



# **RHINO POWERLIFTING CLUB**

**AND**

# **PERFECT HEALTH**

**PRESENTS**



## **Unleash The Beast Challenge - Entry Form**

### **Venue – Perfect Health**

**Du Toit Street, Van Der Stel Sports Complex, Stellenbosch, 7600**

**For all information relating to this competition please contact:**

**Andre Engelbrecht on Cell no: 076 6333 658 or Email [weightmaniac@gmail.com](mailto:weightmaniac@gmail.com)**

**Perfect Health Tel: (021) 8829 805**

**Name:** .....

**E-mail address:** .....

**I want to be added to the WP Rhino Powerlifting Whatsapp**      **Yes / No**      (please circle correct)

**Cell:** .....      **Male / Female**      (please circle correct option)

**Age** .....      **Date of Birth** .....

**Current Body Weight** .....      **Weight Division Entered** .....

**RAW / Equipped**      (please circle correct option)

**Class:** **Teenage / Junior / Open / Master**      (please circle correct option)

**Entry Fee:**      **Powerlifting (Squat, Bench Press and Deadlift) - R250,00**

**Payment:**      **At Perfect Health**

**Alternative; Paid into ABSA, A. Engelbrecht, Account no: 4079851672 with athlete's Initials & Surname as reference, email completed form to [weightmaniac@gmail.com](mailto:weightmaniac@gmail.com).**

**Weigh In:**      **Friday 7 October at Venue 09:00 – 10:00 / 17:00 – 18:00**

**Athletes Meeting:**      **Friday 7 October at Venue 18:00 (Snack Will Be Provided)**

**Lifting Starts:**      **Saturday 8 October @ 9:30 (Officials / Event Staff Meeting 08:30)**

**First Time Rhino Competitors do not have to be affiliated to SA  
Rhino Powerlifting**

**Closing Date For Entries - 16 September 2016**

**No Late Entries**

