



2010 North Island Bench Powerlifting Champs

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Fact Sheet



Hi Everyone.

This send out is to fill in most of the information needs, by competitors and supporters, for the 2010 North Island Bench Press Championships.

The North Islands Bench will be held at...

The Gym
Cnr 7th Ave/Cameron Road
Tauranga.

Date: 6th November

Weigh in & Lifting times...

To be advised when entries are finalized

Once the Competition is finished and the equipment is packed away, about 15 minutes we will have the BBQ. Prize Giving will be at the BBQ, just a note to those that have put extra numbers for the BBQ the tickets are \$10.00 each, we need confirmation of numbers that will be attending, to help us with the ordering of the food.

Accommodation Tauranga....

Harbour View Motel
7 Fifth Ave West
Tauranga
ph 07 578 8621 Email harbourviewmotel@xtra.co.nz

Macy's Motor Inn
Cnr 11th Ave & Edgumbe Rd
Tauranga
ph 07 577 9764 Email reservation@macys.co.nz

Harbour City Motor Inn
50 Wharf St
Tauranga
ph 07 571 1435 Email taurangaharourcity@xtra.co.nz

Any additional information you require or if I have forgotten something. Please contact me.
Colleen Cadman
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CCLifting@gmail.com

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Entry Form

6th November 2010

**The Gym
cnr 7th ave & Cameron Rd Tauranga**

Hosted by the Waikato/BOP Powerlifting Association

Lifters Full Name:.....

Address:.....

Ph:.....E-Mail:.....

D.O.B.....Sex: M/F (Circle)

Division Nominated:.....KG Class.....

Category: Junior, Open, Master 40-49, Master 50+(Circle)

Which Province will you be representing?.....

Personal Best Lift:.....

Lifters Signature Local Secretary Signature

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**All lifters must be current members of the NZPF.
Please note that there could be drug testing at this event**

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You would prefer to be contacted by: Email or Post? (Circle)

Entry Fee: \$50 Includes BBQ ticket.

Closing Date: Friday 8th October 2010.

Late Entry Fee Additional: \$50

Number attending the Barbeque including yourself []

Send all entries to: The Secretary,
Waikato/BOP Powerlifting Association
20 Sheehan Street
Kihikihi 3800

All Cheques are to be made out to: Waikato/BOP Powerlifting Association (W/BOPPA)
Or Internet Banking: **Westpac:** Waikato/BOP Powerlifting Association **Acc:** 030435 0523046 00

Contact Colleen Cadman
Ph: 0274 44 30 35
CClifting@gmail.com