



## EUROPEAN SINGLE LIFT CHAMPIONSHIPS 2025

STANHOPEHALL, BOSTONROAD, HORNCastle, LN96EY

### EVENT INSTRUCTION

The European Single Lift Champion ships will take place over 20<sup>th</sup> & 21<sup>st</sup> Sep 2025:

Saturday 20 Sep: All Male athletes: Equipped and Unequipped

Sunday 21 Sep: All Female athletes: Equipped and Unequipped

### **Entry Fee**

Entry-£60.00 for first entry and £20.00 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.

Members of the **BDFPA** are to pay by electronic payment, details below.

**All International Athletes are to pay on the day in cash**

### **ON LINE Payment:**

Drug Free Powerlifting Ltd

**SortCode:**54-41-51

**AccountNo:**53681959

Using reference: Surname-Initials-Euro Single Lifts 25 (ESL25) followed by number of events entered e.g.: Thomas A-ESL25-3

### **Weigh-in.**

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

07.00–09.00 Weigh in time-Note: weigh in closes at 09.00

10.00 – Lifting starts

NB. All competitors must be present for weigh in during this time, those who arrival after 09.00 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.

### **Local Information.**

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

Parking is available at the venue.

There is a small café inside the venue that will provide hot and cold snacks. Cash will be required. No digital payment is being accepted.

The local town is within 5 minutes walking distance to the venue, supermarket, shops, pubs, fast food chains and eateries.

### **The nearest Airports:**

- Humberside 45 minutes hop from schipol, Amsterdam, 45 minutes from venue by car.
- East Midlands 90 minutes drive from venue.

### **Train stations.**

Lincoln then across the road direct bus to Horncastle which run every hour 6.00 am until 20.30.

Nearest towns and cities by car:

### **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  
Louth- 20 Mins-  
Woodhall Spa- 15 Mins

### **[Hotels in the Horncastle area](#)**

Booking.com shows many properties in the local area with accommodation ranging from larger hotel chains to Inns/Pubs, small cottages and guest houses

Accommodation in the town is limited so travel may be required up to 10 miles out and will require a car to travel back and forth from the venue.

### **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.

TrainstationName	mi.
MetheringhamLN4 3HD	12.15
ThorpeCulvertPE244NL	14.13
RuskingtonNG34 9GA	15.49
HubbertsBridgePE20 3QP	15.52
MarketRasenLN83AB	15.64
BostonPE218RN	15.74
WainfleetPE244LJ	15.95
SwinesheadPE203PT	16.19
HeckingtonNG34 9UU	17.07
HavenhousePE244AR	17.23
LincolnCentralLN57EW	17.59
SkegnessPE25 3QN	19.12
HykehamLN69AT	20.01
RaucebyNG348PN	20.48
AncasterNG323RR	22.71