

# COMPETITOR ENTRY FORM

## BRITISH ARMY GERMANY (BA (G)) STRONGMAN

Brings you

# CLASH OF THE TITANS

OVER THE WEEKEND 26-27<sup>th</sup> MARCH 2011,

### EVENTS LIST

1. **Medley:** Tyre flip, Duck walk 30m, Sled drag 30m, quickest time wins.
2. **Husafel Carry:** Husafel stone is to be carried as far as possible, furthest distance wins.
3. **Overhead Medley:** 4 reps on different equipment in quick succession. Each press will get progressively heavier. Yolk press, axle press, log press and 1 armed dumbbell press.
4. **Truck Pull:** Vehicle must be pulled over a distance of 25m in the quickest time possible (different vehicles for the 3 weight categories).
5. **Loading Race:** 4 Barrels are to be loaded into a wheel barrow over an 80m course in the quickest time possible.
6. **Car Deadlift:** The vehicle must be lifted from the ground as many times as possible in 75 seconds. Weight TBC.
7. **Farmers Walk:** 1 set of farmers bars are to be carried 30m and then a 2<sup>nd</sup> heavier set are to be carried back over the course. Quickest time wins.
8. **Atlas Stones:** 5 progressively heavier stones are to be lifted onto a platform in the quickest time possible. Stone weights TBC.

Please note these events could be subject to change and are weather dependent. In adverse weather conditions substitute events might be used. Full event details will be circulated to all competitors prior to the event.

Building on the success of many strength events this competition will begin on Sat 26<sup>th</sup> Mar 11 in Athlone Bks, Sennelager and culminate on Sun 27<sup>th</sup> Mar 11.

## ENTRIES

In order to be eligible to enter this event you must be a serving member of British Forces Germany or UKBC.

There will be a maximum number of 42 competitor places, which will be given on first come first served basis. The event is being run as an UNDER 90kgs, UNDER 105kgs and OVER 105kgs WEIGHT GROUP competition. Supportive apparel may be used, subject to acceptance by the event referee, but no tacky or grip aids are permitted. Entry costs €15, which includes event T-shirt and prizes for the top three athletes in each group of lifters. There is no charge for spectators/entry for the two days.

## PLEASE COMPLETE AND RETURN

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Regimental Number: \_\_\_\_\_  
Name \_\_\_\_\_ D.O.B. \_\_\_/\_\_\_/\_\_\_  
Regiment \_\_\_\_\_  
Contact tel: \_\_\_\_\_ EMail: \_\_\_\_\_  
Height \_\_\_\_\_ Weight \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_

Best Lifts/Relevant experience: \_\_\_\_\_

Shirt Size \_\_\_\_\_

Disclaimer - I enter this event at my own risk and accept that I cannot hold the organiser (SSgt S D Cooper) or the hosts of the venue (QRH) responsible for any injuries I may incur.

Signed \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

ENTRY FEE: €15

Must be paid prior to the competition start date

Forms should be returned to  
SSgt S D Cooper,  
OPS SNCO  
3CS Bn REME  
Barker Barracks,  
BFPO 22

**Deadline for entries is**  
**strictly Friday 18<sup>th</sup>**  
**March 2011.**

Or via email [w.m.d@hotmail.co.uk](mailto:w.m.d@hotmail.co.uk)