



# 2011 South African Bench Press

## Entry Form

**Date:** 22 OCTOBER 2011  
**Place:** Van der Stel Sports Centre, Stellenbosch, Western Cape  
**Time:** 10:00  
**Weigh In:** 08:00 To 09:30  
**Contact:** Helgard ([helgard@oxygengym.co.za](mailto:helgard@oxygengym.co.za))  
**Entry Fee:** R250 per Lifter \* see detail below  
**T-Shirt:** R90 \* see detail below  
**Closing Dates:** Prelim Nomination 22 August 2011  
Final entry 22 September 2011

Name	Weight Category	Male/Female	Date of Birth YYYY/MM/DD	T-Shirt Size

Province: \_\_\_\_\_

Referees (Available): \_\_\_\_\_

Manager: \_\_\_\_\_

Coach: \_\_\_\_\_

### Competition Details

South African Bench Press Championships 2011

**Meet Director:** Shaun O'Meara, Cape Town, Western Province  
Email: [Shauno@wppowerlifting.co.za](mailto:Shauno@wppowerlifting.co.za)  
Mobile: 083 634 8904

**Correspondence:** Helgard Coertze, General Secretary SAPF  
Email: [helgard@oxygengym.co.za](mailto:helgard@oxygengym.co.za)  
Mobile: 072 301 7420

Riana Bruce, General Secretary WPPF  
Email: [secretary@wppowerlifting.co.za](mailto:secretary@wppowerlifting.co.za)  
Mobile: 082 442 6086

**Contact your chairperson or any of the above for more detail.**

**Venue:** Van der Stel Sports Centre  
Du Toit Street  
Stellenbosch  
7600  
<http://www.vdstel.co.za>

**Entry Fees:** The competition entry fees are as follows;  
R250 Per competitor  
R100 Per additional Age Class (No more than 2 age classes can be entered)  
R150 Awards Banquet (See menu below)

**ENTRY FEES MUST BE PAID INTO:**

**ABSA Bank  
Code 632005,  
Acc No. 407 457 0396 ;  
Acc. Holder. Western Province Powerlifting Federation.**

**Deposit Slips and entry forms must be faxed to 021 855 0888 (for Riana) or e-mailed [Riana@powerliftingwp.co.za](mailto:Riana@powerliftingwp.co.za) before or on the closing date.**

**Additional Fees:** Competition T-Shirts will be available  
R 90 per Shirt (The T-Shirt is a 180g Cotton)

**General:**

- \* ENTRY FORMS ARE TO BE SENT TO THE SAPF GENERAL SECRETARY
- \* NO LATE ENTRIES – LIFTERS NOT ON PRELIMINARY NOMINATION LIST CANNOT BE INCLUDED ON FINAL ENTRY FORM
- \* NO INDIVIDUAL ENTRIES – ALL LIFTERS MUST BE ENTERED BY THEIR PROVINCES
- \* PROVINCES MUST ENSURE THAT ALL LIFTERS ARE AFFILIATED
- \* NO AFFILIATION OR ENTRY FEE = NO COMPETITION!!

## Accommodation

Arrangements have been made with a number of accommodation facilities in the area to suite most budgets, please try to use one of the following options. Please mention that you are booking for the SA Powerlifting Bench Press when making your booking.

### Stellenbosch Travellers Lodge

Type: Backpackers  
Rates: R110 per person – per night (Sharing 4 – 6 Persons per room)  
Breakfast not included but available at R 50  
Contact: Helen Richmond  
083 714 3871  
021 886 9290  
Website: <http://www.stellenlodge.co.za>

### Huis Neethling (Stellenbosch High Performance Centre)

Type: B&B

Rates: Single R386 Per night  
Double R327 Per night – Per person sharing  
Breakfast included.

Contact: Kim Coetzee  
021 882 9250  
[kimcoetzee@sun.ac.za](mailto:kimcoetzee@sun.ac.za)

Website: <http://www.facebook.com/media/set/?set=a.10150235344473751.323235.299241378750>

## Protea Hotel Stellenbosch

Type: Hotel

Rates: Single R750 Per night  
Double R550 Per night – Per person sharing  
Triple R450 Per night – Per person sharing  
Breakfast included.

Contact: Kim Coetzee  
021 882 9250  
[kimcoetzee@sun.ac.za](mailto:kimcoetzee@sun.ac.za)

Website: [www.proteahotels.com](http://www.proteahotels.com)

All accommodation will be for the individuals own account.

## Travel

Stellenbosch is a university town which is a 30Min drive from Cape Town Central, and a 20 Min drive from Cape Town Airport. Stellenbosch is situated roughly the same distance from the N1 and N2.

### Map and Directions

Travelling from Cape Town on the N2, take the Broadway Blvd (R44) turn off. Continue straight ahead for about 10km on Broadway Blvd, continue onto Strand Road (R44) for 3km. From Strand Road you will be crossing onto Adam Tas Street then turn right onto Alexander Street. Continue straight ahead then at the second road, turn left onto Du Toit Street. Continue until you see the large white entrance walls leading you into the Van der Stel sports complex.

