

EVENT GUIDE

2024

FITFEST
2024

INTRODUCTION

The team is excited to welcome you to FitFest 2024 at NEC, Birmingham from Friday 6th December - Sunday 8th December 2024. This document contains valuable information regarding travel, access to the event as well as timings.

TRAVEL

National Exhibition Centre Pendigo Way, Marston Green, Birmingham B40 1NT

The NEC is the UK's best-connected venue, located at the heart of the UK; with Birmingham airport and Birmingham International train station on-site.

Find out how to travel by car, train, tube, taxi or plane by hitting this link:
<https://www.thenec.co.uk/visitors/travel-updates/>

Travelling by rail, follow directions to Hall 20 via the Atrium.
Getting to NEC, Birmingham couldn't be easier!

Car Parking

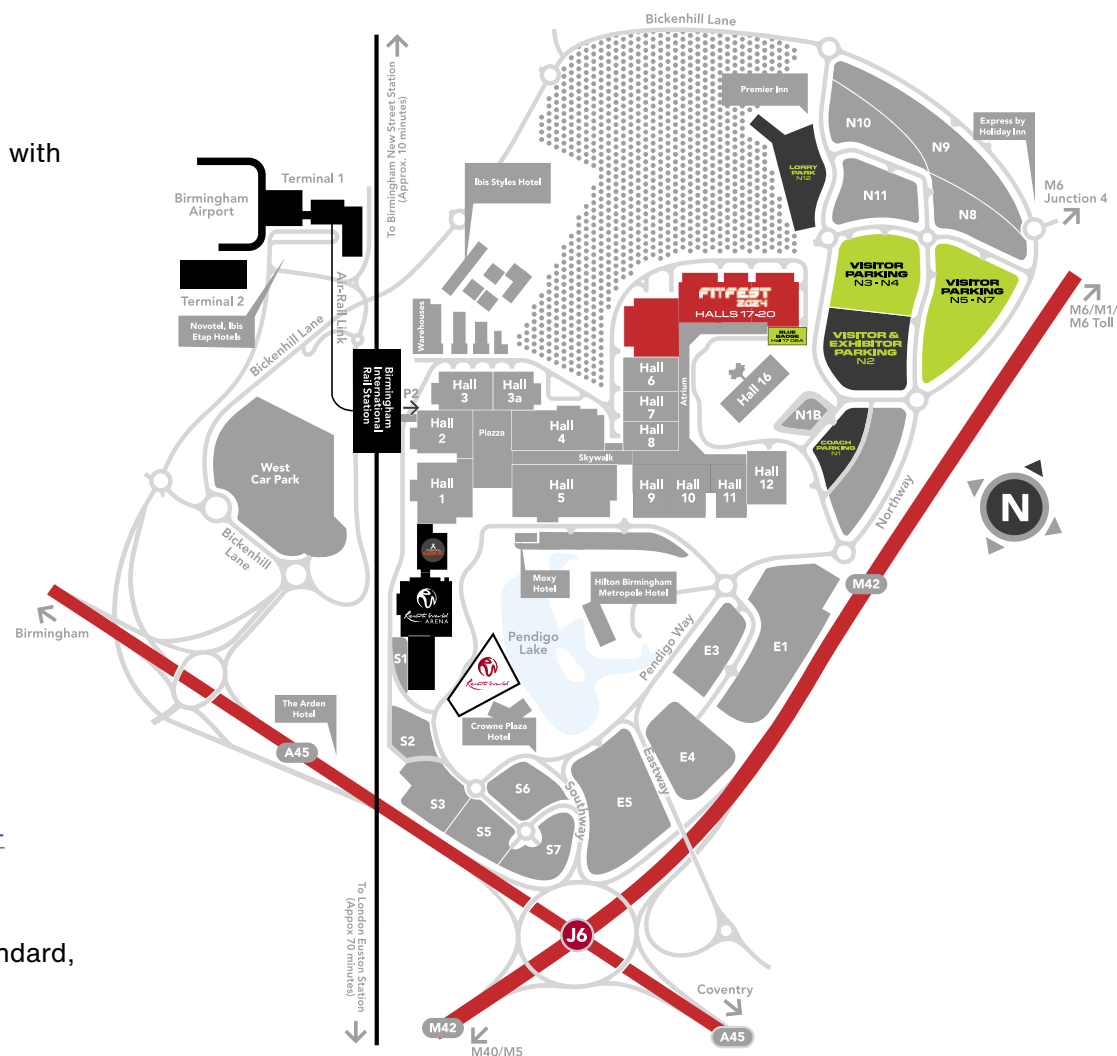
Pre book your parking to save money:

<https://www.thenec.co.uk/visitors/parking-at-the-nec/>

Follow the digital directions to FitFest 2023 for visitor parking North 3 - 7
Car parks / Coach parking North 1 Car park / Blue Badge parking - Hall 17.

Please check your journey ahead of travelling in case of any rail disruption
<https://www.thenec.co.uk/visitors/travel-updates/national-rail-strikes-and-eastway-slip-road-closure/>

Please ignore the parking times when booking the car parks; these are standard, however the carpark will be open from 0615 until late!



SPECTATOR REGISTRATION

Registration will take place at Hall 20 Kiosk just inside the Entrance. The event entrance will be Hall 17, and Exit Hall 20.
See below for timings for spectators

Friday 6 December - Closed VVIP Event Only 1700hrs – 1900hrs

Saturday 7 December 0830hrs – 2030hrs

Sunday 8 December 0830hrs – 1830hrs

PLEASE NOTE SPECTATORS WILL NOT HAVE ACCESS TO THE VENUE PRIOR TO THE ABOVE REGISTRATION TIMES.

What do you need?

Please either bring your spectator tickets printed or downloaded on your phone.

The registration team at the Spectator Ticket Kiosk will scan your ticket and give you your wristband.

THE SPORTING ARENAS

Onsite there will be the following Arenas;

Two SiD Competition Arenas, The Main Arena will be a mixture of tiered seating and standing viewing, Arena 2 will be standing viewing only.

Three British Weightlifting Competition Platforms, with a mixture of seating and standing viewing.

One ATHX Arena with standing viewing only.

One British Indoor Rowing Arena, with a mixture of tiered seating and standing viewing.

One Powerlifting Arena with standing viewing only.

One Obstacle Course Arena with standing viewing only.

One Cooper Run Track with standing viewing only.

Seats are not allocated and will work on a first come first served basis across all competitions.

ACCESSIBLE VIEWING

There will be an accessible area open to individuals with disabilities, illnesses or injuries preventing them from standing for a prolonged period at each arena. Please report to registration when onsite to find out more information. If you are a blue badge holder please bring this with you.

For further venue information please head to the NEC website Disabled Visitors to the NEC | The NEC Birmingham (<https://thenec.co.uk/visitors/accessibility/>)

VVIP EVENT

An exclusive ticketed event will see VIPs having the chance to take on workshops hosted by the Elite Athletes, Q&A time, meet and greets, and photo opportunities on Friday evening.

FitFest INVITATIONAL - Europe V Rest of the World - HALL 20

Competing across Saturday and Sunday, our Elite Athletes will take to the competition floor on the SiD Main Arena in-between the SiD Triple Threat competition. This event will see athletes from Team Europe compete against Team Rest of the World.

Athletes competing in this event; Arielle Loewen, Dallin Pepper, Emily Rolfe, Abbie Domit, Nick Mathew, Fee Saghafi, Colten Mertens, Sam Dancer, Shelby Neal, Jayson Hopper, Björgvin Karl Guðmundsson, Emma Mcquaid, Sara Sigmundsdottir, Aimee Cringle, Harry Lightfoot, Aniol Ekai, Ella Wilkinson, Jelle Hoste, Jonne Koski and Lucy Mcgonigle.

For heat timings, workouts and leaderboards, please head to the FitFest website: <https://www.fitfest-event.com/>

***Note the main arena is not available to every ticket type, please check you have purchased a full FitFest Event Ticket to access this arena, certain sport spectator tickets will need to be upgraded to gain access.**

Timings:

Saturday - 1200 - 1300 / 1700 - 1830

Sunday - 1200 - 1300 / 1630 - 1730

Keep an eye out on socials for announcements where you'll get the chance to meet the elites and grab a photo with your idol!

SID TRIPLE THREAT - HALL 20

Is a one day team event; There are 10 divisions competing concurrently across the weekend. Teams of 3 will compete on either Saturday or Sunday depending on their division. For heats , workouts, leaderboards, please head to the Strength in Depth website: <https://www.strengthindepth.com/>

ATHX - HALL 17

Competing in pairs, Saturday is an invite only ATHX Finals Day, where the top athletes from each division from across the year will compete for the podium spots. Sunday will be the first ATHX Individuals event of the season!

For heat times, leaderboards and further information please head to: <https://athxgames.com/>

ENGLAND WEIGHTLIFTING CHAMPIONSHIPS - HALL 18

With competitions across both days, the England Weightlifting Championships will also include Para Powerlifting and Senior Athletes.

For information on schedule and leaderboards, please head to: <https://britishweightlifting.org/competitions/england-championships>

BRITISH ROWING INDOOR CHAMPIONSHIPS - HALL 17

Multiple categories will compete over Saturday including but not limited to Open, Junior, Team Relay, Masters, Adaptive and Lightweight. Sunday will see a brand new competition to FitFest - Super Sprint Sunday!

For heat times, leaderboards and further information please head to: <https://www.britishrowing.org/events/events-calendar/bric/>

BRITISH POWERLIFTING GRAND PRIX - HALL 19

New for 2024, British Powerlifting will be bringing the Grand Prix to FitFest; with a Classic Powerlifting competition Saturday and a Classic Benchpress, Deadlift, and Equipped Bench Competition on the Sunday.

For heat times, leaderboards and further information please head to: <https://www.britishpowerlifting.org/upcoming-competitions>

COOPER RUN - HALL 18

New for 2024, Run for All is bringing the Copper Run challenge to FitFest. Runners of all levels are invited to test their speed and endurance on a dedicated indoor track, aiming to complete as many laps as possible within a 12-minute time limit. With a chance to sign up on the day; It is perfect for those seeking a personal benchmark or just looking to have fun, the 12-Minute Challenge is designed to inspire runners to go further, faster, and leave it all on the track.

For further information please head to: <https://www.runforall.com/events/cooper-run/birmingham/>

BRITISH OCR 100m CHAMPIONSHIPS - HALL 18

New for 2024, British Obstacle Sports is teaming up with FitFest to host the British OCR 100m Championships; with the following categories competing on Saturday, Elites, Age Group, Para, International; and the top of each division going through to the Sunday finals!

For heat times, leaderboards and further information please head to: <https://britishobstacle.org/british-ocr-100m-championship/>

WHAT'S ON

As well as all the sporting competitions there will be plenty for you to do;

- Obstacle Course Play Time - You can sign up on the day!
- Cooper Run - Either sign up on the day or via the website

Book a session within any of the following HERE

- FitFest Training Hub
- Studio Session
- Academy Programme
- Meet the Coach

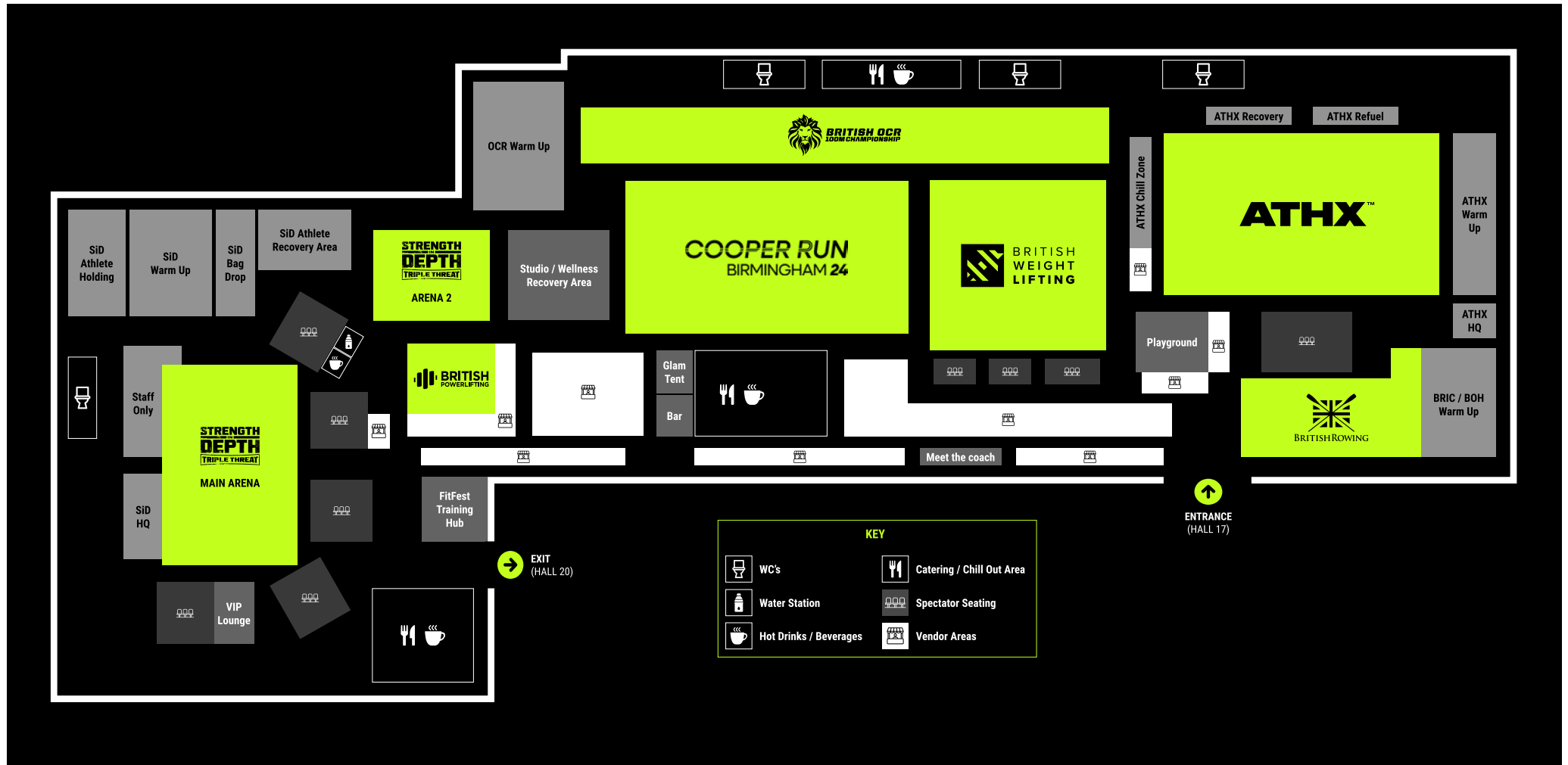
There will be a vast vendor village that will fill any down time that you have! Vendors will be spread across Halls 17 - 20; you'll also find

- A playground
- The Wellness and Recovery Zone *Bring a towel to have a dip in the ice bath!
- Glam Tent
- Energym

WHAT'S ON

Across each of the halls there will be plenty of catering / coffee and seating areas; the NEC catering pods in Halls 18 and 19 will also be open if you wish to escape the hall for lunch / coffee!

Check out the venue map below.



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www.fitfest-event.com