

**I.A.W.A. Gold Cup 5<sup>th</sup> November 2022 - Information Sheet**  
**Closing Date for entries: Monday 17<sup>th</sup> October (Closing Date is Final)**

**Joint Promoters:**

Stevie Shanks Email: [stevieshanks45@gmail.com](mailto:stevieshanks45@gmail.com) Tel: 07818 455573

Steve Gardner Email: [stevegardneruk@gmail.com](mailto:stevegardneruk@gmail.com) Tel: 07960 960509 / 01283 713464

All Lifters will sign the entry form disclaimer to say they fully understand they take part in the event at their own risk and have no claim on the Promoters or IAWA. They also sign to say they fully understand they may be required for Drug Testing on the day if they are selected!

**Lifting Venue:** Crumlin Road Gaol Visitor Attraction and Conference Centre, D Wing, 53-55 Crumlin Road, Belfast, BT14 6ST - £25 per person competition entry (please see below re meal costs)

**Lunch & Local Facilities:** Local large Spar grocery shop available within a few yards of the venue

**Google Map Showing Venue:** [Crumlin Road Gaol Visitor Attraction and Conference Centre - Google Maps](#)

**How to find the Venue:** The venue is 4.3 Miles from the Belfast Stena Line terminal, 4.2 miles from the Belfast George Best City Airport & 13.9 miles from Belfast International Airport. It is on a main arterial route to Belfast city centre with frequent public transport etc and is within walking distance of Belfast City centre.

**Bus Routes from City Centre to Crumlin Road Gaol Link:**

[How to get to Crumlin Road Gaol by Bus](#)

**Hotels nearby:**

The Lansdowne Hotel 657-659 Antrim Road, Newtownabbey Belfast, BT15 4EF 2.2 miles from Venue

<https://www.thelansdownehotel.co.uk/> Tel: 028 9077 2999.

**Other Local Hotels include:**

Travelodge – Belfast City Centre 1.4 Miles from Venue: 15 Brunswick Street, Belfast, BT2 7GE, United Kingdom

Postcode: BT2 7GE Tel: 08701 911687

Premier Inn – Belfast City Centre 0.9 Miles from Venue: Belfast City Cathedral Quarter hotel, 2-6 Waring St, Belfast BT1 2DX Tel: 0333 777 3901

**Banquet Venue:** Crumlin Road Gaol Visitor Attraction and Conference Centre - 3 course meal £30 per person

**Special Dietary Requests:** Menu selections will be circulated nearer the time, and if not apparently catered for please indicate any special Dietary Requests

**Evening Entertainment**

Following the evening meal and presentations there is a very good Elvis tribute show in the venue conference room which can be booked through the Gaol website although with dinner timings etc the show may start before the prize giving is completed

**Payment information:**

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](mailto:stevieshanks45@gmail.com)

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