

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



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

SUNDAY 17th MARCH 2019

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

FEES: Full Power = £25

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 Glenn Branch, 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: Friday 8th March '19. 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, alongside a valid BDFPA membership.

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) will be available on the day at the Event Desk. There will also be competition clothing, Club3B
- 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.
- An email will be sent to all entrants in the days prior to the event covering many FAQs and additional important information. Please look out for this a read fully.
- Withdrawal from the Event are non-refundable.
- Some of our Sponsors may be in attendance at the event, with their products. Our Sponsors include:
 - www.9for9.co.uk Premium Powerlifting Equipment.
 - www.bodybioniconutrition.co.uk Sports & Health Supplements.
 - www.cashconvertors.co.uk/store-locator pitsea store
 - www.kedon.co.uk Professional Engraving & Printing.
 - www.perrysportables.co.uk Bespoke Garden Furniture and Summerhouse Specialist.

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.