



NATIONAL POWERLIFTING CHAMPS



-2013-

CENTRAL DISTRICTS POWERLIFTING ASSOCIATION IS PROUD TO HOST THESE CHAMPIONSHIPS

2 –4 August 2013

POWERHOUSE GYM WELLINGTON

Name:

Mobile:

Phone:

Email:

Current Address:

Suburb:

City:

Post Code:

Would you prefer to be contacted by: **Email or Post?** Please (Circle)

BEST LIFTS

Squat:

Bench:

Deadlift:

Total:

DOB:

Weight Class:

Category: Sub Junior, Junior, Open, Master 40+, Master 50+, Master 60+, Master 70+ (Circle)

ENTRY FEE, \$120.00 (Includes Dinner Ticket)

ENTRY CLOSES, WEDNESDAY 17 JULY 2013

EXTRA MEAL TICKET, \$35.00

NO.

TRANSPORT TO DINNER (If required)

NO.

T-SHIRT (circle)

8 10 12 14 XS S M L XL XXL

Extra T-SHIRT \$30.00

SIZE:

NO.

ATTACHED CASH/ CHEQUE/DIRECT CREDIT

DIRECT CREDIT TOTAL AMOUNT INTO
Central Districts Powerlifting Association
ACCT: 02 0536 0088688 00

TOTAL AMT: \$

Please Circle Above Type of Payment

Ref: Name & Nat 2013

Date Transferred:

DISCLOSURE:

I have read the Code of Conduct and the rules regarding Membership and Competition and agree to the terms of representation for Competition. I agree to submit to a drug test if selected by the Competition Jury, Technical Officer or recognized WADA approved doping organization (i.e. Drug Free Sport NZ) for this purpose.

Signature of applicant:

Date:

Signature of your Local Secretary:

Date:

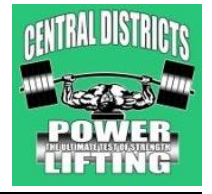
CDPA OFFICE USE ONLY:

Date Received:

Your local secretary is responsible for forwarding of this entry form to the
Central Districts Powerlifting Association, P O Box 9877, Marion Square WELLINGTON 6141



New Zealand Powerlifting Federation National Championships 2013



19 June 2013

Hi Everyone

Welcome to the 2013 New Zealand Powerlifting Federation National Championships, hosted by the Central Districts Powerlifting Association.

This is the updated information pack for competitors and supporters planning to come to this event. Additional information will be supplied once entries are in.

Venue

The event will be at:

Powerhouse Gym

272 Taranaki St

Wellington. (See green pin on the first map in this factsheet)

Preliminary Lifting Schedule *(subject to change see Possible)*

The Championships will be held over the weekend of 2-4 August. The NZPF Annual General Meeting will be held on Friday the 2nd as well. The Championships dinner will be held on the Sunday night.

Lifting Session (Probable):

Fri 2 nd	Weigh in	11am	Start	1pm, All Women
Sat 3 rd	Weigh in	7.30am	Start	9.30am, All Men 59kgs to 74kgs
	Weigh in	11.30am	Start	1.30pm, All Men 83kgs to 93kgs
Sun 4 th	Weigh in	8am	Start	10am, All Men 105kgs
	Weigh In	11.30am	Start	1.30pm, All Men 120kgs -120kgs+

Lifting Session (Possible):

Sat 3 rd	Weigh in	7.30am	Start	9.30am, All Women + Men 59kgs to 74kgs
	Weigh in	11.30am	Start	1.30pm, All Men 83kgs to 93kgs
Sun 4 th	Weigh in	8am	Start	10am, All Men 105kgs
	Weigh In	11.30am	Start	1.30pm, All Men 120kgs -120kgs+

Depending on lifter Numbers received there is a possibility that the Women may be shifted to Saturday morning, notice will be given as soon as numbers have been confirmed (after 17 July).

AGM:

If there is Lifting on Friday then the AGM is scheduled for 7.00pm at the Powerhouse Gym, if no lifting, then the AGM will be an hour earlier at 6.00pm.

Banquet:

The Pines, 50 The Esplanade, Houghton Bay WELLINGTON, 4 August 2013

Start: 7.30pm. Map for the Pines is the last page of this factsheet.

Transport will be available from the Powerhouse Gym to the Pines, and Return this is a Courtesy Bus and is included in the competition entry fee. Numbers are required for those lifters needing transport this is on the entry form.

Accommodation in Wellington

Powerhouse is just south of the Central Business District, and there are some hotels and motels close-by, together with a wide selection still in the CBD. These are all in walking distance.

Hotel name	Address
The Capital View Motor Inn	12 Thompson Street
The Marksman Motel	Right on the Basin Reserve
Harbour City Motor Inn	Corner of Webb/Victoria St
Mercure-Wellington-Willis-Street	355 Willis Street, Hotel
Wallace Court Motel	Top of Taranaki Street
Lodge in the City (backpacker/motel)	152 Taranaki Street

As you can imagine there is quite a bit of accommodation in Wellington, from back-packers, bed-and-breakfast, all the way to five-star hotels. You'll find all the choices [listed here](#).

Supermarkets

If you're staying at one of the hotels listed above, there are a number of dairies near the listed hotels, and at least three large supermarkets:

Chaffers New World, 279 Wakefield Street

Metro New World, 68 Willis Street, City (no carpark, it's right downtown)

Countdown Newtown, 3 John Street, Newtown.

Transport

Parking in the vicinity can be tricky, but it's free, although the Council sometimes enforces the two-hour limit in the city at weekends. City buses run up and down Taranaki Street, and there's a stop each way very close to the venue – look for the [Number 11](#) bus heading to Seatoun. Whilst they take cash, it's easy to pick up a Snapper card from dairies and swipe-on, swipe-off. If you're arriving by plane, it's approximately 10kms/15 minutes from Wellington Airport to the city centre. A taxi will cost approximately \$25. A shuttle can be taken into the city for \$15. The orange Airport Flyer bus service is only \$9, regularly leaving from the airport to as far as Lower Hutt. You can check your emails on board too- they've got free WiFi, sweet!

Taxi Companies:

- Wellington Combined - **Taxis**: (04) 384-4444 and **Shuttle** (04) 387-8787
- Green Cabs toll-free 0508 4 GREEN (0508 447336)

Dining

You're spoiled for choice in Wellington – if staying at one of the listed venues; it's a short walk down Cuba Street to Courtenay Place where you'll find everything from fast food to fine dining.
















For ideas, check out [Wellington's website](#)

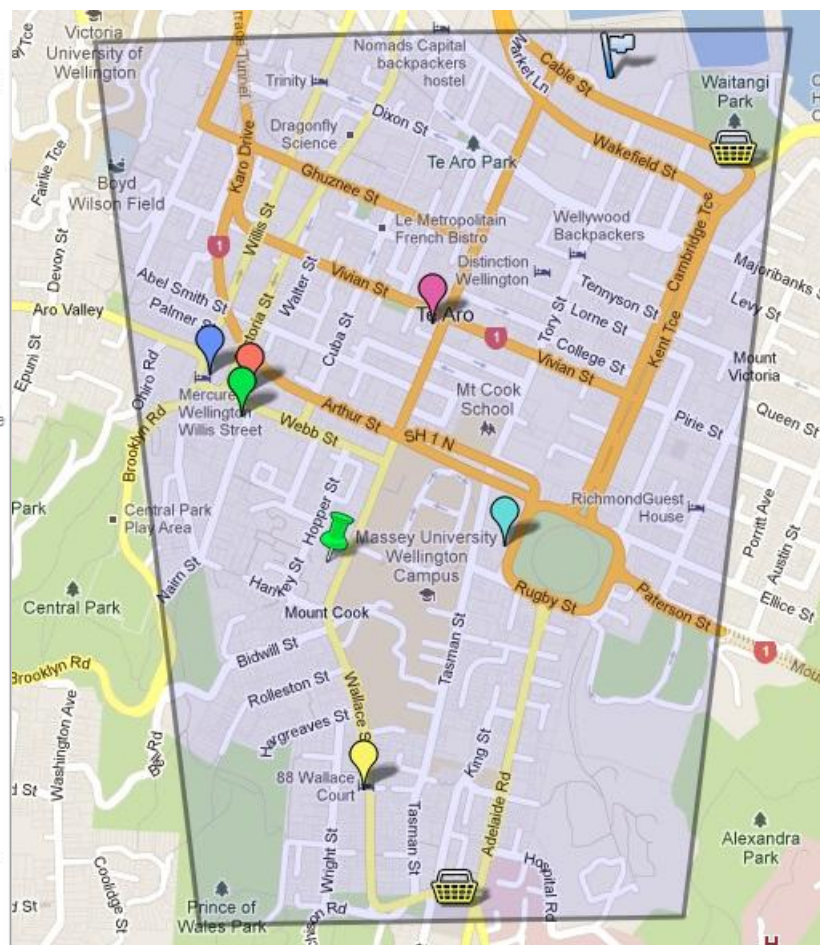
Other things to do in Wellington

- Have a look [here](#) for ideas
- The [Museum of New Zealand Te Papa Tongarewa](#) is just over a kilometre from the venue, about a 15-minute walk.
- Although the weather may not be up for it, there's the [Zealandia](#) wildlife sanctuary in Karori, and
- The [Wellington Zoo](#) is also only 7km away.

Any additional information you require or if I have forgotten something. Please Email me. warren@powerhousegym.co.nz

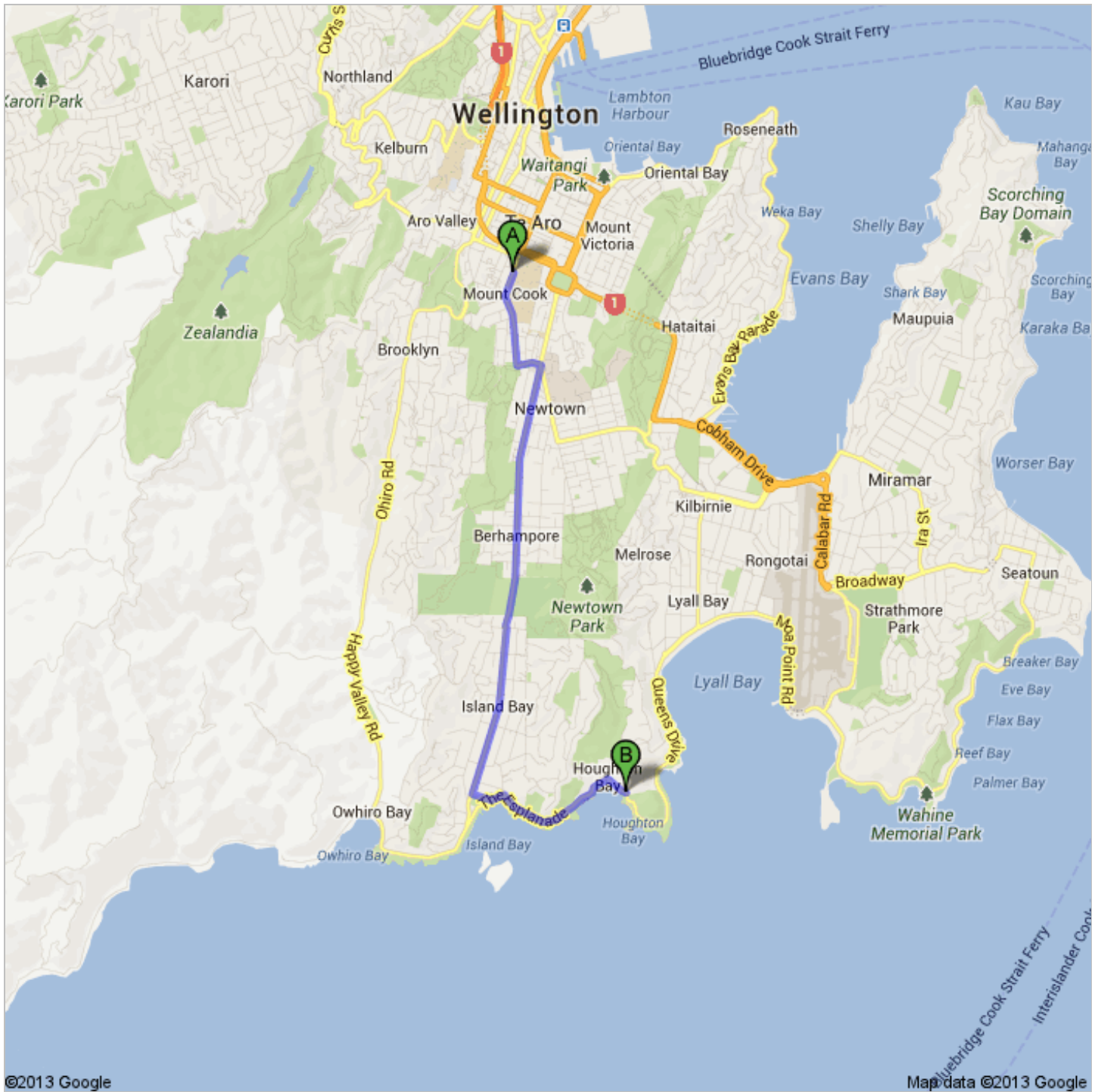
Map

-  **Powerhouse Gym**
272 Taranaki Street, Wellington Next to Jaycar Electronics <http://www.powerhousegym.co.nz/gymforum>
-  **Mercure Wellington Willis Street**
355 Willis Street, Wellington Mercure Willis Street
-  **Capital View Motor Inn**
12 Thompson Street Capital View Website
-  **The Marksman Motel**
Sussex Street, part of the ring-road around the Basin Reserve sportsground Marksman website
-  **Harbour City Motor Inn**
Corner of Webb and Victoria Streets Harbour City website
-  **Wallace Court Motel**
88 Wallace Street, Mount Cook, Wellington Wallace Court Website
-  **Lodge in the City**
152 Taranaki Street <http://www.lodgeinthecity.co.nz>
-  **Chaffers New World**
-  **Countdown Supermarket**
Brand new.
-  **Metro New World**
70 Willis Street, right in the heart of the city
-  **Te Papa**
-  **Wellington Visitor Centre**
-  **Blue Bridge ferry**
-  **Interislander Ferry**
Operates a courtesy bus to the Railway station, where you can catch buses into town
-  **Wellington Railway Station and bus terminal**





Directions to The Pines
50 The Esplanade, Houghton Bay 6023
6.9 km – about 11 mins
Point A is Powerhouse Gym. Point B is the Pines.





Powerhouse Gym
272 Taranaki St, Mt Cook, 6011



1. Head south on Taranaki St toward Hill Ln

go 220 m
total 220 m



2. Continue onto Wallace St
About 1 min

go 750 m
total 1.0 km



3. Continue onto John St

go 140 m
total 1.1 km



4. Turn right onto Adelaide Rd
About 4 mins

go 2.3 km
total 3.5 km





5. Continue onto The Parade

Go through 1 roundabout

About 3 mins

go 1.7 km
total 5.2 km



6. Turn left onto Reef St

go 190 m
total 5.4 km



7. Turn left onto The Esplanade

Destination will be on the left

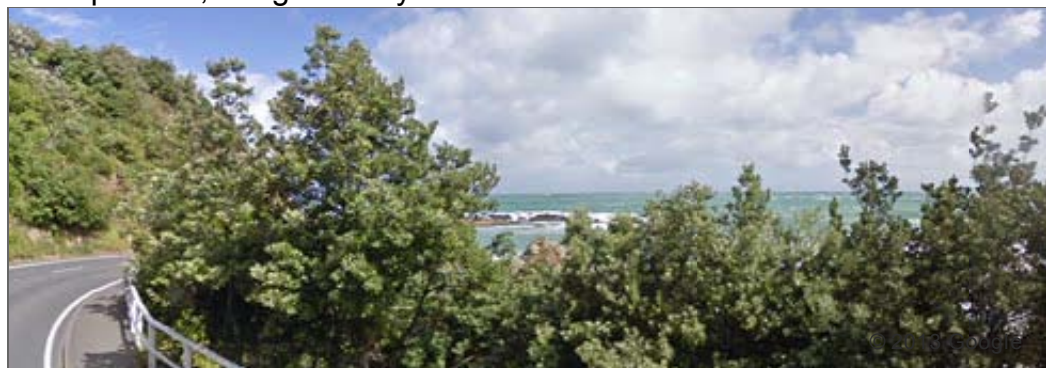
About 3 mins

go 1.6 km
total 6.9 km



The Pines

50 The Esplanade, Houghton Bay 6023



These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.

Map data ©2013 Google

Directions weren't right? Please find your route on maps.google.co.nz and click "Report a problem" at the bottom left.