



GAUTENG CHAMPIONSHIPS

POWERLIFTING

EQUIPPED

DATE: 18 April 2015

PLACE: Black Eagle Guest House, Doreen Road, Ruimsig

WEIGH IN: Weigh In: 7am – 8.30am All Divisions
Lifting: 9am

ENTRANCE FEE: Entrance fee: R500.00 (Including T-shirt, if entry fee is received before the 30th of March!!)
Prizes: Price money and gift hampers, will be awarded to lifters competing

MEET DIRECTOR: Matthew Vincent Cosmo
Mobile number: 082 779 0536
email address: matthewcosmo12@hotmail.com

Bank Details:
Name: M V Cosmo
Bank: ABSA
Acc no: 9266760471

ENTRY FORM

NAME: _____ SURNAME: _____

DATE OF BIRTH: _____ CELL No: _____

DIVISION: _____ CLUB/PROVINCE: _____

T-SHIRT SIZE: _____