

# WDFPF EUROPEAN CHAMPIONSHIP SINGLE EVENT 2018

## Organiser: IDFPF: European Single Event Championships 2018

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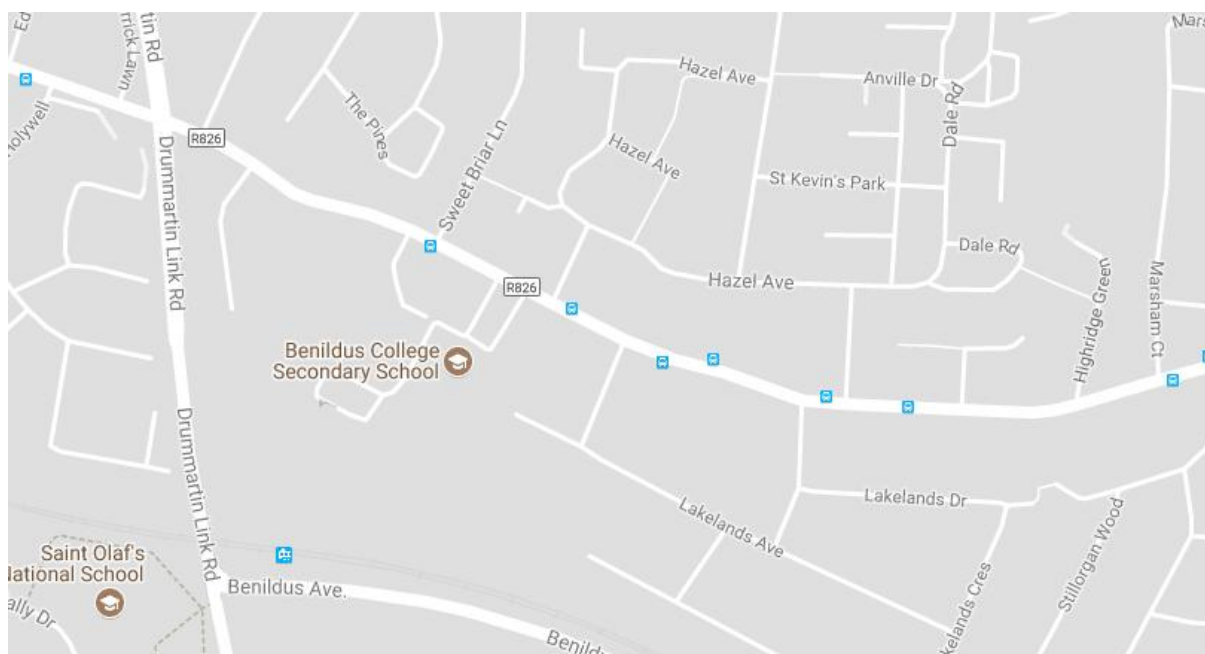
Reg Byrne: byrnereg43@gmail.com

### Venue

- Angels Power Lifting Club, Dublin, Ireland

### Address

- St Benildus Collage, Upper Kilmacud Road, Stillorgan, Blackrock Co Dublin, Ireland



### Dates

#### Three Day Event (Friday – Sunday)

- 21<sup>st</sup>Sept – 23<sup>rd</sup> Sept 2018

### Weigh in-Times

Weighing times will be announced after the entrée deadline.

- Friday
- Saturday
- Sunday

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## Registration Times

- **Thursday evening 18:00 – 19:00 at the venue & every competition day. Every competition day 30 minutes before weighing time**

## Cost

- **First entrée €65.00**
- **Any Additional Lifts €30.00 each**

## Hotels

**Three of the larger Hotels in the area are listed below, to secure accommodation we recommend your booking is made well in advance of the event.**

Talbot Hotel Stillorgan [www.talbothotelstillorgan.com](http://www.talbothotelstillorgan.com)

Address: Stillorgan Rd, Woodland, Dublin, A94 V6K5

Phone: (003531) 200 1800

Event Code "Powerlifting Event". When ringing up "quote the title to get the preferred rates "

Hotel Distance from Venue 2.5 km

Leopardstown Clayton Hotel [www.claytonhotelleopardstown.com](http://www.claytonhotelleopardstown.com)

Address: Central Park, Leopardstown, Dublin 18

Phone: (003531) 293 5000

Event Code CHAMP

Hotel Distance from Venue 3.8 km

The Beacon Hotel [www.thebeacon.com](http://www.thebeacon.com)

Address: Beacon Court, Sandyford Industrial Estate, Sandyford, Dublin 18, D18 Y8N7

Phone: (003531) 291 5000

No Preferential Rates or Event Code

Hotel Distance from Venue 2.1 km

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Please use the Hotel event / promotional code to secure preferential terms, the discount will be held for a limited period and thereafter the accommodation & discount may not be available.

## Competition Equipment:

- 2 platforms
- WDFPF recognized racks
- Eleiko bar and weights

## Warm up:

- 4 warm up stations

## Trophies:

- Trophies for each athlete 1-2-3 place
- Participation Certificate for all athletes
- Best lifter trophies Female and Male Un + Eq
- Best nation Trophies
- Competition Schedule:

Friday	Squat	Unequipped + Equipped
Saturday	Bench	Unequipped + Equipped
Sunday	Deadlift	Unequipped + Equipped

Drugsting: min 10% as WDFPF requires

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Weighing times and schedule will be announced after the entrée deadline.

## **ENTRÉE DEADLINE 21st AUGUST 2018**

See [www.eventbrite.ie](http://www.eventbrite.ie) to register

### How to get to venue

- Airport: Dublin International 21 km
- By Car: 21 or (M50 Toll 35 km)
- By public transport 21 km

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## Things to do in Dublin

Dublin has plenty of exciting things to do and see. Enjoy the beautiful St. Stephens Green Park, explore Grafton Street with its abundance of high profile shops, or soak up historical sites such as St. Patrick's Cathedral and Trinity College. All the hotels are easily accessible to the city centre and two are only 20 minutes away with the Luas Green Line service nearby.

### **The Guinness Storehouse**

The Guinness Storehouse is located at St. James Gate Brewery in Dublin City. The storehouse has an impressive 7 floors filled with interactive experiences. Starting from the bottom you have the brewing story and Guinness retail store.

### **Imagionosity**

Imagionosity offers Ireland it's one and only interactive children's museum for the under 9's and is dedicated to children's success. It is located a 10-minute drive from the hotels and can be easily reached by car or a 20-minute walk.

### **Powerscourt House and Gardens**

Originally a castle in the 13th century, it was altered in the 18th century by a German architect. It was renovated in 1996 and has become a popular tourist attraction. It has a superb golfing range, scrumptious dining in the Avoca restaurant, spectacular views of the waterfall and for those little adults, a large garden to tire them out for the day.

### **Phoenix Park**

Phoenix Park Visitor Centre offers visitors historical interpretations of the park dating back to 3,500 BC, whilst also learning about the wildlife it holds. It offers visitors free self-guided tours of various wildlife that the park houses.

### **Old Jameson Distillery**

Old Jameson Distillery come and see the Old Jameson Distillery as it is one of the most popular attractions in Dublin City Centre. Old Jameson Distillery is one of Ireland's oldest and most iconic distillers. Its famous Jameson whiskey is renowned worldwide and has put Dublin on the centre stage for whiskey production.

### **St Patrick's Cathedral**

St. Patrick's Cathedral is the largest cathedral in Ireland and is 1 of Dublin's main attraction points. It is the national cathedral of Ireland and is located in the city centre on Saint Patrick's Close, near Dame Street.

### **Christ Church Dublin**

Christ Church Dublin is the oldest building in Medieval Dublin dating back to 1030 AD. It was founded by King Sitriuc.