

*CHAIRMAN
Richard Parker
44 Roberts Road
Cheltenham
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20th April 2011

Dear English Powerlifter,

COMMONWEALTH POWERLIFTING CHAMPIONSHIPS

The next Commonwealth Powerlifting Championships are being held at Bournemouth University 15-18th December 2011 and England will be sending full teams. All age groups and disciplines will be covered, i.e. Equipped, Unequipped and Bench Press. This is excellent an opportunity for English lifters to compete in a prestigious international competition with a real chance of success.

Team selection will be done by the English Powerlifting Association, based on performance at all national championships this year. However, lifters will have to pay their own entry and drug test fees, which are likely to be in the order of £30 and £50 respectively. In addition, they will be responsible for their own accommodation and fee for the banquet, which will be around £25. Do bear in mind that these championships were originally scheduled to be in South Africa, which would have meant significant travel costs that would have had to be borne by the lifters. Of course, the EPA will endeavour to help if finances permit.

We are starting the selection process so lifters who wish to be considered should complete and return the attached form as soon as possible. This will also be available on our web-site.

Thanking you in advance,



**Richard Parker
Chairman**