

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



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



(Photo courtesy of John Watts-Robertson, September, 2014)

My fifth memorial event is in total respect of my amazing Power-lifting partner, whom we all sadly lost in November, 2014.

This is a 2019 National Full power qualifying event and also for 2020 National Single Championships on **19th May, 2019** – to be held at Black Country Barbell, Unit 1, Talbot Street, Stourbridge, DY8 1SN.

Weigh-in 8-9 am – as ever all need to be at venue within first hour as 9.9.30 only possible for re-weighs. Cut off date to receive entrants is 4th May.

Please indicate by circling your lifting intentions –

Full-Power.....Unequipped.....Equipped.....

Single Squat.....Unequipped.....Equipped.....

Single Bench.....Unequipped.....Equipped.....

Single Dead-lift.....Unequipped.....Equipped.....

Full-power - £25.00: Single lift - £20.00, additional lift £5.00.

Please complete the following IN CLEAR CAPITAL LETTERING

Name.....

Address.....

.....

.....

Current BDFPA membership number.....

Email for acknowledgement (ESSENTIAL!).....

Telephone.....

Date of birth.....Age

Bodyweight class.....

Database will be checked for membership and all entries acknowledged. Drug testing will take place.

Please sign the following -

I understand that I compete at my own risk

(Signature).....

Dress code: As per our rule-book displayed on BDFPA website.

I am always happy to assist with any queries – just please email me at

pat@foodalive.org

Please make cheque/postal order to **Ms P J Reeves** with appropriate entry fee and post to

Pat Reeves, Oakfield Cottage, Bromley Lane, Kingswinford, West Midlands, DY6 8JP

Or on-line using the following details

Santander Ms P J Reeves 93167501 09-01-34 using name as reference