

DATE:	27 September 2014	
PLACE:	5E Crossfit	
	27 St Andrews Road, Parktown	
WEIGH IN:	7am – 8.30am RAW All Divisions	
	Lifting Start: 9am	
ENTRANCE FEE:	R250. Entries open to all provin	ces
Email Entries to:	coach@findyouredge.co.za BY 12 September 2014	
MEET DIRECTOR:		CONTACT 0832589134
ENTRY FORM		
NAME:		SURNAME:
DATE OF BIRTH:		CELL No:
DIVISION:		CLUB/PROVINCE: