



COMMUNITY LEISURE LTD

BDFPA's Wales Division presents,

Winter Full Power & Single Lifts

FULL POWER & SINGLE LIFTS (UNEQUIPPED & EQUIPPED)

Sunday 9th December 2018

VENUE: Pacific Fitness, Unit 5 Taff Business Centre, Tonteg Road, Pontypridd CF37 5UA

WEIGH-IN: 08:00am - 09:30am – All lifters **MUST** have weighed-in between 08:00am - 09:00am.

The remaining 30 minutes is for anyone that may require a re-weigh.

LIFT OFF: 10:00am

NAME:.....**GENDER** (M/F):.....

AGE ON DATE OF COMP:.....

ADDRESS:.....

.....

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

.....

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

.....

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

FEES: £25 per Entrant. Please select your entry by putting 'X' in one or more boxes below.

	Unequipped	Equipped
Full Power		
Single Lift Squat		
Single Lift Bench Press		
Single Lift Deadlift		

I understand that I compete at my own risk (please sign):.....

HOW TO ENTER:

Please complete and return this form with cheques made payable to Geraint Llewellyn, 10 Pencerrig Street, Graigwen, Pontypridd, CF37 2HS. Or drop the form and cash into Pacific Fitness. Or you can arrange electronically by sending the completed entry form to geraintllewellyn79@gmail.com and bank transfer to G Llewellyn, Sort Code 401618, Account Number 01514458 ensuring to use your full name as reference in the transfer.

ENTRY DEADLINE: 28th October 2018. Entries received with a postmark after this date will not be accepted. Please Note: There are limited spaces, first come first served, and this event may 'sell-out' before the entry deadline date in which case no further entries will be accepted.

All applicants must have a valid BDFPA membership in place upon application for this competition. Entries are not confirmed unless a completed Entry Form and Payment are both received.

**DRUG TESTING MAY TAKE PLACE AT THIS EVENT
NATIONAL RECORDS CANNOT BE SET AT THIS EVENT**

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