

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



2022 Southern Counties Divisional Competition

Venue – Bridge Road Barbell Club, Unit 2, Bridge Road Camberley
GU15 2QR- Telephone 07903086003
Date – Sunday 30th January 2022

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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 Sunday 16th January 2022

Full power - £25.00: Single lift £20.00 – additional lift is £5.00:

Name.....

Address.....

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

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

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

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.
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

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 Bridge Road Barbell Club 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 Camberley with a 12-minute bus journey (No1 Gold bus)
There are a few local hotels near to Bridge Road Barbell Club if you need one.

There is a petrol garage on the Frimley Road roundabout; there isn't much around that is walking distance so please make sure you come prepared