

Anglian Open

Bench Press Championship 2005

(under BWLA rules)
Sunday November 6th 2005
 Entry closing date 23rd October 2005

Qualifier for the British Bench Press 2006
 Qualifier for the British Raw Bench Press 2006
 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.....

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

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