**South Midlands Powerlifting Association**

**Open Championships**

**Saturday 27th and Sunday 28th January 2018**

**HMS Temeraire**

**Burnaby Road**

**Portsmouth**

**Hampshire**

**PO1 2HB**

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

**Spectators Free**

**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**

**Saturday Weigh-In: 0830hrs – 1000hrs. Lift Off 1030hrs**

**Sunday Weigh-In: 0830hrs – 1000hrs. Lift Off 1030hrs**

**Weight class order TBC. Check** <http://smpowerlifting.co.uk> **or our** [Facebook](https://www.facebook.com/groups/418230201685242/) **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.

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| **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 | | 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 [smpowerlifting@gmail.com](mailto:smpowerlifting@gmail.com)

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| --- | --- |
| Coach/Spectator Details | |
| Name: | Name: |
| Name: | Name: |
| Name: | Name: |
| Name: | Name: |
| Name: | Name: |
| Name: | Name: |