

# **MPF WORLD CHAMPIONSHIPS FULL POWER AND SINGLE LIFT SANCTIONED BY KIND PERMISSION OF THE WDFPF**

**WEDNESDAY 28<sup>TH</sup> NOVEMBER 2018**

**MOTIV8 GYM, 12 BERGEN WAY NORTH LYNN INDUSTRIAL ESTATE  
KINGS LYNN PE30 2JG**

1. The second MPF World Championships, consisting of Full Power and all Single Lift events, will take place as detailed above.

#### Eligibility to Participate

2. The event is open to any individual from the following backgrounds from any WDFPF Affiliate Nation:
  - a. All Military services
  - b. Police
  - c. Fire Departments
  - d. Any Public service organisation such as but not limited to:
    - i. Medical Staff and those employed within such organisations
    - ii. Prison Staff
    - iii. Security Staff
    - iv. Ambulance
  - e. Reserve, auxiliary, cadets and retired members of a-d above

#### Entry Requirements

3. To participate entrants MUST be a current member of a WDFPF affiliate Nation.
4. They must meet the criteria detailed in Para 2 above.
5. There is no qualification requirement to enter the event.
6. There is no minimum opening lift or totals to participate

#### Key Timings

7. Entry forms must be submitted to the competition organiser by **19<sup>th</sup> November 2018** sent either by e-mail or post to the address below:

[neil.thomas848@hotmail.co.uk](mailto:neil.thomas848@hotmail.co.uk)

MPF Worlds  
11 Borton Avenue  
Henlow  
SG16 6HB

#### Event Timings

8. Weigh-in will be:

0800-0900 – Weigh in – All lifters must be present in the venue during this time  
0900-0930 – Re-weighs only  
1100 – Competition Starts

#### Format of Event

9. The event will encompass all 3 Single Lift events and Full Power. Lifters may enter as many events as they wish. Where they are lifting equipped<sup>1</sup> and unequipped they must lift in each discipline, lifts may not be posted across from unequipped for the equipped event. Lifts however may be posted as follows (Having paid the correct entry fees):
- Lifters in the equipped or unequipped full power may post lifts into the single lifts from that FP category.

#### Entry Fees

10. These are to be paid on the day by non-BDFPA members during weigh in. All BDFPA members are to pay by Cheque or Electronically to:

NAT WEST  
BDFPA  
544151  
50948393

Ref – name/mpf/2018

#### Further Information

11. Requests for further information or details regarding eligibility to compete are to be addressed to:

[neil.thomas848@hotmail.co.uk](mailto:neil.thomas848@hotmail.co.uk)

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<sup>1</sup> Equipped as defined in the WDFPF rule book