

# South Midlands Powerlifting Association

## Open Championships

**Saturday 27<sup>th</sup> and Sunday 28<sup>th</sup> January 2018**

**HMS Temeraire  
Burnaby Road  
Portsmouth  
Hampshire  
PO1 2HB**

**Entry Fee: £25 (Free for members of HM Armed Forces)**

**Spectators Free**

**All competitors must be current British Powerlifting members and need to produce their valid card at the weigh-in**

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

**Closing Date for Entry: 17 January 2018**

<b>Saturday Weigh-In: 0830hrs – 1000hrs</b>	<b>Female competitors up to and including 63kg Male competitors up to and including 66kg</b>	<b>Lift Off 1030hrs</b>
<b>Saturday Weigh-In: 1130hrs – 1300hrs</b>	<b>Male competitors 74kg and 83kg</b>	<b>Lift Off 1330hrs</b>
<b>Sunday Weigh-In: 0830hrs – 1000hrs</b>	<b>Male competitors 93kg, 105kg, 120kg and 120+kg</b>	<b>Lift Off 1030hrs</b>
<b>Sunday Weigh-In: 1130hrs – 1300hrs</b>	<b>Female competitors 72kg, 84kg and 84+kg</b>	<b>Lift Off 1330hrs</b>

**Weight class order TBC. Check <http://smpowerlifting.co.uk> or our [Facebook](#) page.**

**IMPORTANT:** As this competition is being held on Royal Navy premises the names of competitors, spectators and coaches will need to be submitted so that they can be logged at the security gate. Use the form below on Page 2 to add the names of people that you expect to attend with you. Please bring photo identification with you on the day.

Competitor Details		
Name:	Gender:	Member No:
Age as of 1 Jan 2018 (needed for Wilks formula):	Equipped/Classic:	B/W Category:
Division:	Email:	Telephone:
Address:		
To pay by cheque, make cheques payable to "South Midlands Powerlifting Association" and send the cheque and completed entry form to: Dean Bowring, 4 Nobes Avenue, Gosport, Hants. PO13 0HT		To pay by PayPal: Use <a href="mailto:deanbowring@googlemail.com">deanbowring@googlemail.com</a> and then send the completed form by email to the same email address.

**PayPal**

For any enquiries, contact Dean Bowring on 07789798570 or email [smpowerlifting@gmail.com](mailto:smpowerlifting@gmail.com)

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