

7 Attempt Competition 2016



(everybody welcome – all lifters must be SAPF affiliated)

Date : Saturday 3 December 2016

Venue : St Stithians, 40 Peter Place, Lyme Park, Randburg

Competition: Rodney's Raw Rules, 7 Attempts, Rising Bar

Ladies Weigh-in : 07h00

Mens Weigh-in : 11h00

Ladies Lifting starts: 09h00

Mens Lifting starts : 13h00

Entry fee : R400 per lifter.

Closing date for entries 30 November 2016. Entry fee after that R500.

Payments to C Anthony, First National Bank, Acc 62032347719 Code 250017.

Proof of payment to Rodney - 082 898 7706. rodanthony29@gmail.com

R100 of fee towards prizes. 25% to best female, 25% to best male, 50% lucky draw.

Lifters must be SAPF affiliated to enter. Non-registered lifters must affiliate for 2017.

Lifter Details:

Name: _____ Surname : _____

Birthdate: _____

Subjunior ☐ Junior ☐ Senior ☐

Weight Class : _____

M1 ☐ M2 ☐ M3 ☐ M4 ☐

Affiliated: _____

Cell no: _____

This event is a qualifying competition for the 2017 SA Raw Powerlifting Championships.