

2011 IAWA GOLD CUP 'WORLD RECORD BREAKERS EVENT'
POWERHOUSE GYM, BURTON ON TRENT, ENGLAND – SATURDAY 1st OCTOBER

Rules of the Gold Cup Competition

- 1 All Lifters **MUST** be Current IAWA Members
- 2 Lifters who are current World Record Holders can attempt a new World Record for the 'GOLD CUP' (The first attempt on the platform has to be for the new World Record!)
- 3 Lifters who are not current World Record Holders are eligible to lift for the 'Silver Cup' for a National or Club Record or a new Personal Best

Gold Cup Promoter: Steve Gardner - 18 Holly Road, Barton under Needwood, Staffs. DE13 8LP England Tel: 01283 713464 or 07960960509 E Mail: steve-g@powerful.co.uk

Lifting Venue: Powerhouse Gym, The Pakistani Community Centre, 228 – 231 Uxbridge Street, Burton on Trent, Staffordshire DE14 3LA England

Banquet Venue: The St. Andrews Suite, Branston Golf & Country Club, Branston, Burton upon Trent, Staffordshire DE14 3DP, England

Accommodation:

Any lifter from home or abroad that will be looking for accommodation, please contact the promoter as soon as possible and he will deal with your accommodation needs, finding the best lodgings at the best price to suit you!

Competition Entry Fee: £35

Banquet Fee: £17.50

The Banquet will also be the venue for the 2011 Induction to the IAWA(UK) Hall of Fame

Weigh In: 10

Lifting to begin: 12

Banquet, Awards Presentation and Hall of Fame Inductions: 7pm

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ENTRY FORM

Name: _____ Current IAWA Member yes / no

Address: _____

_____ Phone No: _____

Age _____ D.O.B. _____ Weight Class _____

I am Lifting in the Gold Cup / Silver Cup (please highlight one)

First choice of Lift to be attempted for the Gold or Silver Cup:

Second choice Lift to be attempted:

(The second choice of lift is In case of failure with first attempt) if there is time the promoter will allow lifters to perform their second choice lift as well!

Please Find my **Entry Fee** of : _____ and **Banquet Fee/s**: _____

State number in your party for the Banquet: _____

PLEASE READ AND SIGN

I understand that I may be asked to take a drug test at the event, and I am willing to present myself to the testing officer if so required.

I understand that I take part in the competition at my own risk, and I have no form of claim or comeback on the promoter or IAWA in any case of injury or loss etc.

Signed _____ Date _____

(Under 17's a Signature is needed of a Parent or Guardian _____)

Please send entry fees and banquet Fees together with the completed Entry Form to:

Steve Gardner - 18 Holly Road, Barton under Needwood, Staffs. DE13 8LP

Foreign Lifters can just send Entry Form and then pay fees on arrival!