Claim for BPU records from an ABPU lifter

Dear lovely records registrar,

I am an ABPU member and was very awesome as I have taken a record in the ABPU which is higher than the equivalent BPU record and would like to claim it please.

I understand that it will not be updated unless I send this in. I also understand that if I am an ABPU

I am providing the following information to make it easier for you to find and update my record as without it, I know you will have to spend ages looking for it.

Name: …………………………………………….

ABPU Membership number: ………………………………..

Competition you broke the record? ………………………………………………………………………………………………

Date: ………………………………………………..

Age: ………………………………………………… Age Category (eg T1, Junior, Open Master 1 etc): ………….....

Division (raw, classic, single ply, multiply)…………………………………….

Weight category ……………………………………..

Weight you lifted for this record: Squat…………… Bench…………………… Deadlift ……………………

Total …………………………………..