

Anglian Open

Powerlifting Championship 2008

(under BWLA rules)
Sunday March 14th 2008

Hamiltons Fitness Centre, Telford Way, Colchester. CO4 9QP
Lifting Starts 11am

Qualifier for the British Unequipped 2007
Qualifier for the British Powerlifting Championship 2007

At Hamiltons Fitness Centre, Telford Way, Colchester. CO4 9QP



Timetable:

All women and men 52kg to 75kg, Weigh in 09:00Hr to 10:30Hr, Lifting starts 11:00Hr
Men 82.5kg to 125kg+ Weigh in 10.30Hr to 12:00Hr, Lifting starts TBA (after 12:30Hr)

Spectators: Hamiltons Members Free, Competitors Free,
Adults £4.00, Children £2.00, Under 3's free

www.HamiltonsFitness.co.uk/AnglianOpen08.htm