

BRITISH POWERLIFTING ORGANISATION

EST. 1994

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2010 WELSH & ENGLAND OPEN CHAMPIONSHIPS POWERLIFTING, BENCH PRESS & DEAD LIFT

(Qualifiers for British)

Venue: Four Seasons, Trallwn Road, Llansamlet, Swansea

Meet Directors: Ken Williams (07970 625946)

Date: 14th March

- ENTRY FORM -

Last Name	First Name

Organisation	Membership No

Postal Address	

Post Code	Phone No

Date of Birth	Age

Championships: WALES ENGLAND Sex-Male/Female	
_____ (Circle Choice) _____	
Bodyweight Category (Circle appropriate category)	

Men's	56 60 67.5 75 82.5 90 100 110 125 140 140+

Women's	48 52 56 60 67.5 75 82.5 90 90+

You will be allowed to move up only ONE weight class that you have entered if over weight

Championships choice(s) (circle each entry) POWERLIFTING ONLY – BENCH PRESS ONLY – DEAD LIFT ONLY

Age Category (Circle appropriate category)

Teenager 15/19 - Junior 20-23 - Open - M40+ - M45+ - M50+ - M55+ - M60+ - M65+ - M70+

I hereby agree to enter this competition on the following terms:

1. That I am a member of the British Powerlifting Organisation
2. That I take part entirely at my own risk and that there shall be **NO** liability whatsoever on the part of the Meet Director, the British Powerlifting Organisation, its officers, employees or agents for any loss, damage or injury suffered by me, howsoever caused.
3. That I know of no reason why I should not take part on the grounds of ill health.
4. I enclose my **£20** entry fee for EACH entry, payable to the British Powerlifting Organisation, which is non-refundable.
5. All entry forms and fees to be sent to the British Powerlifting Organisation, to be received by **NO LATER than the 21st February 2010**
6. I agree to produce at the weigh-in proof of my age by passport or photographed driving licence.
7. I agree to abide by all the WPF rules for Powerlifting, Bench Press and Dead Lift.

Signature _____ Date _____

I am the Parent/Guardian of _____

Named above who is under 18 years of age and I confirm acceptance of the above terms on his/her behalf.

Signature _____ Date _____

- Fortis Est Potentia -

Affiliated to the World Powerlifting Federation and the European Powerlifting Congress