

# BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



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

## Dean Mikosz Memorial and South East qualifying event for both Single and Full-power 2019 National Championships

Venue – Sunbury Cricket Club, Sunbury on Thames, TW16 5PS -  
telephone 01932 783133

Date – 19<sup>th</sup> January, 2019

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Weigh-in 8.30 – 10 am. Lifting begins at 10.30 am – Competitors are  
required to be current BDFPA members and at venue 8.30-9.30 am

Last date for receipt of entry is 4<sup>th</sup> January, 2019 Entry fee £25.00

Name.....

Address.....  
.....  
.....

Email.....telephone.....

Age category.....DOB.....B/W.....Gender.....

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

Please complete this form in clear handwriting with cheque/postal  
order made out to Neil Abery and post to Neil at –  
40 Wootton Hall Park, Wootton, Northampton, NN4 0JH  
Telephone 07974 178618

There is a two-man deadlift challenge, free to enter, after this event.