



## Commonwealth Powerlifting Federation

Peter Fiore - President  
Neville Primich - Vice President  
Richard Parker - General Secretary

### Founder Nations:

Australia | Canada |  
England |  
Fiji Islands | India |  
Northern Island |  
New Zealand | Pakistan  
| Scotland | South Africa  
| Wales

## 2011 CHAMPIONSHIPS INVITATION

The Commonwealth Powerlifting Federation, in conjunction with the English Powerlifting Association, cordially invites all bona-fide Commonwealth Powerlifting nations to the 2011 Championships:

Competition Dates: Thursday 15<sup>th</sup> December to Sunday 18<sup>th</sup> December inclusive. The programme will be confirmed after preliminary nominations.

Technical Meeting and Congress: Wednesday 14<sup>th</sup> December evening, time to be confirmed.

Banquet: Sunday 18<sup>th</sup> December evening.

Venue: Bournemouth University, Sport & Recreation Centre, Fern Barrow, Talbot Campus, Poole, BH12 5BB, UK. [www.bournemouth.ac.uk](http://www.bournemouth.ac.uk)

Meet Director: Richard Parker, 44 Roberts Road, Prestbury, Cheltenham, GL52 5DJ, UK.  
Phone +44 1242 521524, email [richard.h.parker@tinyworld.co.uk](mailto:richard.h.parker@tinyworld.co.uk)

Event Co-ordinator: Paul Rees, 11 Haddon Road, Kings Park, Bournemouth, BH8 9HH  
UK. Phone: +44 1202 770894, email [dpaul.rees@ntlworld.com](mailto:dpaul.rees@ntlworld.com)

Championships Secretary: Fred Sterry, 35 London Road, Grantham, NG31 6EX, UK.  
Phone: +44 1476 593053, email [fred.sterry@btinternet.com](mailto:fred.sterry@btinternet.com)

Entry Fees: 30 GBP per lifter per event      Drug Test Fee: 50 GBP per lifter  
All payable by the latest at Technical Meeting.

Entry Deadlines: Preliminary nominations by Friday 14<sup>th</sup> October, final by Wednesday 23<sup>rd</sup> November 2011



ENGLISH POWERLIFTING  
ASSOCIATION

*In accordance with IPF rules for all age groups, three lift and bench press, both equipped and unequipped.*