

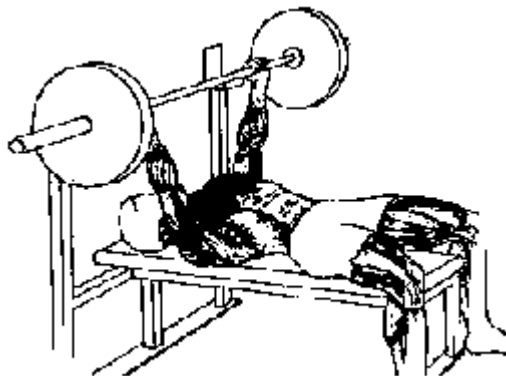
# Anglian Open Bench Press Championship 2008

(under BWLA rules)

**Sunday October 26<sup>th</sup> 2008**

Entry closing date 12<sup>th</sup> October 2008

Qualifier for the British Bench Press 2009  
Qualifier for the British Unequipped Bench Press 2009  
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/Anglian\\_Open\\_Bench\\_Press\\_2008.htm](http://www.HamiltonsFitness.co.uk/Anglian_Open_Bench_Press_2008.htm)

**Please note** that under BWLA 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](http://www.powerlifting-ipf.com).  
If in doubt please email the competition promoter [stuart@hamiltonsfitness.co.uk](mailto:stuart@hamiltonsfitness.co.uk)

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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+

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