

Anglian Open Bench Press 2007

Under BWLA rules

Sunday October 28th, 2007

Qualifier for the British Bench Press Championship 2008
or the British unequipped Bench Press Championship 2008



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 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)

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

Tel: Stuart Hamilton on (01206) 854319 for details or click on www.HamiltonsFitness.co.uk/AnglianBench2007.htm for entry form.