make these timings.

European Single Lifts: There are no changes to weight class on the day. Lifters who have qualified by means of a qualification lift will be in the category they set the lift in and as detailed on the submitted entry form. Those who are unable to make their prescribed weight class will be permitted to lift as a guest only and be unable to set records or receive awards.

World MPF: Nil restrictions, but enter the class you intend to lift in.

Opening lifts.

There are NO minimum opening lifts for either event.

Presentations.

European Single Lifts: Those who finish in the top 3 of their age and weight class will receive an award for placing as such. Those who finish 4th and below will receive a participation certificate. This does not apply to the SENIOR Class (24-39) who lift in the open category against all age classes and are placed in relation to their position in the flight not age class and will as such receive awards relative to the flight position.

World MPF: There will be trophies for the top 3 in each weight class and participation medals for all those finishing 4th and below.

All presentations will take place at the competition of lifting each day, there is no provision for those who choose to leave before the event has finished

Drugs Testing.

As per WDFPF requirements all participants are subject to drugs testing. Participants must not leave the venue without the permission of the Drugs Control Officer. Any lifter called for testing who has subsequently been found to have left the venue maybe subject to sanctions as per the WDFPF Drugs policy.

Travel Information.

Airports:

Luton 28 miles – 45 minutes' drive

Stansted 66 Miles – 70 minutes' drive

Gatwick 69 Miles – 90 minutes' drive

Heathrow – 33 Miles – 50 minutes' drive

Driving times as an example:

Milton Keynes – 22 Miles – 45 minutes' drive

Aylesbury – 2 miles – 8 minutes' drive

Oxford – 27 miles – 50 minutes' drive

Central London – 68 miles – 90 minutes' drive

Watford – 28 Miles – 50 minutes' drive

Luton – 25 miles – 45 minutes' drive

Birmingham – 85 miles – 1 hours 45 minutes' drive

Train Travel:

Aylesbury is about 40 mins train journey from London, timings and travel arrangements vary on weekends.

Hotels:

Please click here for the closest hotels to the stadium:

[Hotels Near Stoke Mandeville Stadium.](#)

The BDFPA provides these as an example and does not recommend or endorse any accommodation.

Local Area:

Please see linked here things to do in Buckinghamshire:

<https://www.visitbuckinghamshire.org/attraction>

https://www.tripadvisor.co.uk/Attractions-g186221-Activities-Buckinghamshire_England.html



Bletchley Park



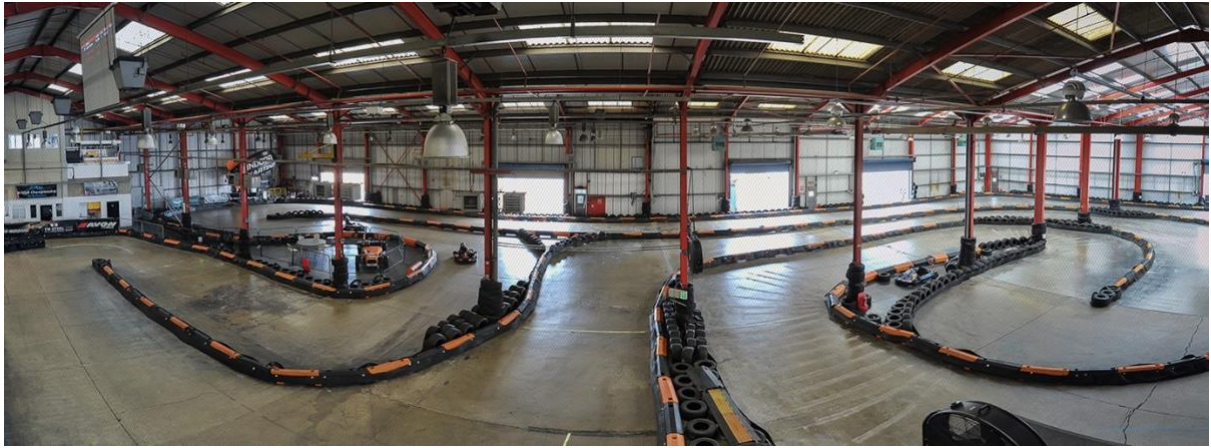
Xscape Skydiving Indoor Centre



Woburn Safari park



SNOWZONE Milton Keynes



Go Karting Milton Keynes



GO Ape Wendover Woods