

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



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

WEST MIDLANDS DIVISIONAL CHAMPIONSHIPS, 20th January, 2019 at Black Country Barbell, Unit 1, Talbot Street, Stourbridge, DY8 1SN.

Weigh in 8-9.00am – lifting approximately 10 am

Cut off date for receipt of entries is 5th January, 2019.

This is also a qualifying event for upcoming National Singles and National Full-Power later in 2019.

Please indicate by circling your lifting intention (s) –

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 is £5.00

Please complete below in CLEAR CAPITAL LETTERING!

Name.....

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

Email for acknowledgement (essential!).....

Telephone.....

Date of birth.....age.....Bodyweight class.....gender M/F.....

Catherine Walter will check database for current membership (I will submit entries on 5th January) and I will acknowledge all entries upon receipt to me.

DRUG TESTING WILL TAKE PLACE!

Please be within venue during the first hour of weigh-in as final thirty minutes is dedicated to re-weighs only.

Please sign the following –

I understand that I compete at my own risk – signature.....

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

I am happy to assist with any queries – email is always best to communicate with me as can be outside of UK

Please note the following to avoid missing your chance to compete –

YOU MUST BE A MEMBER OF BDFPA TO PARTICIPATE IN THIS COMPETITION – IT CAN TAKE UP TO TWO WEEKS FOR YOUR MEMBERSHIP STATUS TO BE CONFIRMED VIA OUR NATIONAL COUNCIL, HENCE MY FIFTEEN DAY CUT-OFF DATE. PLEASE ENSURE YOU APPLY IN GOOD TIME!

Please submit cheques/postal orders to P J Reeves and forward to Oakfield Cottage, Bromley Lane, Kingswinford, DY6 8JP or BACS using following details –

Santander Ms P J Reeves 93167501 sort code 09-01-34
Please use your surname as reference for my checking.

Best wishes, Pat