

The East Midlands Powerlifting Association

Present the

'All England Powerlifting Championships'

At the Farm Powerlifting & Weightlifting Club
on the 22nd & 23rd August 2009

Moulton College

Pitsford Road, Moulton Northampton NN3 7RR

The All England Powerlifting Championships will be a combined event for equipped (under IPF rules) & unequipped lifters who are GBPF members of an English Division	This year will be two separate competitions. The equipped event being held on the 22 nd and the unequipped on the 23 rd with awards for junior, senior and master's age categories.
As with last year's 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 22nd August 2009 equipped lifters	Weigh-in times
All junior lifters Male and female	9.00 – 10.30 am lift-off 11.00am
All Masters lifters	10.45 – 12.15 pm lift-off 12.45pm
All Senior lifters	12.30 – 2.00 pm lift-off 2.30 pm
Sun 23rd August 2009 unequipped lifters only	
All junior lifters male & female	9.00 -10.30am lift-off 11.00am
All masters lifters	10.45 -12.15pm lift-off 12.45pm
All Senior lifters	12.30 -2.00pm lift-off 2.30pm

Please note – these weigh-in times are provisional and are subject to actual entries received no later than 1.00pm 8th August 2009.

2009 All England Powerlifting Championship
Entry Form

Name:

Address:

Contact telephone number:

GBPF membership no:

Division:

Competition entered: EQUIPPED - UNEQUIPPED

Expected Body weight class: Male / Female

T-Shirt Size Required:

Date of Birth / Age category:

JUNIOR – SENIOR - M1 - M2 - M3 - M4

Entry fees £20.00. Cheques 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 8th August 2009.

For the program and to help the MC, please tell us something about yourself.
Home club, representative honours, titles won, best lifts, etc, etc.



**Venue Address – Moulton College, Sports centre, Gate 4,
Pitsford Road, Moulton Northampton NN3 7RR
The venue has ample free car parking.
Refreshments will be available all day.**

**Adult spectators will be charged £4.00 per day.
OAP's and under 16's £2.00.**

Last year a significant donation was made to English Powerlifting from the profits of this event, helping to support the English team at the 2008 Four Nations competition. The Farm P/L & W/L club fully intends to make a further donation to English Powerlifting from any profits made at this year's event.

**Please support English Powerlifting
www.englishpowerlifting.co.uk**

This year, if numbers are sufficient (at least 12) it may be possible to book accommodation 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.