



BDFPA

Push & Pull

Single lifts in Bench or Deadlift

Championships 2018

Saturday 21st April

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**Crossfit BIA 2.0 6 Simonsburn Rd, Loreny Industrial Estate, Kilmarnock
KA1 5LA**

Name.....

Age.....DOB.....

Male.....Female.....

Mobile.....E Mail.....

Membership..... Division.....

Equipped..... Unequipped.....

Make Chq Payable to British Drug Free Powerlifting Association Scottish Division or by Bank Transfer Sort Code 80-22-60 Account NO 15177964. Post Chq to William Brown 86 Castlemilk Drive Flat 3/1 Glasgow G45 9DS. Contact William Brown 07920023542
Wullie.33@ntlworld.com

Entry fee £25.00

BDFPA membership should be applied for in advance of the day of the competition. I understand that I compete in this event at my own risk. Weigh in time 9am till 10.30am lifting starts 11am.

Entry Deadline Saturday 7th April 2018

Signed.....Date.....