**South Midlands**

**Open**

**Championships**

**Sunday 22nd May 2016**

Venue TBC

**Open to South Midlands lifters until 22nd April 2016, after this date comp will be open to guests (space permitting).**

**The competition is open to equipped and classic lifters**

**Weigh-In 1:** 8-30 a.m – **Lift-Off:** 10-30 a.m

**Weigh-In 2:** 12 midday **Lift-Off:** 2 p.m

**Entry Fee:** £20 Cheques make payable to: South Midlands Powerlifting Association

Send Cheque & Entry form to: Dean Bowring, 4 Nobes Avenue, Gosport,

Hants, PO13 0HT

Any questions contact: Dean Bowring,

Phone: 07789798570 Email: deanbowring@googlemail.com

**Closing Date for Entry: Wednesday 22nd April 2015**

Please note: Competitors must be current GBPF members and need to produce their valid card at the weigh-in.

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I accept the invitation to compete in the: South Midlands Powerlifting Championships

I accept all the conditions shown above and my £20.00 entry fee is enclosed.

Name……………………………………………..Male/ Female……………………….

GBPF Membership No. . . . . . . . . . . . . . . . .

B/W category…………………………….. Equipped/Classic……………………… Date of Birth…………………….

Division. . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .

Address. . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .

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Email. . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .