

University of Bristol Lifting Club

Members' Handbook '24-'25



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Meet the Committee

Our committee is made up of lifters who all share the same passion for improving the club and growing our community. They were once normal members of the club before becoming part of the committee and work super hard to continually evolve the club.

Below are the images as contact details for each member of the committee. Please don't hesitate to come up to us should you see us in the gym or drop us a message if you have any questions at all.

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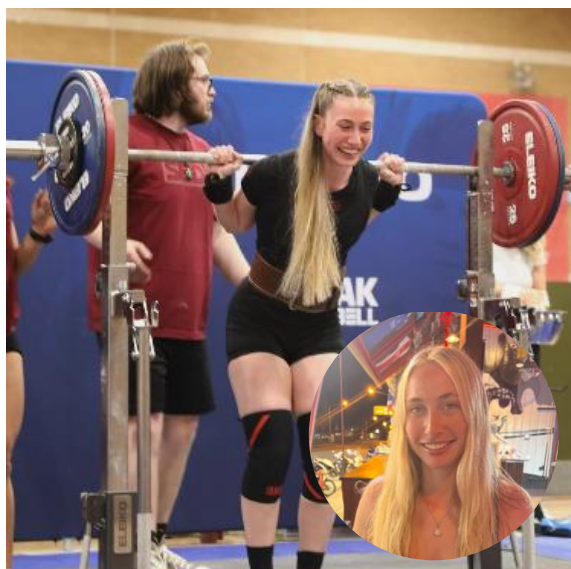
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Meet the Coaches

Our coaches are a brilliant team of talented, compassionate individuals. They each play their own role within the club as well as privately coaching many of our members. Their contact details and a little about each of them and what they do can be found below.

First up we have Jon and Jo who together own JC Strength Academy down in Weston Super Mare. They have been with us from the early days of UoB Lifting Club and help coach our Learn-2-Lift seminars as well as specific Powerlifting and Weightlifting sessions



Powerlifting Coach – Jon Clarke



MSc Strength and Conditioning +
Level 3 PT

Jcstrengthcoach@yahoo.com

Ig: jcstrengthcoach

Weightlifting Coach – Jo Barwell



Level 3 British WL Coach + Level 3 PT

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Nutritionist – Hannah Matson



BSc Nutrition + AFN Registered
Associate Nutritionist

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Next on the list is our Nutritionist Hannah Matson. Hannah will be running a variety of nutrition seminars throughout the upcoming year covering topics from how to fuel yourself, up to competition nutrition. She has also written our Nutrition eBook which is a handy little comprehensive guide to all things nutrition.

Programming – George Sweet



MSc Strength and Conditioning in
progress + Level 3 PT

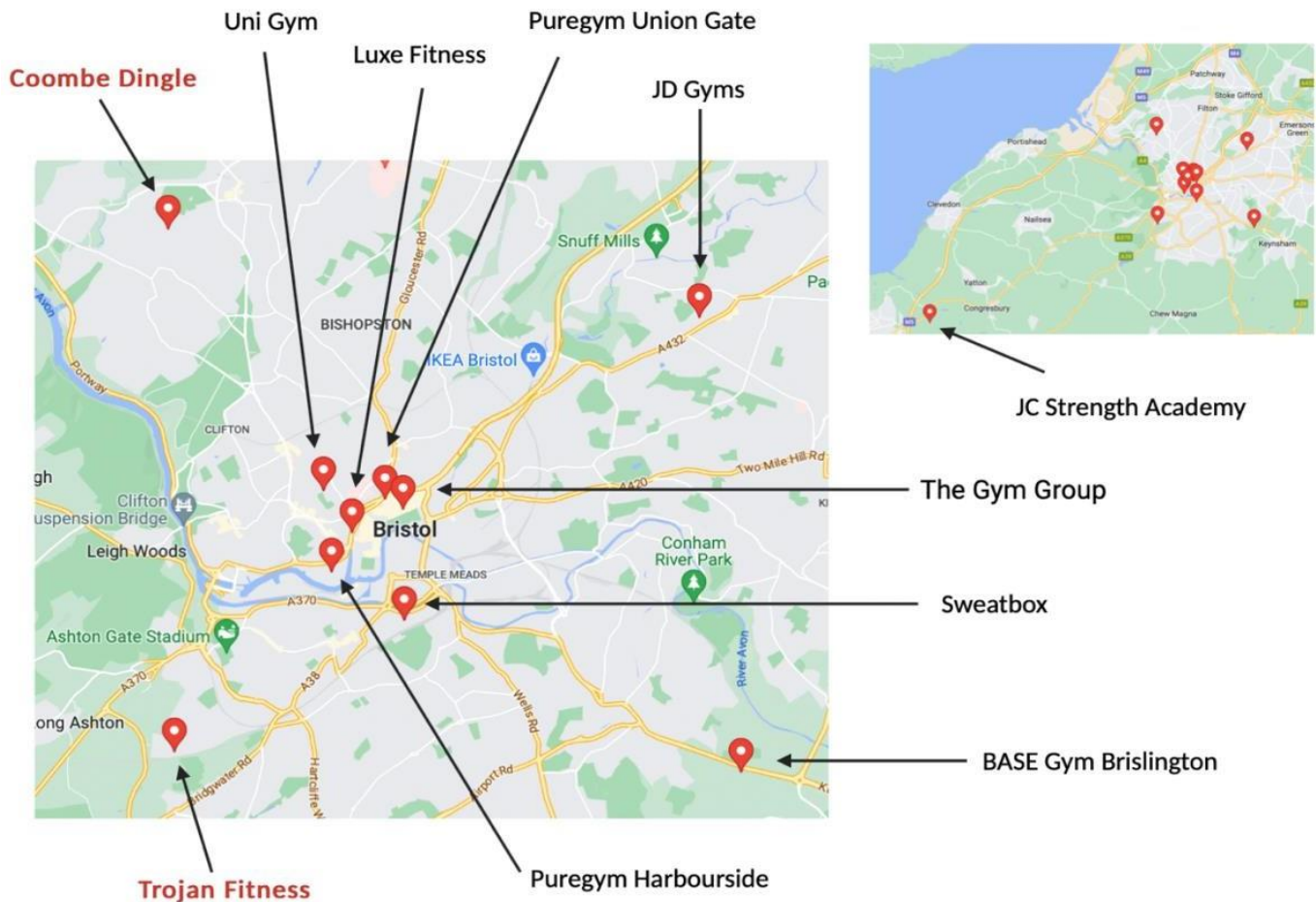
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Finally, we have George Sweet. George is responsible for writing and developing our club training programmes. This includes Coombe Learn-2-Lift, 3-4-5, and Snatch and Learn.

Gyms and Training Venues

Its sometimes tricky to find good gyms in a new city. We have therefore compiled a list of gym recommendations and options to help guide you.



Specialist Gyms - These gyms are recommended for those wanting to train on competition-standard equipment which can make quite a difference on competition results. You may want to consider training at one of these gyms in comp prep.

Coombe Dingle OWL Gym

Address: Coombe Dingle Sports Complex, Coombe Ln, Bristol BS9 2BJ

Price: N/A but requires either Training or Full UoB Lifting Club Membership

Travel time from City Centre: 30-45 mins

Buses from City Centre: 3 to Cribbs Causeway will take you the closest. U1 to Hiatt Baker, 1 and 2 to Cribbs Causeway will take you somewhat close but you will have to walk for 10-20 mins.

Suitable for: Powerlifting and Weightlifting

Notes: Coombe Dingle OWL gym is where we are holding our training sessions this year. There are two Olympic Weightlifting platforms kitted with two Eleiko Weightlifting Bars and Eleiko bumpers. For the powerlifters we have two Strength Shop IPF approved barbells and Strength Shop Calibrated Powerlifting Plates.

Trojan Fitness

Address: Trojan Fitness, 204 S Liberty Ln, Bristol BS3 2TY

Price per month: £35 for students

Day pass: £7

Travel time from City Centre: 30-40 mins

Buses from City Centre: M2 to Long Ashton, U2 to Langford, A1 to Bristol Airport and X1 towards Weston.

Suitable for: Powerlifting, Weightlifting, Bodybuilding and Strongman

Notes: With an extensive range of machines, combo racks and specialist equipment, Trojan is Bristol's best gym for all three sports. There are classes on every day which are free to members and the staff are lovely! They also sell a range of protein products and energy drinks.

JC Strength Academy

Address: JC Strength Academy, 2 Cowslip Barns Puxton Park, Cowslip Ln, Hewish, Weston-Super-Mare BS24 6AH

Price per month: £35

Day pass: £7

Travel time from City Centre: 1hr 10mins – 1hr 30mins

Buses from City Centre: X1 to Weston. Please note that you will have to get a separate ticket including the Weston zone when travelling back, the Bristol ticket will be invalid!

Suitable for: Powerlifting and Weightlifting

Notes: Although further out than the other gyms, JC boasts an Eleiko rack and other competition equipment for both Weightlifting and Powerlifting. JC is also home to our two club coaches, Jon and Joanna and our coached members often travel there to train with their coaches in person.

Base Gym Brislington

Address: Base Gym, Hicks Gate, Bath Rd, Brislington, Bristol BS31 2AD

Price per month: £35 for students (must buy two months consecutively)

Day pass: £6

Travel time from City Centre: 40 minutes

Buses from City Centre:

Suitable for: Powerlifting, Weightlifting, CrossFit and Bodybuilding

Notes: Another Club favorite. Base has Lots of calibrated plates, weightlifting bumpers and machines. Has three combo racks so there is plenty of space for all. Staff are incredibly kind and friendly, and you can get a selection of drinks such as pre-workout, monsters, and protein shakes. This gym however does not have air conditioning only fans so can get extremely hot in Summer.

Sweatbox

Address: Sweatbox gym, Units 2, 3 Princess St, Bristol BS3 4AG

Price per month: Peak Gym-Only is £40 but memberships range from £30 to £85

Day pass: £7

Travel time from City Centre: 20 min walk, 15-20 min bus

Buses from City Centre: 2 to Stockwood, 90 to Filwood Park and 24 to Ashton Gate

Suitable for: Powerlifting, Weightlifting, Calisthenics and CrossFit.

Notes: Quite a vibrant weightlifting community here. Good equipment for powerlifting and weightlifting with a variety of machines. Also has a martial arts area!

Other Popular Gyms - Although we are treated to a handful of specialist gyms in Bristol, many of our members prefer to train closer to Uni for convenience and time-saving. We encourage our members to organise and train together at gyms to nurture a supportive environment.

Bristol Uni Gym

Price per month: From £22.99-

Day pass: £10

Travel time from City Centre: N/A

Buses from City Centre: N/A

Notes: Situated at the heart of campus and sandwiched between Senate and the ASS, is the Uni Gym. Although not boasting any specialist equipment, many of our members train here out of convenience. Through this, a supportive environment has been created here with many of our members opting to train at similar times. There are lots of cages with safety pins and adjustable heights. The bars do not have powerlifting rings, so you need to figure out your grip for bench using the weightlifting rings. Please note that there is a "Women's Hour" on Wednesdays and Fridays that must be pre-booked otherwise you may not be let in.

BUCS UNIVERSAL GYM: Additionally, many of our members opt to purchase the annual Active Complete Membership as this provides you with a Free Universal Gym Pass. This is particularly beneficial should you have a university with a gym near to your home away from Bristol as you can train here for no added cost. It also allows you to attend many other university gyms for free up and down the country.

JD Gyms Bristol

Price per month: 22.99

Day pass: £10

Travel time from City Centre: 35-40 mins

Buses from City Centre: 48 to Downend/Emerson's Green, 48 a to Frenchay and 49 to Staple Hill

Suitable for: Weightlifting

Notes: Has Eleiko bars and bumper plates. Has quite an impressive weightlifting community.

Luxe Fitness City Centre

Price per month: £19.99 for the cheapest membership option

Day pass: £7.50

Travel time from City Centre: N/A

Buses from City Centre: N/A

Notes: Gym is very new. Plenty of racks and bars. Dumbbells only go up to 35kg. Has no mirrors.

PureGym – Union Gate

Price per month: £23.99 per month anytime, £17.99 off peak (12am – 15.30 and 20.30-12am)

Day pass: £7.99

Travel time from City Centre: N/A

Buses from City Centre: N/A

Notes: Quite a busy gym. Only one squat rack with safeties / adjustable rack heights so you may find yourself waiting quite a long time to do squat/bench/deadlift.

PureGym – Harbourside

Price per month: £22.99 per month anytime, £17.99 off peak (12am – 15.30 and 20.30-12am)

Day pass: £7.99

Travel time from City Centre: Walkable, 5-10 mins

Buses from City Centre: N/A

Notes: Much more spacious compared to PureGym Union Gate. Has many racks, but none with safeties. Tends to get quite busy 17.00-20.00. Has a hack squat.

The Gym Group City Centre

Price per month: £18.99

Day pass: £7.99

Travel time from City Centre: N/A

Buses from City Centre: N/A

Notes: All squat racks have safeties. One deadlift platform. Plenty of bumpers and machines. Staff are friendly and don't mind filming as long as you don't have other people in frame. Not many students train there, target audience is older people.

Competitions

There are a whole host of powerlifting and weightlifting competitions held regionally and nationally. We aim to offer help to our lifters where possible including borrowing of comp clothing, equipment, and handling on the day. For any questions, please contact the respective captains for help.

Please note that to enter competitions you must purchase a membership for the respective federation.



Powerlifting competition calendar: <https://www.britishpowerlifting.org/upcoming-competitions>

List of approved kit for PL competition:

https://www.powerlifting.sport/fileadmin/ipf/data/rules/approved-list/Approved_List_2023-2026_V2_01-11-2023.pdf

Weightlifting competition calendar:

<https://britishweightlifting.org/competitions/competition-calendar>

List of approved kit for competition:

<https://britishweightlifting.org/resources/technical-and-competition-rules-and-regulations---tcr-150324123317.pdf>

For powerlifting and weightlifting, you must hit a qualifying total to be eligible to enter a national championship. If you are new to powerlifting or weightlifting, these must be achieved at regional competitions (not just in the gym!). The qualifying totals can be found [here](#) and [here](#). We often organise at least one official PL competition ourselves where many of our members choose to compete and qualify for BUCS.

You may hear competitors in the club talking about ‘peaking’ for a competition. This is a process by which the aim is to have optimal performance for the day of the competition. If you are planning on competing for the first time and do not have a coach, we highly recommend that you follow a programme that allows you time to ‘peak.’ Please get in contact with the respective captains for more information.

You may also hear members of the Committee asking about ‘handlers’ or whether a competitor needs ‘handling.’ A handler is someone who accompanies you in the warm-up room to load your weights and focus on the timings of the competition so that all that the competitor must do is lift. Furthermore, the handler discusses and puts your next attempts in for you. It is highly recommended that you have a handler so that your competition and others’ competitions go as smoothly as possible. For regionals in the South West and BUCS, members of the Committee may be available to handle you.

British University Championships

British University Championships (BUCs) is a major highlight for our powerlifting and weightlifting teams. This is an opportunity to represent the club on a national level and earn points for the BUCs league for the University of Bristol. **BUCS points** also translate to funding for the club. Furthermore, you may be invited to World University Championships for powerlifting if you do well enough!



With the funding we have received from the Sports, Exercise and Health department we are planning on providing accommodation to those who are competing. This will likely be in the form of an Airbnb close to the event so that those who live further away do not have to travel on the day of the event. We are also planning to handle club members. More information will be announced closer to the event time.

As BUCs counts as a national championship, the procedure for entering national championships must be followed (see “Competitions” section above). There are separate qualifying totals.

Important update if you are an alumni: In accordance with BUCs rules, alumni cannot compete at this championship. However, you may still be considered for FISU (World Uni Federation) Championship 2024 if you apply for dispensation through British Powerlifting. This essentially means that you can put up a total at a regional or national competition and still be considered for selection, at the discretion of the Head Coach.

BUCS FAQ

Q. Can I compete in a lower weight class than I qualified in?

A. No. You will need to compete and achieve the qualifying total at the lower weight class. However, if you achieve the qualifying total(s) for the weight class(es) above, you can elect to compete in the higher weight class.

Q. Can I change weight class on the day?

A. This is something you can do at regionals but not at a national competition, however it is best to practice making weight. Failing to make weight at BUCs means you will compete as a guest lifter and will be unable to place or set records.

Q. Can anyone handle me?

A. Your handler must have a British Powerlifting membership to enter the warm-up room. Alternatively, for British Weightlifting it is advised that your handler has a Level 2 coaching qualification and an technical official license but this tends not to be checked. In any case, it is recommended that someone with experience in the sport handles you.

Q. Are there separate BUCS records?

A. Yes, there are for powerlifting and can be found [here](#).

Getting Involved

A great way to get involved in these sports is to volunteer at competitions! Please consider giving South West Powerlifting @swpowerlifting on Instagram a follow to keep up to date with the latest competitions and whether there are opportunities to volunteer regionally.

Another way to get involved is to become a referee. This will involve taking a course and then a referee exam. Please note that you must be a member of British Powerlifting for two years to undertake the Powerlifting course. More information for powerlifting refereeing can be found [here](#) and for weightlifting: [here](#).

Policies

In order to join the club you must sign and adhere to our three policies:

1. Code of Conduct
2. Performance Enhancing Drugs Policy
3. Sexual Harassment and Assault Policy

These policies are in place to protect the members of our club. Furthermore, in the case of Performance Enhancing Drugs (PEDs), these are banned by the university and the federations we are affiliated with.

Please check out our policies as well as the Club Code of Conduct under the 'resource' section of our SU Page.