

COMMONWEALTH POWERLIFTING CHAMPIONSHIPS
BOURNEMOUTH UNIVERSITY 15-18 DECEMBER 2011

If you wish to be considered for selection for the English team please complete and return this form, as soon as possible:

Full Name:

Address:

.....

Contact telephone number (s):

Email address:

Date of birth: Age Group:

Please indicate which weight category and discipline you wish to be considered for:

Weight category:kg Equipped or Unequipped 3 lift
Equipped or Unequipped Bench Press
(*please delete those not applicable*)

I accept that I will be responsible for paying the required entry and drug test fees:

Signed Date

IMPORTANT NOTE:

If you are under 18 years of age on the day you lift you **MUST** provide parental consent that you can have urine samples taken for drug testing:

I give my consent that can be drug tested at the 2011 Commonwealth Powerlifting Championships:

Name: Signature..... Date.....

Relationship to lifter

Please return form to: Fred Sterry, 35 London Road, Grantham, NG31 6EX. Email: fred.sterry@btinternet.com