



# NM Winter Bench Champs 2021

**Open to North Midlands Members Only**

**Page 1 of 2, Championship details. These details may change depending on entry numbers. The entry form is on page 2.**

**Please check with the website for up to date weigh-in and start times.**

|                 |  |
|-----------------|--|
| <b>Date</b>     | Sunday the 21st November 2021                      |
| <b>Venue</b>    | C4 Gym Boston                                      |
| <b>Promoter</b> | Inara Kuisele on 07928535410 or inara@c-4gym.co.uk |

| <b>Weigh-in &amp; Start times</b> |          |                 |               |            |
|-----------------------------------|----------|-----------------|---------------|------------|
| Date                              | Type     | Weight Category | Weigh-in Time | Start Time |
| Sunday 21st Nov 2021              | Equipped | All             | 0700 - 0830   | 0900       |
| Sunday 21st Nov 2021              | Classic  | All             | 1300 - 1430   | 1500       |

**Weigh-in & start times are subject to change nearer the date.**

Check North Midlands Powerlifting website or Facebook group for announcements

[www.nmpowerlifting.co.uk](http://www.nmpowerlifting.co.uk)

**New weight classes and rules will be used, see IPF Technical Rules 2021 for details.<sup>[1]</sup>**

Subject to prevailing Public Health England guidance.

**A non-refundable<sup>[2]</sup> deposit must be paid to secure your place, with the remainder being paid before the day of the competition.**

Entry closes on the 21st October 2021, or when the competition is full, no late entries will be accepted.

[1] - The IPF Technical rules -

[https://www.powerlifting.sport/fileadmin/ipf/data/rules/technical-rules/english/IPF\\_Technical\\_Rules\\_Book\\_2021.docx.pdf](https://www.powerlifting.sport/fileadmin/ipf/data/rules/technical-rules/english/IPF_Technical_Rules_Book_2021.docx.pdf)

[2] - The deposit is non-refundable, in the event that the competition does not take place this deposit will roll-over to the next available competition.



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Page 2 of 2, entry form. The championship details are on page 1.

### Entry Form (please complete all sections below)

|  |  |   |
|--|--|---|
| NM Lifter  |  | Tick to confirm you are a registered North Midlands lifter as noted on your BP membership card  |
| Name:  |  |   |
| Address:   |  |   |
| Contact tel. #   |  |   |
| Contact Email  |  |   |
| BP Membership Number   |  |   |
| Weight Category<br><b>(Must lift in elected weight category)</b> |  |   |
| Age Group (Jnr, Snr, M1 etc.)                                    |  |   |
| Competition Entered  | Equipped / Classic / Both (circle one) |   |
| Signature  |  |   |
| Entry fee - Deposit  | £10                                    | By bank transfer to C-4 GYM LTD Account #:<br>16480865 & Sort code 04-06-05<br>Use your last name & 2021 membership # as the<br>payment reference |
| Entry Fee - Remainder  | £15                                    | Before the day of competition (by bank transfer)  |
| Return form to:  |  | Payment by bank transfer and forms to be emailed<br>to inara@c-4gym.co.uk   |

**Entry Closing Date is 21st October 2021 - NO LATE ENTRIES ACCEPTED**