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| **IAWA Gold Cup 2022 Venue:** Crumlin Road Gaol Visitor Attraction and Conference Centre, 53-55 Crumlin Road, Belfast, BT14 6ST **Date: Saturday 5th November 2022**  **Entry Fee: £25.00 (Will include Trophy based on the theme ‘Gold Cup’ and an event T Shirt)** | |
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| **Weightlifting Timetable:** |  |
| Weigh In: 9am to 10am Weightlifting Starts: 11am  (Silver Cup entries (those not able to attempt World Records) lift first, followed by Gold Cup)  **CLOSING DATE FOR ENTRIES**: Monday 17th October 2022 (Closing date is FINAL) |
| **Required Information:** | |
| Name: ……………………………………………………… DOB:……………………………… AGE GROUP:………..………………………  Address: …………………………………………………………………………………………………………………………………………………..  Membership Status: Current IAWA Member YES / NO : Please Circle (NOTE: Only Members can take part)  Weight Category: …………………………………………………………T Shirt Size: ……………………….……………………………..  1st Choice Lift: …………………………………………………………………………………Approx lbs / KG?..………………………..  2nd Choice Lift: ……………………………………………………………………………….Approx lbs / KG?………………………….  Home Phone Number: ……………………………………………… Mobile: …………………………………………………….………  E-Mail:……………………………………………………………………… **I understand fully, that I take part in this event at my own risk and can have no claim for injury or otherwise against the event Promoters or IAWA. I also fully understand that I may be required to undergo a drug test if selected.** *For your entry to be accepted, please be sure to read this properly and sign*  Signed: ………………………………………………… | |
| **Banquet & Awards Ceremony (Commencing 6.30pm)** | |
| £30.00 per head ( 3 Course Meal - Menu choices will be required in advance - See info sheet)  Venue: Crumlin Road Gaol Visitor Attraction and Conference Centre, 53-55 Crumlin Road, Belfast, BT14 6ST  Tel: 028 9074 1500 Website: https://www.crumlinroadgaol.com  Number for meal: …………………… Total fee: ……………………………… Special Dietary Requests: …………………………… | |
| **Further Information: Contact joint promoters Stevie Shanks or Steve Gardner - email for all enquiries: Stevie Shanks:** [**Stevieshanks45@gmail.com**](mailto:Stevieshanks45@gmail.com) **Tel: 07818455573**  **Steve Gardner:** [**stevegardneruk@gmail.com**](mailto:stevegardneruk@gmail.com) **Tel: 07960960509 or 01283 713464** | |
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To pay by Cheque: Cheques to be Made Payable to: Stevie Shanks

To pay by Bank Transfer: S&H Shanks,Ulster Bank Acc No 10285291 Sort Code 98-11-45

To pay by Paypal: Use E mail Address: Stevieshanks45@gmail.com

**Send forms to:** Stevie Shanks, 11 Delamont Park, Belfast BT6 9RJ (or via email)