

**BRITISH DRUG-FREE  
POWERLIFTING ASSOCIATION**

ALL ENGLAND POWERLIFTING CHAMPIONSHIPS 2019



**FULL POWER (UNEQUIPPED & EQUIPPED) &  
SINGLE LIFTS (UNEQUIPPED & EQUIPPED)**

**SUNDAY 16<sup>TH</sup> JUNE 2019**

**VENUE:** Brandon Leisure Centre, 20 Church Rd, Brandon, IP27 0JB

**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):**.....**D.O.B:**.....

**ADDRESS:**.....

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

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

**WEIGHT CLASS:**.....**MEMB.DIVISION:**.....

Please select your entry by circling/highlighting as appropriate:

**FULL POWER UNEQUIPPED**

**FULL POWER EQUIPPED**

**SL SQUAT UNEQUIPPED**

**SL BENCH UNEQUIPPED**

**SL DEADLIFT UNEQUIPPED**

**SL SQUAT EQUIPPED**

**SL BENCH EQUIPPED**

**SL DEADLIFT EQUIPPED**

**FEES: Full Power = £25, Single Life = £20 for first life, Each additional single lift thereafter = £10**

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

Please complete and return this form with a cheque made payable to Steve Van Kempen, 104 Sandford Road, East Ham, London, E6 3RB. Or you can arrange electronically by sending the completed entry form to [vankempens@yahoo.co.uk](mailto:vankempens@yahoo.co.uk) and bank transfer ensuring to use your full name as reference in the transfer:  
**S Van Kempen, Sort Code 40 02 34, Account Number 3113 7565**

**ENTRY DEADLINE:** 31<sup>ST</sup> May 2019. 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.

**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:**

Steve Van Kempen (Eastern Counties Representative) [vankempens@yahoo.co.uk](mailto:vankempens@yahoo.co.uk) or 07860 562297