**South Midlands Powerlifting Association**

**BITESIZE #5 Divisional Championships**

**Saturday 21 October 2017**

**Crossfit Maidenhead**

**Reform Rd**

**Maidenhead**

**SL6 8BT**

<http://www.crossfitmaidenhead.com/>

**Entry Fee: £20**

**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: 11 October 2017**

**Weigh-In: 1100hrs – 1200hrs**

**First lift: 1300hrs**

This competition has a strict limit of 25 competitors. Priority will be given to South Midlands Powerlifting Association members.

|  |  |  |  |
| --- | --- | --- | --- |
| **Competitor Details** | | | |
| Name: | Gender: | | Member No: |
| Age as of 1 Jan 2017 (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 | | C:\Users\William\Desktop\PayPal-logo-20071.pngTo pay by PayPal: Use [deanbowring@googlemail.com](mailto:deanbowring@gmail.com) and then send the completed form by email to the same email address. | |

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