



WORLD & EUROPEAN FULL POWERLIFTING CHAMPIONSHIPS 2022

LYNX FITNESS, 2 WIMBLEDON AVENUE

BRANDON, SUFFOLK, IP27 ONZ, ENGLAND

EVENT INSTRUCTION

Location.

The World Full Powerlifting Championships will take place over the 12 & 13 November 2022.

All male competitors will participate on Sat 12 November and all female competitors will participate on Sun 13 November.

Information for the congress will be issued closer to the date.

Closing date for this event is 17 Oct 22. After this time the electronic entry form will be turned off.

Entry Fee. £65.00 – NOTE you can only enter either the Equipped or Unequipped NOT BOTH

For BDFPA members only, to be paid via electronic transfer below:

ONLINE Payment:

Drug Free Powerlifting Ltd

Sort Code: 54-41-51

Account No: 53681959

Using reference: Surname-Initials-World Full Power 22 (WFP22) e.g.: ThomasN-WFP22

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.

Entry form completion- Please complete the [Electronic Entry Form](#) to enter this event.

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.

Opening lifts. World championship

Each lifter **MUST** open on either the minimum lift or higher. Details are linked below:

[Minimum Lift Calculator](#)

[Unequipped](#)

[Equipped](#)

Opening lifts. European championship. There is no minimum lift required to participate in this event.

Presentations.

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. 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:

Stansted – 54 Miles – 70 minutes' drive

Luton – 71 Miles – 80 minutes' drive

Heathrow – 113 Miles – 2.5 hours' drive

Gatwick – 119 miles – 3 hours' drive

Driving time examples:

Kings Lynn – 25 miles – 40 minutes' drive

Bury St Edmunds – 14 miles – 20 minutes' drive

Cambridge – 34 miles – 50 minutes' drive

Peterborough – 74 miles – 75 minutes' drive

Colchester – 57 miles – 70 minutes' drive

Central London – 86 miles – 1 hours 45 minutes' drive

Train Travel:

Services on weekends is restricted and not recommended for travel on the days of the event.

Hotels:

There are over 100 listed hotels in the Brandon area, many are smaller B&B or traditional Inns (Pubs) some examples are:

[Premier Inn, Thetford](#)

[The crown hotel](#)

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

Things to do:

Near Brandon

[Days out with the kids](#)



Go Ape Thetford Forrest



Grimes Graves Near Thetford



Cambridge



Bury St Edmunds – Smallest Pub in the World