

 **Presents the 12th**

**‘All England Women’s Powerlifting Championships’Hosted by the Farm Powerlifting Club on the 25th & 26th May 2019 at Moulton College Sports Centre, Gate 4, Pitsford Road, Moulton Northampton NN3 7QL**

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| --- | --- |
| The ‘All England Powerlifting Championships is a combined event for Equipped & Unequipped lifters who are British Powerlifting members of an English Division. The event is used to select teams for this year’s Commonwealth Powerlifting and the Home Nations Championships. | Entries from reigning champions not making the qualifying total will be accepted.The Competition will run as follows- all age category female lifters up to and including 63k on the 25th May. All female lifters over 63kg on 26th May. |
| The qualifying standards (see attached) will remain the same as last year set at 5% lower than the **BP** national standard. Lifters must set a qualifying total at a British Powerlifting recognised event in the period from 29th May 2018 until the closing date of 28th April 2019. | All competitors will receive a commemorative T-shirt at the weigh-in where they will need to complete an anti-doping registration form, and produce a current **BP** membership card. |

 **Weigh-in times**

|  |  |
| --- | --- |
| **Sat 25th May 2019**  | **Sun 26h May 2019** |
| **All Sub–junior & junior women under 63kg**8.30 – 10.00 am lift-off 10.30am (2 groups)**All Senior women** 11.00 – 12.30 pm lift-off not before 1.00.pm (2/3 groups)**All Masters women under 63kg**2.00 – 3.30 pm lift-off not before 4.00 pm (2 groups) | **All Sub junior & junior women over 63kg.**(2 groups)8.30 -10.00am lift-off 10.30 am**All Senior women over 63kg.** (12.00 -1.30pm lift-off not before 2.00pm (2/3groups)**All Masters women over 63kg** (2.00 -3.30pm lift off not before 4.00pm (2 groups) |
|  |

* **Please note –** these weigh-in times are provisional and are subject to actual entries received no later than 1.00pm 28th April 2019. Note you must compete in the weight class and format (equipped/unequipped) you nominate prior to this closing date or will not be allowed to compete on the day unless as a guest if the appointed officials agree.

 **All England Powerlifting Championship 2019– entry form**

Name

Address

CLUB

**Competition entered:** ***EQUIPPED – UNEQUIPPED***

|  |  |  |  |
| --- | --- | --- | --- |
| **T-shirt size** |  | **DIVISION** |  |
| **e-mail contact** |  | **BP Meb. No.** |  |
| **Phone no.** |  | **Weight class** |  |
| **Date of Qualification & Competition at which you Qualified** | **Tick if reigning champion**  |
| **Total achieved** |  |
| **Age Category entered** | **Sub Junior** | **Junior** | **Senior Open** | **Master 1** | **Master 2** | **Master 3** | **Master 4** |

**Weight Class Nominated weight class or competition Equipped/unequipped cannot be changed after the closing date for entries 28th April *2019 - no late entries will be accepted*)**

**Entry fees** **£25.00** (cheque/postal order) To be made payable to The Farm Weightlifting Club and sent to the organiser Kevin Jane, 6, The Nurseries, Moulton, Northampton NN3 7SA. Tel 01604 491944. Online payment to The Farm Weightlifting club account no. 41091563 sort code 05 06 33 using your surname and All England as a reference.

**Venue Address – Moulton College, Sports centre, Gate 4, Pitsford Road, Moulton Northampton NN3 7QL**

**The venue has ample free car parking and refreshments will be available each day.**

**Adult spectators (including coaches) will be charged £4.00 per day OAP’s and under 16’s £2.00**

The Farm P/L & W/L club aims to make a donation towards supporting the English Powerlifting 4 Nations team this year from any profit made.

**If your club is affiliated to the EPA (£10 annually) you can receive a 10% discount on your entry.**

Entries will be capped at 70 per day at this stage, once full a waiting list will be created and places offered should lifters pull out. If once entered lifters decide not to compete a refund of entry fee less postage will be applicable up to the 15th April 2019 after which there will be no refund as t-shirts & medals will have been ordered.

**It may be possible to book accommodation on the college campus, (single rooms only) with or without breakfast £26-£33approx. per person per night, please contact me for details or Phone accommodation services on 01604 491131to book direct.**

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**Affiliated to **

**All England Powerlifting qualifying totals 2019**

 **EQUIPPED**

**WOMEN MEN**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **B/W** | **Sub Jun** | **Jun** | **Senior** | **Master 1** | **Master 2** | **B/W** | **Sub Jun** | **Junior** | **Senior** | **Master 1** | **Master 2** | **Master 3** |
| **43** | 125 | 157.5 |  |  |  | **53** | 182.5 | 330 |  |  |  |  |
| **47** | 130 | 167.5 | 200 | 185 | 165 | **59** | 212.5 | 345 | 437.5 | 370 | 335 | 252.5 |
| **52** | 142.5 | 180 | 215 | 200 | 177.5 | **66** | 240 | 385 | 495 | 415 | 377.5 | 305 |
| **57** | 150 | 195 | 232.5 | 215 | 182.5 | **74** | 260 | 422.5 | 532.5 | 452.5 | 410 | 372.5 |
| **63** | 165 | 207.5 | 252.5 | 232.5 | 205 | **83** | 282.5 | 452.5 | 577.5 | 487.5 | 442.5 | 400 |
| **72** | 180 | 230 | 277.5 | 257.5 | 227.5 | **93** | 300 | 482.5 | 612.5 | 517.5 | 470 | 422.5 |
| **84** | 197.5 | 252.5 | 305 | 280 | 250 | **105** | 315 | 507.5 | 645 | 545 | 495 | 445 |
| **84+** | 202.5 | 262.5 | 315 | 290 | 260 | **120** | 327.5 | 527.5 | 670 | 565 | 512.5 | 462.5 |
|  |  |  |  |  |  | **120+** | 335 | 537.5 | 685 | 577.5 | 522.5 | 475 |

  **CLASSIC**

**WOMEN MEN**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **B/W** | **Sub Jun** | **Jun** | **Senior** | **Master 1** | **Master 2** | **B/W** | **Sub Jun** | **Junior** | **Senior** | **Master 1** | **Master 2** | **Master 3** |
| **43** | 105 | 132.5 |  |  |  | **53** | 162.5 | 285 |  |  |  |  |
| **47** | 110 | 140 | 170 | 155 | 137.5 | **59** | 180 | 310 | 380 | 310 | 282.5 | 255 |
| **52** | 120 | 152.5 | 190 | 167.5 | 150 | **66** | 202.5 | 427.5 | 427.5 | 350 | 317.5 | 287.5 |
| **57** | 130 | 162.5 | 215 | 180 | 160 | **74** | 220 | 427.5 | 475 | 382.5 | 345 | 312.5 |
| **63** | 137.5 | 175 | 285 | 195 | 175 | **83** | 237.5 | 500 | 545 | 410 | 375 | 337.5 |
| **72** | 152.5 | 195 | 285 | 215 | 192.5 | **93** | 252.5 | 522.5 | 570 | 437.5 | 395 | 355 |
| **84** | 162.5 | 215 | 285 | 235 | 212.5 | **105** | 265 | 522.5 | 592.5 | 460 | 417.5 | 375 |
| **84+** | 172.5 | 222.5 | 285 | 247.5 | 220 | **120** | 275 | 522.5 | 592.5 | 477.5 | 432.5 | 392.5 |
|  |  |  |  |  |  | **120+** | 282.5 | 522/5 | 592.5 | 490 | 442.5 | 402.5 |

**Lifters wishing to enter the competition must have recorded a qualifying standard in the weight/age category they wish to compete in within since the 2018 All England championships. The qualifying total must have been set in a BP competition and details of the event must be included on your entry form.**

* ***Note that a total set at an equipped competition cannot be used as a qualifying total for the unequipped (classic) competition.***