



BRITISH DRUG-FREE POWERLIFTING ASSOCIATION
 Dan ellington memorial/eastern counties championships 2022

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

Sunday 27th february 2022

VENUE: motiv8 gym 12 bergen way kings lynn PE30 2JG
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 jimbojj69@gmail.com and bank transfer ensuring to use your full name as reference in the transfer: to james jefferies

Sort Code 776606 Account Number 03147960

ENTRY DEADLINE: 14th february 2022. 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 or james jefferies 07909 617555

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.

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www.soalmentality.com

