

Greater London Powerlifting Federation

Greater London Divisional Records

A full list of the Greater London Divisional records can be located at www.londonpowerlifting.org.uk. Any current member of the Greater London Division can attempt to set a new record according to the procedure below. A member of the GBPF can be a member of the Greater London Division, which covers all the London Boroughs, provided that they:

- i) are a permanent resident in the division, or
- ii) are a member of a Club both located in the division and registered with the GBPF.

How to set a record

A Divisional Record can only be set at:

- i) a Divisional Level or higher contest that has been registered for drug-testing purposes with the GBPF, or
- ii) a recognised event abroad organised under the auspices of the IPF.

In addition:

- i) an unequipped record can only be claimed from an unequipped competition, not simply lifting unequipped in an equipped event. In addition, please note that 'unequipped' shall mean leotard, T shirt, wrist bandages, knee sleeves and belt only - no other support equipment is permitted, for example no bench shirts, squat or deadlift suits or any knee wraps.
- ii) to claim a powerlifting record, you must make a total in the contest, and you must make *bone fide* attempts in all three lifts.

All new records must exceed the existing record (or standard) by 0.5kg – it is not sufficient to match the existing record.

How to claim a record

Please note that competitors must claim a record in order for it to be registered. In addition, the procedure for claiming National records is more stringent and members are advised to consult www.gbpf.org.uk.

To claim a Greater London record, an email should be sent to the Greater London Records Registrar, Benjamin Banks, at recordsregistrar@londonpowerlifting.org.uk, detailing:

- i) name,
- ii) record claimed,
- iii) competition and date, and
- iv) a link to the results

Such notification should be provided within 5 days of the competition. The record may be claimed after this point, however, if a subsequent record claim has been registered, then this will remain the official record (regardless of the weight).

Best regards,

Benjamin Banks

Greater London Powerlifting Federation Records Registrar