

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)**

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)

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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 Tel: 07818455573

Steve Gardner: stevegardneruk@gmail.com Tel: 07960960509 or 01283 713464

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)