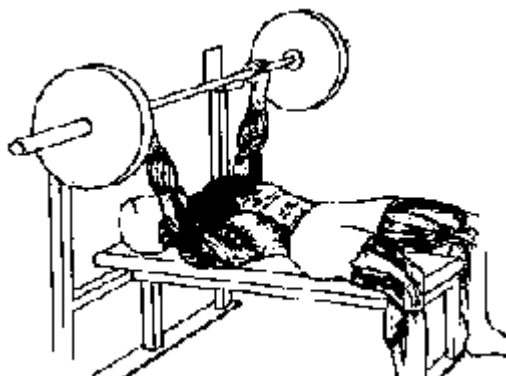


**Anglian Open**  
**Bench Press Championship 2007**  
**(under BWLA rules)**  
**Sunday October 28<sup>th</sup> 2007**  
Entry closing date 14<sup>th</sup> October 2007

Qualifier for the British Bench Press 2008  
Qualifier for the British Unequipped Bench Press 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 82.5kg, Weigh in 09:00Hr to 10:30Hr, Lifting starts 11:00Hr  
Men 90kg to 125kg+ Weigh in 10.30Hr to 12:00Hr, Lifting starts TBA (after 12:30Hr)

You can keep up to date with entrants for the competition and any changes to the schedule at: [www.HamiltonsFitness.co.uk/AnglianBench2007.htm](http://www.HamiltonsFitness.co.uk/AnglianBench2007.htm)

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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 £12.50 made payable to S. Hamilton and send to Hamiltons Fitness Centre, Telford Way, Colchester, Essex, CO4 9QP