



Anglian Open Bench Press Championship 2009

Sunday September 6th 2009

Entry closing date 23rd August 2009

Qualifier for the GBPF British Bench Press 2010
Qualifier for the GBPF British Unequipped Bench Press 2010
Open to all BWLA (GBPF) lifters, from all divisions



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

Timetable:

All women and men 52kg to 82.5kg, Weigh in 9:00am to 10:30am, Lifting starts 11:00am
Men 90kg to 125kg+ Weigh in 10.30am to 12:00noon, Lifting starts TBA (after 12:30pm)

You can keep up to date with entrants for the competition and any changes to the schedule at:
www.Tinyurl.com/bench2009

Please note that under GBPF rules all lifters must wear the proper clothing when competing. Briefly, this includes a one-piece weightlifting unitard, a plain (un-logoed) t-shirt and indoor sports shoes (or trainers). Full details of acceptable kit and the technical rules of powerlifting can be found at the IPF website: www.powerlifting-ipf.com.
Drug Testing By entering this competition you are stating that you are not using performance enhancing drugs and are consenting to allow random in competition and out of competition drug testing.

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Name.....

Address.....

.....Post Code.....

Tel or email.....Club (or unattached).....

Equipped or Unequipped (circle) Age (for qualification purposes): u18 u20 u23 senior 40+ 50+ 60+ 70+

Bodyweight class (circle):

Female: 48kg 52kg 56kg 60kg 67.5kg 75kg 82.5kg 90kg 90kg+

Male: 56kg 60kg 67.5kg 75kg 82.5kg 90kg 100kg 110kg 125kg 125kg+

Some information for the MC (optional)

Titles held.....PB in Competition.....

Please send a cheque in the sum of £15.00, payable to S. Hamilton, to Hamiltons Fitness Centre, Telford Way, Colchester, Essex, CO4 9QP