



**BRITISH DRUG-FREE POWERLIFTING ASSOCIATION
ALL ENGLAND CHAMPIONSHIPS**

FULL POWER (UNEQUIPPED & EQUIPPED) & SINGLE LIFTS (UNEQUIPPED & EQUIPPED)

SUNDAY 28th november 2021

VENUE: Lynx Fitness Gym, 2 Wimbledon Avenue, Brandon, IP27 0NX
WEIGH-IN: 08:00am – 09:30am – All lifters **MUST** have weighed-in between 08:00am – 09:00am.
 The remaining 30 minutes is for anyone that may require a re-weigh.
LIFT OFF: 10:00am

NAME:.....**GENDER (M/F):**.....**D.O.B:**.....

ADDRESS:.....

POSTCODE:.....**EMAIL:**.....

TELEPHONE:.....**WEIGHTCLASS:**.....**MEMB.DIVISION**.....

Please select your entry by circling/highlighting as appropriate:

- | | | |
|------------------------------|----------------------------|-------------------------------|
| FULL POWER UNEQUIPPED | FULL POWER EQUIPPED | |
| SL SQUAT UNEQUIPPED | SL BENCH UNEQUIPPED | SL DEADLIFT UNEQUIPPED |
| SL SQUAT EQUIPPED | SL BENCH EQUIPPED | SL DEADLIFT EQUIPPED |

FEES: Full Power = £30 Single Lift = £25 plus £15 for any additional event

Please complete and return this form with a cheque made payable to Steve Van Kempen, 104 Sandford Road, East Ham, London, E6 3RB. Or you can arrange electronically by sending the completed entry form to vankempens@yahoo.co.uk and bank transfer ensuring to use your full name as reference in the transfer:
S Van Kempen, Sort Code 40 02 34, Account Number 3113 7565

ENTRY DEADLINE: 14th november 2021. 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.

Queries should be sent to: Steve Van Kempen (Eastern Counties Representative) vankempens@yahoo.co.uk or 07860 562297

I understand that I compete at my own risk (please sign):.....

Drug testing may take place at this event. For correct kit and attire please check the BDFPA rulebook.

**Sponsored by Soal Athletics
www.soalmentality.com**