



WORLD & EUROPEAN FULL POWER CHAMPIONSHIPS 2026

Sat 21 Nov & Sunday 22 Nov 2026

Studio 7, St Marys Terrace, New Street, Killarney, Co. Kerry, Ireland

EVENT INSTRUCTION

The WDFPF proudly presents the World & European Full Power Championships 2026. This event will take place will over **21-22 Nov 2026**:

21 Nov 2026: All female athletes & all male athletes up to 82.5kg weight class: Equipped and Unequipped for World and European Full Power.

22 Nov 2026: All male athletes from 90kg and above weight class: Equipped and Unequipped for World and European Full Power.

Closing date for this event is 25 Oct 2026, after this time the electronic entry form will be disabled and entries will no longer be received.

Entry Fee Costs: 85 euros

Lifter may enter the Unequipped or the Equipped category but not both

Entry fee is to be paid via transfer below:

ONLINE Payment:

Leen Qasim: [Click here to pay](#)

IBAN: IE97REVO9903 6086 7808 16

BIC/SWIFT code: REVOIE23

If payment via the link, then please ref the details in the note box.

Using reference: Surname-Nation-WFP/EPF Full Power 26 (WFP 26) e.g.: Thomas-GBR-

WFP26: Note that Payment must be made at the time of entry to secure this event

Weigh-in.

All lifters must be present at weigh-in as per the time below on whatever day they are lifting. Late arrival will preclude participation.

0730 – 0900 Registration & Weigh in

1030 – Event starts

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

0900 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.

Please click the link below to enter this event, all lifters are to enter using this digital form:
[CLICK HERE to enter World & European Full Power Championships 2026](#)

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 prescribed weight class will be permitted to lift as a guest only and be unable to set records or receive awards. The only exception to this rule is with respect to teen lifters where at the discretion of the BDFPA they may be allowed to make reasonable change to their weight class.

Participation/Qualification to lift.

To lift in the Full Power Event lifters must:

- Have a current active 2026 membership.
- Have qualified in a 2026 National event.
- To enter the World Full Power please refer to the minimal opening lift requirement as this rule will apply.
- To enter the European Full Power then no minimal opening lift will be required.

Opening lifts.

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

[Minimum unequipped opening lift requirement](#)
[Minimum Equipped opening Lift Requirement](#)

Warm Up & Competition set up

A competition platform will take centre piece with 3 warm up areas all equipped with competition plates, 2 combo racks and competition plates. With spectator seating available. Food will not be available onsite, but the map shows lots of places close by to purchase food offsite.

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.

Drugs Testing

Drug testing will be conducted. 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 verbally inform the desk prior to taking the lift, note records are not validated until drug test results are returned from all lifters.

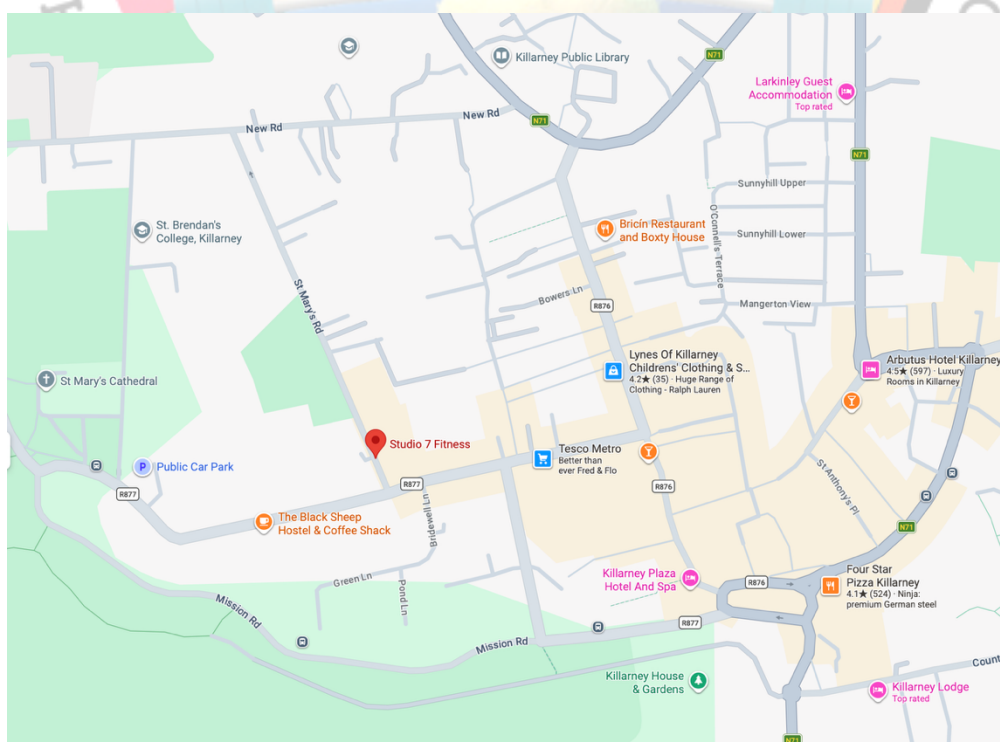
ADDITIONAL INFORMATION

Venue Facilities

Studio 7 is conveniently located in the heart of Killarney town centre, with cafés, restaurants, shops, and accommodation all within easy walking distance. The venue provides a welcoming and professional environment for competitors and supporters throughout the weekend. Currently there is no ability to live stream this event, if this changes then we will update via the social media platforms.

Parking facilities

There is no parking at the venue but there is free parking a 4 min walk away with limited spaces. There is paid parking facilities also close by.



Accommodation

Killarney offers a wide range of accommodation to suit every budget, from luxury hotels to family-run guesthouses and B&Bs. Most accommodation in the town centre is within walking distance of the competition venue and easy to find on comparison sites.

Popular options include:

- Towers Hotel
- The Plaza Hotel
- Avenue Hotel
- International Hotel
- Great Southern Killarney
- Killarney Park Hotel
- Arbutus Hotel
- Hotel Killarney

For additional options, visit [Booking.com](https://www.booking.com) and search for accommodation in Killarney.

Travel Information

Dublin Airport is about **314 km (195 miles) by road** from Killarney, and the drive typically takes around **3 hours 20 minutes** via the M7 and N21 roads.

Other travel options include:

- **Direct bus:** about **4 hours** from Dublin Airport to Killarney.
- **Train:** around **4 hours 40 minutes**, usually requiring a transfer at Mallow.
- **Flight to Kerry Airport:** about **55 minutes in the air**, plus airport transfer time.

By Train

Regular rail services operate from **Dublin Heuston Station to Killarney**, [check here](#) with journey times of approximately 4 hours.

By Bus

The [Green Bus Service](#) provides a reliable and comfortable direct connection to Killarney, with journey times like the train.

By Air

Visitors can fly into:

- **Kerry Airport** (approximately 20 minutes from Killarney)
- **Dublin Airport**, with onward train or bus connections

By Car

Killarney is easily accessible by road. For those travelling from Dublin, the **Barack Obama Plaza** makes an excellent midway stop, offering food, refreshments, and comfortable facilities.

Local Transportation

Killarney Tour & Taxi is available for airport transfers and local transport needs throughout the weekend.

Special Offer: Event attendees receive a **5% discount** on taxi services.

☎ **+353 85 280 3333**

Explore Killarney

If you're staying for the weekend, take some time to enjoy everything Killarney has to offer. From traditional Irish pubs and award-winning restaurants to the breathtaking scenery of **Killarney National Park**, there is plenty to see and do before or after the competition.

We Look Forward to Welcoming You

Whether you're competing, supporting friends and family, or visiting Killarney for the first time, we hope you enjoy a memorable and successful weekend with us.

