

## **SA BENCH CLASSIC PRESS CHAMPIONSHIPS – 21 MARCH 2020**

*Depending on how many entries we receive, the weigh in time may change.*

Date: 21 March 2020 - Saturday  
Place: Cape Recife, 58 Admiralty Way, Summerstrand, PE

Preliminary entry's: Friday - 21 February 2020  
Final entry's: Friday - 6 March 2020

**Weigh in 06:00 – 07:30 Start 08:00**

Entry Fee: R650-00 per Lifter – INCLUDES - Entry fee, Medal, Banquet, T-Shirt & Participation Medal

**R300-00 for Additional age cat if qualified to compete**

**BANQUET – Venue to be announced – Time - 19:00**  
**Dress Code – Formal**

**Additional Banquet Tickets R150-00 – Bookings to be received by 13 March 2020**

Meet Director: André Ludik - 083 286 1398  
Contact: Elisabeth Barry - 083 308 8373

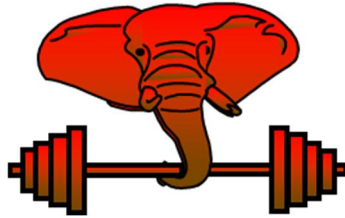
**NO AFFILIATION / NO ENTRY MONEY = NO COMPETITION: AFFILIATION FORMS AND COPY OF IDENTITY DOCUMENT (ID):**

**ENTRY FEES MUST BE PAID INTO: USE YOUR NAME AND SURNAME AS REFERENCE**

**Capitec BANK; Savings Account; Acc No. 168 5151 815; Acc. Holder. E.C. Powerlifting. (I.M Maritz)  
Deposit Slips and entry forms must be e-mail to [elisabethbarry1@gmail.com](mailto:elisabethbarry1@gmail.com) or WhatsApp to 083 308 8373  
before or on the closing date.**

President	:	André Ludik
Chairperson(Uitenhage)	:	Ilze-Mari Maritz
Chairperson(PE)	:	Elisabeth Barry
Chairperson (Cradock)	:	Melisizwe Ntengento
Treasurer	:	Ilze-Mari Maritz
General Secretary	:	Elisabeth Barry
Webmaster / Media	:	Vanessa Lessing

Eastern Cape



Powerlifting

Name	Age Cat	Additional Cat	Weight Div	Classic	M/F	T-Shirt Size	Additional Banquet Tickets	Total Paid

Please use your Name as Reference – Mail proof of payment to [ilzemarimaritz@gmail.com](mailto:ilzemarimaritz@gmail.com)

**\*All T-SHIRT SIZES NEEDED WITH FINAL ENTRIES**

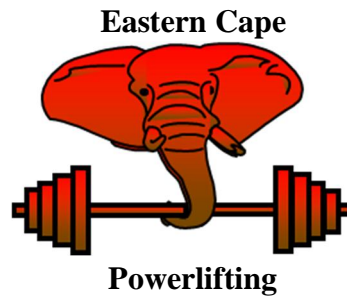
**\*ENTRIES MUST BE PAID WITH FINAL ENTRIES not later than 6 March 2020**

**No Late Entries will be accepted**

**\*PROVINCES MUST ENSURE THAT ALL LIFTERS ARE AFFILIATED for 2020 AND HAVE QUALIFIED**

Online entry form will be made available on the website. If you don't enter online, please mail all entry forms to [elisabethbarry1@gmail.com](mailto:elisabethbarry1@gmail.com)

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General Secretary	:	Elisabeth Barry
Webmaster / Media	:	Vanessa Lessing



## **SA BENCH EQUIPPED PRESS CHAMPIONSHIPS – 21 MARCH 2020**

*Depending on how many entries we receive, the weigh in time may change.*

Date: 21 March 2020 - Saturday  
Place: Cape Recife, 58 Admiralty Way, Summerstrand, PE

Preliminary entry's: Friday - 21 February 2020  
Final entry's: Friday - 6 March 2020

**Weigh in 12:00 – 13:30 Start 14:00**

Entry Fee: R650-00 per Lifter – INCLUDES - Entry fee, Medal, Banquet, T-Shirt & Participation Medal

**R300-00 for Additional age cat if qualified to compete**

**BANQUET – Venue to be announced – Time - 19:00**  
**Dress Code – Formal**

**Additional Banquet Tickets R150-00 – Bookings to be received by 13 March 2020**

Meet Director: André Ludik - 083 286 1398  
Contact: Elisabeth Barry - 083 308 8373

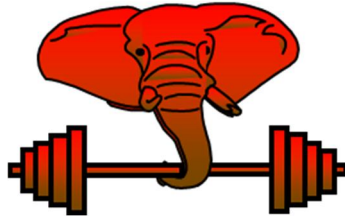
**NO AFFILIATION / NO ENTRY MONEY = NO COMPETITION: AFFILIATION FORMS AND COPY OF IDENTITY DOCUMENT (ID):**

**ENTRY FEES MUST BE PAID INTO: USE YOUR NAME AND SURNAME AS REFERENCE**

**Capitec BANK; Savings Account; Acc No. 168 5151 815; Acc. Holder. E.C. Powerlifting. (I.M Maritz)  
Deposit Slips and entry forms must be e-mail to [elisabethbarry1@gmail.com](mailto:elisabethbarry1@gmail.com) or WhatsApp to 083 308 8373 before or on the closing date.**

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Chairperson(Uitenhage)	:	Ilze-Mari Maritz
Chairperson(PE)	:	Elisabeth Barry
Chairperson (Cradock)	:	Melisizwe Ntengento
Treasurer	:	Ilze-Mari Maritz
General Secretary	:	Elisabeth Barry
Webmaster / Media	:	Vanessa Lessing

Eastern Cape



Powerlifting

Name	Age Cat	Additional Cat	Weight Div	Equipped	M/F	T-Shirt Size	Additional Banquet Tickets	Total Paid

Please use your Name as Reference – Mail proof of payment to [ilzemarimaritz@gmail.com](mailto:ilzemarimaritz@gmail.com)

**\*All T-SHIRT SIZES NEEDED WITH FINAL ENTRIES**

**\*ENTRIES MUST BE PAID WITH FINAL ENTRIES not later than 6 March 2020**

**No Late Entries will be accepted**

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Treasurer	:	Ilze-Mari Maritz
General Secretary	:	Elisabeth Barry
Webmaster / Media	:	Vanessa Lessing