

# BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



## 2021 Southern Counties Full-power Divisional

Venue – PT:U Personal Training and Performance. Unit C7,  
Grovelands Avenue Ind Est, Winnersh RG41 5LB - Telephone  
07903086003

Date – Sunday 8<sup>th</sup> August 2021

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Weigh-in 8.00 – 9:30 am. Lifting begins at 10.00 am – Competitors  
are required to be current BDFPA members and at venue 8.00-9.30  
am

Last date for receipt of entry is 30<sup>th</sup> July 2021

Full power - £25.00:

Name.....

Address.....

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

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

Please indicate by circling your lifting intention (s)

Full-power.....unequipped.....equipped

I understand that I compete at my own risk

Signature.....

**Drug Testing will take place at this event**  
**Memberships will be checked by the Membership Registrar**  
***Dress code as per the BDFPA Rule Book at [www.bdfpa.co.uk](http://www.bdfpa.co.uk). Knee sleeves are classed as 'Equipped' within the BDFPA.***

**Please complete this form in clear handwriting and email it to [alana.kate@yahoo.co.uk](mailto:alana.kate@yahoo.co.uk)**

**Please send entry fee via BACS Transfer:**

**Name: Alana Pash**

**Account No: 77175017**

**Sort Code: 60-83-71**

**Telephone 07903086003**

**Your name for Payment Reference**

Please **do not** contact PT:U Personal Training and Performance in regards to the competition, please use the number on the entry form.

There is parking around the industrial unit and there are no parking restrictions on a Sunday, just please be respectful and mindful to local businesses in the area.

Nearest station is Winnersh with a 14-minute walk

There is a Sainsbury's is a 20min walk or 5 minute drive