

GREATER LONDON POWERLIFTING CHAMPIONSHIPS

SATURDAY THE 19TH OF NOVEMBER 2011.

**BETHNAL GREEN WEIGHT
LIFTING CLUB.**

WEIGH IN 08:00-09:00

LIFT OFF 09:30

£10 ENTRY FEE

**ENTRY FORMS TO GARY BELLINGER,37
CHESTON AVE,SHIRLEY,SURREY,CR0 8DE.**

TEL:0782 4411448

**CLOSING DATE TUESDAY THE 1ST OF
NOVEMBER.**

NAME_____ WEIGHT CLASS_____

GBPF NUMBER_____ CONTACT NUMBER_____

**ASSISTANCE WITH LOADING WILL BE A GREAT HELP SO IF YOU
KNOW ANYONE INTERESTED PLEASE LET ME KNOW.**