

Welsh Strength Association

Competition Entry Form

Event: Welsh Cup Powerlifting, Bench Press and Deadlift Championships
Date: 12th Feb 2012 **Venue:** Trebanos Sports Club,
99 Swansea Rd, Trebanos SA8 4BN
Weigh In: 9am – 10.30am **Start:** 11am
Entry Fee: £25 (payable to WSA) **Closing Date:** 3rd Feb 2012

Please Specify Competition: Full Powerlifting, Bench Press only or Deadlift only (delete as appropriate)

Name: _____

Address: _____

Postcode: _____ **Tel No(s):** _____

Date of birth: _____ **Email:** _____

Bodyweight Category (Please circle):

Men	52kg	56kg	60kg	67.5kg	75kg	82.5kg	90kg	100kg	110kg	125kg	125+kg
Women	44kg	48kg	52kg	56kg	60kg	67.5kg	75kg	82.5kg	90kg	90+kg	

Age Category (Please circle):

Teen 13-15	16-17	18-19	U23	Open	M40+	M45+	M50+
M55+	M60+	M65+					

I agree to enter the competition under the following terms:

1. That I shall take part entirely at my own risk and there shall be no liability whatsoever on the part of the WSA, it's officers, employees or agents for any loss, damage or injuries suffered by me howsoever caused.
2. That I no of no reason why I should not take part on the grounds of ill health.
3. The entry fee is non-refundable.
4. No late entry forms will be accepted.

Signature: _____ **Date:** _____

(Signature of parent or guardian if under 18)

Please return the form and entry fee to:

Ken Williams, 723 Clydach Road, Ynystawe, Swansea SA6 5BA

Don't forget that you **MUST** be a member of the WSA to compete in this competition, membership forms can be downloaded from <http://www.welshpowerlifting.com/wsa/membership.aspx>