

Saturday 2<sup>nd</sup> & Sunday 3<sup>rd</sup> October

**ENTRY FORM**

2010

**WORLD CHAMPIONSHIPS**

**Castlemilk Glasgow Scotland**

Name; \_\_\_\_\_ IAWA Member Y/N

Address; \_\_\_\_\_

\_\_\_\_\_ Postcode; \_\_\_\_\_

Country \_\_\_\_\_ Tel; \_\_\_\_\_

E-mail \_\_\_\_\_

Age; \_\_\_\_\_ D.O.B. \_\_\_\_\_

Weight Class; \_\_\_\_\_ Age Cat; \_\_\_\_\_ M/F \_\_\_\_\_

Open \_\_\_\_\_ Masters \_\_\_\_\_

**IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I HEREBY RELEASE ALL CLAIMS FOR DAMAGE, LOSSES AND INJURIES THAT I MAY HOLD AGAINST I.A.W.A, THE PROMOTORS, OFFICIALS AND HELPERS. I FULLY UNDERSTAND THE I.A.W.A DRUG TESTING POLICY AND WILL AVAIL MYSELF TO THE OFFICIALS IF SELECTED FOR TESTING.**

**Signature** \_\_\_\_\_ **Date;** \_\_\_\_\_

(If you are under 17 years of age, a parent or guardian must sign here also)

Signature of parent/guardian \_\_\_\_\_ I.A.W.A(UK) has a Child Protection Officer and a Child Protection Policy.

Please send completed entries and fees to; Mr George Dick, 14 Drakemire Drive, Glasgow, G44 5EL, SCOTLAND. [Tel:0141 569 2245](tel:01415692245) or 07932536283  
mail; [janetdick@msn.com](mailto:janetdick@msn.com) (Overseas visitors pay on arrival)

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PRESENTATION DINNER on Sunday 3<sup>rd</sup> Oct No. In party \_\_\_\_\_

**2010**

**WORLD CHAMPIONSHIPS**

**CASTLEMILK GLASGOW SCOTLAND**

**Saturday 2<sup>nd</sup> & Sunday 3<sup>rd</sup> October**

**VENUE; Castlemilk Community Centre, Castlemilk Drive (opposite Braes shopping centre) Castlemilk, GLASGOW, Scotland.**

**DATE; Saturday 2<sup>nd</sup> and Sunday 3<sup>rd</sup> October 2010.**

**Promotor; George Dick**

**Saturday Weigh In; 9.00am – 10.30am Lifting to begin 11am**

**Sunday Weigh In; 9.00am - 10.30am Lifting to begin 11am**

**LIFTS; Day 1; Two hand Clean and Push Press, One hand Barbell Snatch, Continental to Belt, Steinborn**

**Day 2; Cheat Curl, One hand Dumbell Press (Opposite Hand), Trap Bar Deadlift.**

**ENTRY FEE: £30.00 (If doing both Open & Masters £50.00)**

**Closing date for entries 2<sup>nd</sup> September 2010. Send entry form and fees made payable to George Dick.**

**PRESENTATION DINNER in Boswell Hotel at a cost of £20.00 payable with entry. (Overseas visitors pay on arrival)**

**ACCOMODATION:**

**Boswell Hotel, 27 Mansionhouse Rd, Glasgow G41 3DN Tel+44(0)141 632 9812**

**Ivory Hotel, 2 Camphill Ave, Glasgow G41 3AY Tel+44(0)141 636 0233**

**Premier Inn, Jct 1, M74, London Rd Glasgow Tel+44(0)8701 977 306**

**Burnside Hotel, East Kilbride Rd, Rutherglen Tel+44(0)141 634 1276**

**ENQUIRIES: Please call George on 0141 569 2245 Mobile:07933536283**

**e-mail: janetdick@msn.com**

