

Anglian Open
Powerlifting Championship 2008
(under BWLA rules)
Sunday March 16th 2008
Entry closing date March 2nd 2008

Qualifier for the British Unequipped 2008
Qualifier for the British Powerlifting Championship 2008
Open to all BWLA lifters, from all divisions



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)

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Name.....

Address.....

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

Tel or email.....Club.....Age.....

Male/Female.....Bodyweight Class.....Equipped / Unequipped (circle)

Please enclose a cheque in the sum of £14.00 made payable to
S. Hamilton and send to Hamiltons Fitness Centre, Telford Way, Colchester,
Essex, CO4 9QP, or enter online at:
www.HamiltonsFitness.co.uk/anglianopen08.htm