



EUROPEAN SINGLE LIFT CHAMPIONSHIPS

2023

23/24 SEPTEMBER

STOKE MANDEVILLE STADIUM,

GUTTMAN ROAD, AYLESBURY

HP21 9PP

BUCKINGHAMSHIRE

INTERNATIONAL LIFTERS EVENT INSTRUCTION





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. Guttmann 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 FOR INTERNATIONAL LIFTERS

The European Single Lift Championships will take place on the 23/24 September 2023.

All Male competitors will participate on Sat 23 Sep and all Female competitors will participate on Sun 24 Sep. Individuals may only enter the European Event if they have previously attended a qualifying event and is a current member.

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 28 Aug 23, International entries via National Representatives only.

International Lifters:

Nations who wish to pay prior to the event via bank transfer must indicate their intention to do so by arrangement with the President of the BDFPA, president@bdfpa.co.uk

Entry Fee.

First entry £65.00

Each additional entry £20

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.

Opening lifts.

There are NO minimum opening lifts for disciplines at European events.

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.

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



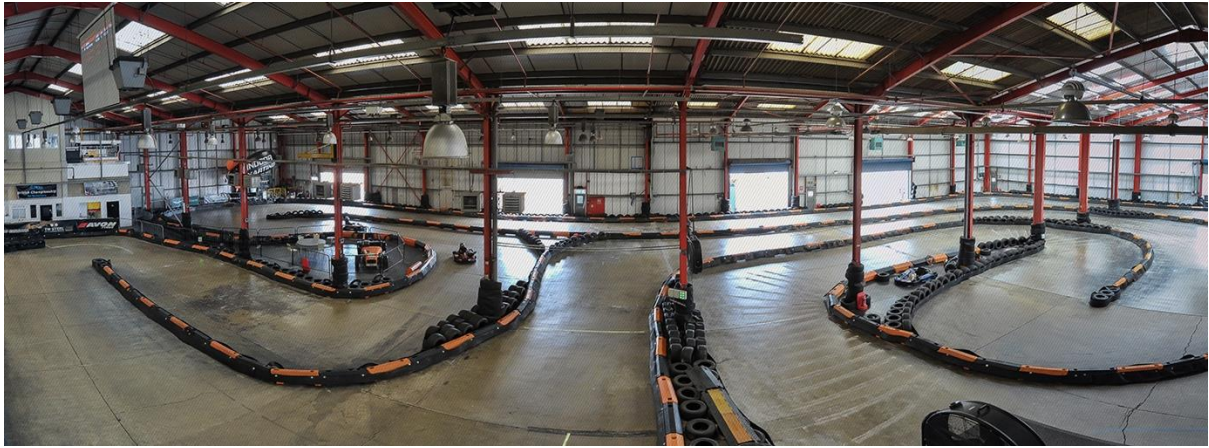
Xscape Skydiving Indoor Centre



Woburn Safari park



SNOWZONE Milton Keynes



Go Karting Milton Keynes



GO Ape Wendover Woods