



# Raw Bench 2007

BWLA British Unequipped Bench Press, July 28<sup>th</sup> and 29<sup>th</sup> 2007, Colchester, Essex

**Invitation:** You have qualified for the BWLA British Unequipped Bench Press Championships 2007 as follows:

- Venue: Hamiltons Fitness Centre, Telford Way, Colchester, CO4 9QP
- Name:
- Weight Class:
- Age group:

The provisional timetable for the contest is as follows:

Saturday 28 <sup>th</sup> July	All Women (48kg to 90kg+, all age classes) and all Men up to 82.5kg (all age classes) Weigh in all women and men up to 67.5kg from 9.00am to 10:30am Weigh in all Men 75kg and 82.5kg 10.30am to 12noon
Sunday 29 <sup>th</sup> July	Men over 82.5kg (all age classes) Weigh in all Men 90kg and 100kg 9.00am to 10:30am Weigh in all Men 110kg, 125kg and 125+kg 10.30am to 12noon

Please complete the attached slip and return it with the remittance of £15.00, cheques should be made payable to the promoter S Hamilton. Closing date for entries is 14<sup>th</sup> July 2007. All competitors will be required to complete a drugs testing acceptance form prior to weigh in, and will be required to show their BWLA membership cards and proof of age for all age related classes.

All entries and all enquiries to the Championship promoter:

Stuart Hamilton  
 Address: Hamiltons Fitness Centre, Telford Way, Colchester, CO4 9QP  
 Tel: 01206 854319  
 e-mail: HamiltonsFitness@aol.com  
**Championship Website: [www.HamiltonsFitness.co.uk/RawBench07.htm](http://www.HamiltonsFitness.co.uk/RawBench07.htm)**

Name : ..... Date of birth: .....

Address: .....

Tel: ..... e-Mail: .....

Division: .....I anticipate competing in the ..... weight and .....age class

**If you have downloaded this entry form because you believe that you have qualified, but have not received an invitation, please include the following details of your qualifying lift. Once your qualification has been confirmed your details will appear on the Championship website. [www.HamiltonsFitness.co.uk/RawBench07.htm](http://www.HamiltonsFitness.co.uk/RawBench07.htm)**

Name of competition.....Division of Competition.....

Date of Competition.....Weight lifted..... Bodyweight at Competition.....

**RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST**

In consideration of the acceptance of my entry in this Powerlifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors, and my administrators. In signing this release from liability I waive and release everyone connected with competition from any and all liability, which may arise from this competition. Moreover I agree that any testing method which the meet director and the sponsors of this meet use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. I agree to submit to any physical tests, which may be necessary to complete drug testing. Should I fail to pass the drug test I agree to forfeit any trophy or award which I otherwise have won. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended lifters and I agree to waive any claim for which legal relief is available.. I also certify with my signature that this release/agreement cannot be modified orally.

.....  
Signature of lifter

.....  
Signature of parent/guardian, if lifter is under 18 years of age

Championship T shirts are available from the championship website <http://www.hamiltonsfitness.co.uk/Rawbench07.htm>