



All England championships 2024

FULL POWER (UNEQUIPPED & EQUIPPED)

Sunday 5th May 2024

**Venue.... Lynx Gym brandon
2 wimbledon avenue brandon
Suffolk IP27 0NZ**

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

FEES: £35 to enter or £ 55 for both events

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: to steve van kempen

Sort Code 400234 Account Number 31137565

ENTRY DEADLINE: 21st april 2024 or when full. 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*):.....

No refunds will be given for any reason as all monies go into the competition.

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