

### **2013 IAWA WORLD CHAMPIONSHIPS INFORMATION**

Date	:	Saturday 5 <sup>th</sup> and Sunday 6 <sup>th</sup> October 2013	
Venue	:	The Hollins Technology College Hollins Lane Accrington, Lancashire BB5 2QY ENGLAND	
Lifts	:	Day One	1. Barbell Clean and Press 2. Continental snatch 3. Straight Arm Pullover 4. One Hand Vertical Pin Lift
		Day Two	1. Back Squat 2. One Armed Dumbbell Clean and Jerk 3. Trap bar Deadlift
Suggested Hotels		1. Dunkenhalgh Hotel and Spa, Blackburn Road, Clayton-Le-Moors, BB5 5JP T 01254 426800  2. Travel Lodge, J4 M65, Darwen Motorway services, BB3 0AT. T 0871 9846122  3. Travel Inn, J4 M65, Off Eccleshill, Riversway Drive Lower Darwen, BB3 0SN T 0871 527 8100	

If anyone needs help with transport from hotels to competition/banquet, etc., please contact me.

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