



BUCS Championships 2024
Brunel University
18/19 April 2024

Event Information Pack



Overview

BWL are pleased to be delivering the BUCS Championships at Brunel University.

Venue Information

The competition will be held at:

Indoor Athletics Centre
Brunel University London
Kingston Lane
Uxbridge
Middlesex UB8 3PH

As you enter the university, the Indoor Centre is on the left just beyond the roundabout.

Travelling

Brunel is a single campus in Uxbridge, west London. The campus is well connected to the rest of the UK, just a short drive from the M25, M4 and M40 motorways.

If travelling by car:

From the M4

Leave the M4 at junction 4 on to Stockley Road. At the second roundabout turn right on to Park View Road. Then take the first left on to Colham Green Road. Go over a mini roundabout and continue to a second mini roundabout. Turn left here and continue past Hillingdon Hospital and across a set of traffic lights. At the roundabout, go straight on and take the first right into Kingston Lane. At the next roundabout, turn left into the university.

From the A40/M40

At Swakeleys roundabout take the B483 exit to Uxbridge. Follow the signs across two mini roundabouts. At a major roundabout, bear left on to the A4020 (signposted to Brunel); at the second set of traffic lights turn right into Kingston Lane. At the roundabout, turn right into the university.

From the M25

From the North or the South, join M40 or M4 and follow instructions as above.

Parking is available at the venue, It is **chargeable** - <https://students.brunel.ac.uk/campus/park-on-campus/pay-display> and can be paid for in advance. You must park in marked bays. Failure to display a valid pay & display ticket will result in a parking fine. BWL accept no liability for any parking fines.

If travelling by bus:

Buses U1, U2, U4 and U7 stop by the main entrance of the University (Kingston Lane).

From Uxbridge tube station

U1, U2, U4 and U7: Alight at Brunel University London, Kingston Lane.

U3: Alight at Brunel University London, Cleveland Road.

222 and U5: Alight at Cowley Road and use the path through the university accommodation complex.

From West Drayton railway station

U1: Alight at Brunel University London, Kingston Lane.

U3: Alight at Brunel University London, Cleveland Road.

222: Alight at Cowley Road and use the path through the university accommodation complex.

From Hillingdon Underground Station & Belmont Road

U2: Alight at Brunel University London, Kingston Lane.



From Heathrow Central

A10: 'Heathrow Fast' bus leaves every 15 minutes and the journey time is 25 minutes. Alight in Hillingdon Road at the bus stop called 'The Greenway' and you'll find the footpath to the campus.

If travelling by train/tube:

By tube –

To Uxbridge

Uxbridge tube station (Travelcard Zone 6) is about one mile from Brunel's campus. You can get to Uxbridge from central London (Baker Street) on the Metropolitan Line or Piccadilly Line in as quick as 40 minutes. When you arrive at Uxbridge, leave the tube station from the exit on your right to get to the bus station. The bus takes 10 minutes; or you can walk to the campus in 20 minutes.

To West Ruislip

West Ruislip tube station (Travelcard Zone 6) is about 4.5 miles from the campus and served by the Central Line. The Central line runs through central London, from Epping, Essex. From the tube station take the U1 bus departing from Stop M in front of the station. The bus takes about 30 minutes.

To West Drayton

When the Elizabeth Line opens West Drayton and Hayes & Harlington will be the closest stations that can be reached with a short bus ride.

By train -

West Drayton (First Great Western Link) is the nearest mainline station, approx 1.5 miles from the campus. Services run from London Paddington (approx. 20 mins journey time) or from the West (Bristol).

West Ruislip Station (Chiltern Railways) is the mainline service from London Marylebone (approx. 20 mins journey time) and the North (Aylesbury, Banbury and Birmingham) and is approx. 4 miles from the campus.

Accreditation

On arrival, all athletes, coaches and technical officials must collect accreditation from the BWL registration desk which will be located **in the entrance area to the Indoor Track**.

All coaches and athletes are required to provide photographic ID to collect their accreditation and must wear their accreditation visibly, at all times. Athletes must arrive with enough time to collect their accreditation prior to weigh-in.

Only coaches with a current BWL licence will be able to collect a coach accreditation (wristband). Any coach found passing their accreditation to another person will have their accreditation withdrawn and may be subject to further action after the competition. Any person found in the warm-up area without an athlete accreditation or coach wristband will be asked to leave the area immediately and may be subject to further action after the competition.

Spectators

All spectators should purchase a ticket for the event from BWL: <https://www.eventbrite.co.uk/e/2024-bucs-weightlifting-and-para-powerlifting-championships-tickets-860770225917?aff=oddtcreator>
Tickets will also be available to purchase on arrival at the event.

Weigh-Ins

All weigh-ins will take place inside the Indoor Centre and you will be directed from the registration area.

Any athletes aged below 18 may be accompanied to weigh-in by a chaperone if required. This may be a licensed coach or a member of British Weight Lifting staff.

Competition Rules

The current BWL Technical Rules and Regulations (TCRR) will be followed. The lifter with the highest total in each bodyweight category will win, if two lifters record the same total, the lifter who achieve the total first in chronological order will take first place.

We will be using the IWF competition management system at this event which will include a paper-based processes for both weigh-in and weight changes via the Marshall table.

Competition Schedule and Start List

The competition schedule and start list will be published on the BWL website: [British University & College Championships - British Weight Lifting](#) Please note that changes may still be made to the schedule and start list prior to the competition running, so we recommend checking back regularly to ensure you have the right information for the competition.

Medal Ceremonies

A medal ceremony will take place immediately after the end of each session. Medals will be presented to the top three ranked lifters in each bodyweight category determined by total.

Livestream

At the time of publishing this information sheet, BUCS have taken the decision not to livestream the event. Should this change we will advise our membership.

Safeguarding

There will be a designated event safeguarding officer present. All safeguarding reports and questions should be reported at the BWL registration area.

Medical

There will be one paramedic on site throughout the competition duration.

Food and Drink

There is a shop on campus along with the 1966 café (opposite the shop), Subway and the Lancaster hotel which has a bar and restaurant. however, you are able to bring your own refreshments too.

Should you have any queries please contact British Weight Lifting on 01132 249402 or email competitions@britishweightlifting.org