



The English Powerlifting Association
&
The East Midlands Powerlifting Association

Present the
2010

“All England Powerlifting Championships”

Hosted by the

Farm Powerlifting & Weightlifting Club
on the 21st & 22nd August 2010

at

Moulton College

Pitsford Road, Moulton Northampton NN3 7RR

The All England Powerlifting Championships will be a combined event for Equipped (IPF rules) & Unequipped lifters who are GBPF members of an English Division	This year will be two separate competitions the Unequipped event being held on the 21/8/10 and the Equipped on the 22/8/10 with awards for Junior, Senior and Masters age categories.
As with last years event, there are no set qualifying standards and therefore only the first 50 entries per day will be accepted.	All competitors will receive a commemorative T-shirt at the weigh-in and will need to complete an anti-doping registration form.

Sat 21st August 2010 Unequipped lifters	Weigh-in times
All Sub junior, & Junior lifters Male and female	08.30 – 10.00am. Lift-off 10:30am.
All Masters lifters Male and female	10.15 – 12.00pm. Lift-off 12.30pm approx.
All Senior lifters Male and female	12.15 – 2.00 pm. Lift-off 2.30 pm approx.
Sun 22nd August 2010 Equipped lifters only	
All Sub junior & junior lifters Male & female	9.00 -10.30am. Lift-off 11.00am.
All Masters lifters Male and female	10.45 -12.15pm. Lift-off 12.45pm approx.
All Senior lifters Male and female	12.30 -2.00pm. Lift-off 2.30pm approx.

- **Please note – these weigh-in times are provisional and are subject to actual entries received no later than 1.00pm 7th August 2010.**

All England Powerlifting Championship 2010

Entry form

Name:

Address:

E-mail:

Contact telephone number:

GBPF membership no:

Division:

T-Shirt size (XS – 3XL):

Competition entered: EQUIPPED - UNEQUIPPED

Body weight class:

Age category: SUB JUNIOR - JUNIOR - SENIOR

MASTER 1 - MASTER 2 - MASTER 3 - MASTER 4

Entry fees £20.00 To be made payable to 'The Farm Weightlifting Club' and sent to the organiser Kevin Jane, 17, Weedon Lane, Norton, Northants NN11 2NQ. Tel 01327 312535. Closing date strictly 1.00pm 7th August 2010

Venue Address – Moulton College, Sports centre, Gate 4, Pitsford Road, Moulton Northampton NN3 7RR

The venue has ample free car parking and refreshments will be available all day.

All adult spectators will be charged £4.00 per day or £5.00 for the weekend. OAP's and under 16's £2.00.

Please note that last year profit from this event was donated to help support the English team in the Four Nations competition. The Farm P/L & W/L club aims to make a donation again to support English Powerlifting from any profit made.



Planning to stay overnight Friday or Saturday 20/21 Aug. There are a number of nearby hotels listed below; alternatively if there are enough competitors wishing to stay overnight (at least 12) it may be possible to stay on the Moulton College Campus for a fraction of the cost of a hotel. If you are interested in this alternative accommodation please let me know ASAP so that bookings can be made.

Accommodation

Holiday Inn Express – Grange Park – Northampton - 01604 432800

Travelodge – Upton Way – Northampton – 01604 758395

Ibis – Marefair – Northampton – 01604 608900

Travel Inn – Crow Lane – Northampton – 0870 990 6510

Travel Inn – The Lakes – Bedford Road – 0870 197 7196

Innkeepers Lodge – Round Spinney – Northampton – 084511 26049
Probably the closest to the venue

Innkeepers Lodge – Wooton (M1 J15) – N'pton – 084511 26050

Queen Eleanor Premier Inn – Northampton – 0870 990 6426