

# ANGLIAN BENCH PRESS 2005

Under BWLA rules

## Sunday 6<sup>th</sup> November 2005

Qualifier for the British Bench Press Championship 2006  
or the British Raw Bench Press Championship 2006



There will be trophies for the winners and places in all weight classes and certificates for every competitor.

There will also be a Champion of Champions trophy for the best overall lifter based on Wilks points and one for the best overall lifter who lifts unequipped.

The competition is open to all members of the British Weight Lifters' Association (join BWLA on the website).

**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)

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

**Tel: Stuart Hamilton on (01206) 854319 for details or click on**

**[www.HamiltonsFitness.co.uk](http://www.HamiltonsFitness.co.uk) for entry form.**