

RAW BENCH '07

BWLA British Unequipped Bench Press 2007

Saturday July 28th 2007

**All Women (48kg to 90kg+, all age classes)
all Men up to 82.5kg (all age classes)**

Sunday July 29th 2007

Men over 82.5kg (all age classes)

Lifting starts at 11.00am both days

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**Hamiltons Fitness Centre, Telford Way, Colchester, Essex. CO4 9QP
www.HamiltonsFitness.co.uk/RawBench07.htm, 01206 854319**