



NATIONAL SINGLE LIFT CHAMPIONSHIPS 2024
LOCATION: STANHOPE HALL, BOSTON ROAD, HORNCASTLE, LN9 6EY

EVENT INSTRUCTION

The National Single Lift Championships will take place over the weekend of 2-3 Mar 2024 as follows:

Saturday 2nd Mar: All women: Equipped and Unequipped

Sunday 3rd Mar: All men: Equipped and Unequipped

Closing date for this event is 25 Feb 2024, after this time the electronic entry form will be turned off.

Entry Fee

Entry - £60.00 for first entry and £15.00 for all subsequent events thereafter.

*Lifters may enter both the equipped and unequipped for each discipline but must recognise that where there is a shortage of entries in the chosen discipline, they may be required to lift in consecutive flights and, or outside of their respective weight class group.

Entry fee is to be paid via transfer below. Payment must be made at the time of submitting an entry form:

ONLINE Payment:
Drug Free Powerlifting Ltd
Sort Code: 54-41-51
Account No: 53681959

Using reference: Surname-Initials-National Single Lifts 24 (NSL 24) and number of events entered e.g.: ThomasN-NSL24-3

Weigh-in.

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

0700 – 0800 Weigh in time - Note: weigh in closes at 0800
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 [CLICK here to enter electronically](#).

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 qualification weight class will be permitted to lift as a guest only and be unable to set records or receive awards.

Participation/Qualification to lift.

To lift in the National Single Lift championships all lifters must:

- Have a current active 2024 membership.
- Have qualified in a 2023 or 2024 divisional event.
- Have qualified by participating in a 2023 divisional event which took place after the 2023 Nationals and reached the required qualification standard for each lift.
 - Those who are the reigning champion in their age and weight class of the National Single Lift 23 have qualified by virtue of winning their class in 2023 if they re-joined the BDFPA by 31 Jan 24. Those who joined after 31 Jan 24 will need to requalify regardless of champion status.
 - Those who undertook a qualifying event in 2023 must have also re-joined the BDFPA by the 31 Jan 24. Those who joined after 31 Jan 24 will need to re-qualify.

Opening lifts.

As per national event requirements each lifter **MUST** open on either the minimum lift for each discipline or higher. Details are linked here:

[**BDFPA-National-Single-Power-Unequipped**](#)

[**BDFPA-National-Single-Power-Equipped**](#)

Presentations.

Awards will be received for the top 3 positions of age and weight class. Those who finish 4th and below will receive a mention and applaud. 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.

As part of a NETZERO initiative, certificates will be available on request and will be sent electronically in PDF format after the event. These will be free of charge. Should an individual wish for a printed certificate to be provided these will be at a cost of £10.00 per certificate including P&P.

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.

Claiming Records.

If you believe you are setting an international record you are to inform the desk prior to taking the lift, note records are not validated until drug test results are returned. All National and International record certificates will be issued post event.

Local Information.

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

Distances for travel:

Lincoln – Horncastle – 35 Mins 22 Miles

Boston – Horncastle – 33 Mins 21 Miles

Sleaford – Horncastle – 40 Mins 23 Miles

Skegness – Horncastle – 30 Mins 21 Miles

Booking.com shows 149 properties in the local area with accommodation ranging from larger hotel chains to Inns/Pubs, small cottages and guest houses see: [Hotels in the Horncastle area](#)

Train Stations.

The following train stations are near Horncastle, you will note that there are none near the venue and certainly none that will allow suitable transit time to the venue on competition day. Individuals must also consider that services may vary on weekends.

Train station Name	mi.
Metheringham LN4 3HD	12.15
Thorpe Culvert PE24 4NL	14.13
Ruskington NG34 9GA	15.49
Hubberts Bridge PE20 3QP	15.52
Market Rasen LN8 3AB	15.64
Boston PE21 8RN	15.74
Wainfleet PE24 4LJ	15.95
Swineshead PE20 3PT	16.19
Heckington NG34 9UJ	17.07
Havenhouse PE24 4AR	17.23
Lincoln Central LN5 7EW	17.59
Skegness PE25 3QN	19.12
Hykeham LN6 9AT	20.01
Rauceby NG34 8PN	20.48
Ancaster NG32 3RR	22.71