

SA RAW BENCH PRESS CHAMPIONSHIPS 2010

DATE: SATURDAY 9th OCTOBER 2010

VENUE: EMERALD CASINO, VANDERBIJLPARK

WEIGH IN: 4PM, LIFTING 6PM

ENTRY FEE: R150 IF BEFORE 4 OCTOBER 2010. R200 ENTRY ON DAY OF LIFTING

CONTACT: RODNEY ANTHONY +27 828987706

Name	Category (sub/j nr/snr/ mas)	Weight Div
TOTALS :		

Ø *Entry fees must be paid into the following account:*

Direct Deposits are to be made to Gauteng Powerlifting

ABSA Bank, Southgate Branch Code 632405, Acc No 404 243 8085 Current Acc

Reference: Name and Tel No.

Please fax proof of payment to Gail on (011) 465 7938

Ø *all lifters MUST be affiliated before entry*