



Greater London Bench Press Championships

Applicants must be members of the Great Britain Powerlifting Federation

This competition will featured both Equipped and Unequipped sections, and will be the divisional qualifier for the British Unequipped Bench Press Championships 2010, and the British Bench Press Championships 2011.

Entry Fee: £10

Date: Saturday 27th March 2010

Weigh-in: 9am-10:30am

Lifting commences: 11am

Closing Date for entries: 6th March 2010

Venue: Bethnal Green Weight Lifting Club, 229 Bethnal Green Road, Tower Hamlets, E2 6AB



All entries, including the £10 entry fee (cheques only, payable to the Greater London Powerlifting Federation) to the Greater London Championship Secretary:

Gary Bellinger, 37 Cheston Ave, Shirley, Surrey, CR0 8DE

Late entries will not be accepted

Please note that members of the division are expected to compete at their divisional championships in order to qualify for National level competition, even if the relevant qualifying total is obtained elsewhere



Name:

Club:

Membership Number:

Age Group:

Weight Class:

Equipped: Yes / No