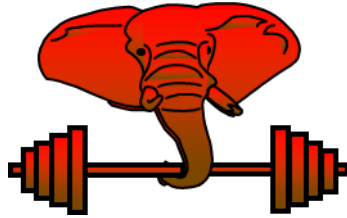


Eastern Cape



Powerlifting

SA BENCH PRESS CHAMPIONSHIPS – 23 FEB 2019

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

Date: 23 February 2019 - Saturday
Place: Cape Recife, 58 Admiralty Way, Summerstrand, PE

Preliminary entry's: Friday - 21 January 2019
Final entry's: Saturday - 9 February 2019

Weigh in Raw: 6:00 – 7:30 Start 8:00

Entry Fee: R600-00 per Lifter – INCLUDES - Entry fee, Banquet, T-Shirt & Participation Medal

R300-00 for Additional age cat if qualified to compete

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

Entry Fee: R600-00 per Lifter – INCLUDES - Entry fee, Banquet, T-Shirt & Participation Medal

R300-00 for Additional age cat if qualified to compete

BANQUET – Cape Recife, The Light House - 19:00

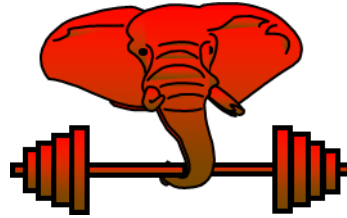
Dress Code – Formal

Additional Banquet Tickets R150-00 – Bookings to be received by 15 February 2019

Meet Director: Werner Benadie - 083 295 0477
Contact: Jacqueline Harding - 083 650 9029

President : Werner Benadie
Chairperson : Ilze-Mari Maritz
Chairperson : Elisabeth Barry
Treasurer: Jacqueline Harding
General Secretary: Jacqueline Harding

Eastern Cape



Powerlifting

**DEPOSIT ALL ENTRY FEES IN ACCOUNT OF -----
E.C. POWERLIFTING (JE HARDING)
STANDARD BANK - PURESAVE
ACC NR: 28-716-782-8**

Please use your Name as Reference – Mail proof of payment to jacqueline.harding47@gmail.com

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

***ENTRIES MUST BE PAID WITH FINAL ENTRIES not later than 9 February 2019**

***PROVINCES MUST ENSURE THAT ALL LIFTERS ARE AFFILIATED for 2019 AND HAVE QUALIFIED**

***NO AFFILIATION OR ENTRY FEE = NO COMPETITION!!**

Online entry form will be made available on the website. If you don't enter online, please mail all entry forms to jacqueline.harding47@gmail.com

ACCOMADATION PORT ELIZABETH

I have included a list of accommodation that is close to Cape Recife.

- 1. Summerstrand Hotel – 041 583-3131**
- 2. Al-Beit Lodge – 041 583-6415**
- 3. Pine Lodge – 041 583-4004**
- 4. Blue Bay B&B – 041 503-7700**
- 5. Marren House – 041 583-4384**
- 6. Road Lodge PE – 041 583-4404**
- 7. Alcyone – 084 693 1483**
- 8. Brighton Mews Guest Suites – 083 659 1609**
- 9. Sun1 Port Elizabeth – 041 585-6380**
- 10. Toscana Cottage – 041 583-4899**

President	:	Werner Benadie
Chairperson	:	Ilze-Mari Maritz
Chairperson	:	Elisabeth Barry
Treasurer:		Jacqueline Harding
General Secretary:		Jacqueline Harding