

**BRITISH DRUG-FREE
POWERLIFTING ASSOCIATION
EASTERN COUNTIES WINTER OPEN CHAMPIONSHIPS
FULL POWER & SINGLE LIFT (UNEQUIPPED & EQUIPPED)**



SUNDAY 9th DECEMBER 2018

*An affiliate of the
W.D.F.P.F.*

VENUE: Hockley Gym, 1 Eldon Way Industrial Estate, Eldon Way, Hockley SS5 4AD

WEIGH-IN: 0800-0930 – All lifters **MUST** have weighed in between 0800-0900.
The remaining 30 minutes is for anyone that may require a re-weigh.

LIFT OFF: 1000

NAME:..... **GENDER (M/F):**..... **D.O.B.**.....

ADDRESS:.....

..... **POSTCODE:**.....

EMAIL:..... **TELEPHONE:**.....

WEIGHT CLASS: **BDFPA m/ship no:**.....**MEMB. DIVISION**.....

Please select your entry by circling/highlighting as appropriate

FULL POWER UNEQUIPPED

FULL POWER EQUIPPED

SINGLE LIFT SQUAT UNEQUIPPED

SINGLE LIFT SQUAT EQUIPPED

SINGLE LIFT BENCH PRESS UNEQUIPPED

SINGLE LIFT BENCH PRESS EQUIPPED

SINGLE LIFT DEADLIFT UNEQUIPPED

SINGLE LIFT DEADLIFT EQUIPPED

FEES: Full Power = £25 Single Lift = £15 per lift Non Lifters/Spectators = £2 (under 16s free)

I understand that I compete at my own risk – Signature:.....

Please complete and return this form with cheque made payable to “Bionic Branch Barbell Club – Club3b”, Unit 15 Oaklands Farm Estate, Goatsmoor Lane, Ingatestone, CM4 9RH. Or you can arrange electronically by sending the completed entry form to Club3b@hotmail.com and bank transfer to Bionic Branch Barbell Club – Club3B, Sort Code 60-02-30, Account Number 6570-1585 ensuring to use your full name as reference in the transfer.

ENTRY DEADLINE: Saturday 24th November ‘18. Entries received with a postmark after this date will not be accepted. All applicants must have a valid membership in place upon application for this competition. Entries are not confirmed unless a completed Entry Form and Payment are both received. Forms will not be accepted unless fully completed.

DRUG TESTING MAY TAKE PLACE AT THIS EVENT

Membership with the BDFPA must be held for 3 months to be eligible for record breaking.

Eligible Competitors can break Eastern Counties Divisional Records at this event.

Attempts at National Records at this event will be subject to suitably qualified referees being available.

Please be aware of the dress code/equipment codes as depicted in the BDFPA rulebook.

Queries should be sent to:

Glenn Branch (Eastern Counties Records Registrar) Club3b@hotmail.com



ADDITIONAL EVENT INFORMATION

VENUE: Hockley Gym, 1 Eldon Way Industrial Estate, Eldon Way, Hockley SS5 4AD



- There is parking throughout the estate, and connecting roads.. However please do not block the Venue ramps as they are needed for access. And please observe any signage on neighbouring premises with regards to parking.
- The Venue is right by the Highstreet where there are some shops.
- There will be foods (Sandwiches, Fruits, Bars, Snacks) and Drinks (Hot drinks, cold drinks, energy drinks) available on the day at the Event Desk. There will also be competition clothing, and Club3B items available.
- The Club is big and has ample facilities. However, warm up areas will be marked out and lifters must adhere to using the marked out areas provided as the Gym will be open to its regular members also.
- There is an entry fee for All Non-Lifters (termed "Spectators"). Which is £2 per person (free for under 16s). Paid Spectators will have their hands stamped as receipt of payment, and will be required to show to the Event Desk when/if returning to the Event throughout the day.
- A draft Flight list will be posted a few days prior to the event, but will only be confirmed on the day.
- Our Sponsors of the event will also have their products available for discounted purchase on the day: www.bodybioniconutrition.co.uk will have their range of products available, Club3B Clothing range will be available on the day (Hoodies, Joggers, T-Shirts, Vests, Beanies, Snap Backs, Bags, Deadlift Socks, Breifs, Towels, Singlets), and Artesi Alkaline Water www.artesiansprings.co.uk .
- Withdrawal from the Event after the deadline or after confirmation that the event is closed, will not be eligible for entry refunds. Prior to this will be considered by the Event Organiser and Divisional Rep.

Events heavily rely on the support of volunteers, including representatives, organizer's and referees. If you would be interested and willing to help support the event by Loading, Spotting, Admin, please contact the event organisers.

