

ENTRY FORM

English Open Bench Press Championship
Twin Lakes Golf & Country Club,
Horncastle, Lincs LN9 5PP
25th September 2011

		Male	Female
Full Name			

Division	GBPF No	Weight Class	Age Group U18,U20,U23,Senior Master 1,2,3,4,5.

**New weigh classes Women Junior 43kg Senior 47kg,52kg,57kg,63kg,72kg,84kg,84+kg.
Men Junior 53kg Senior 59kg,66kg,74kg,83kg,93kg,105kg,120kg,120+kg.**

Equipped	Unequipped

Closing Date For Entries 10th September.

Entry Fee £15 Payable to English Powerlifting

**Please send your entry together with the fee to: Fred Sterry 35 London Road,
Grantham,Lincs NG31 6EX.**

**All competitors must produce their GBPF membership card at the weigh-in &
complete a drug form & be available for testing if required failure to do so will
result in disqualification.**

Provisional Timetable

1st weigh-in 9.00 to 10.30am start 11.00am all women and men up to 93kg

2nd weigh-in 11.30 to 1.00pm start 1.30pm men 105kg & above.

Any change to the timetable will be posted on the English web site.