

Anglian Open
Bench Press Championship 2006
(under BWLA rules)
Sunday October 29th 2006
Entry closing date 15th October 2006

Qualifier for the British Bench Press 2007
Qualifier for the British Unequipped Bench Press 2007
Open to all BWLA lifters, from all divisions



At Hamiltons Fitness Centre, Telford Way, Colchester.

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.....

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

Please enclose a cheque in the sum of £10.00 made payable to
S. Hamilton and send to Hamiltons Fitness Centre, Telford Way, Colchester,
Essex, CO4 9QP