



SOUTH WEST POWERLIFTING ASSOCIATION
OPEN DIVISIONAL CHAMPIONSHIPS 2019 – ENTRY FORM

SATURDAY 6th APRIL 2019 ALL WOMEN & UP TO 74KG MEN
SUNDAY 7th APRIL 2019, 83KG TO 120+KG MEN
WEIGH-IN 8.00 -9.30am. 10.00am START ON BOTH DAYS

Cheltenham Weightlifting Club, Gym 66, Unit 12 Bramery Business Park, Alstone Lane, Cheltenham GL51 8HE

FULL NAME

POSTAL ADDRESS

.....

E-MAIL ADDRESS

CLUB **SEX**

WEIGHT CATEGORY **KG** **DATE OF BIRTH**

EQUIPPED/UNEQUIPPED (Classic) – please circle which you will be lifting.

2019 GBPF Membership No **CARD MUST BE SHOWN AT WEIGH-IN**

Signed..... **Date**

ENTRY FEE: Senior £25 & Junior £15 (Under 23 in 2018)

Please indicate payment method

PayPal Payments to swpla@hotmail.co.uk

Or cheque made payable to 'SWPLA'

Please return completed forms plus cheque if applicable to:
Richard Parker, 44 Roberts Road, Prestbury, Cheltenham, GL52 5DJ

OR email to richard.h.parker@tinyworld.co.uk

BY FRIDAY 15th MARCH - LATE ENTRIES WILL NOT BE ACCEPTED

MAXIMUM 10 GUEST LIFTERS ON A FIRST COME FIRST SERVED BASIS

LIFTING PROGRAMME SUBJECT TO CHANGE UNTIL CLOSING DATE