

IAWA Gold Cup 2023

Venue: MetamorFIT, 5F Southbourne Bus. Park. Courtlands Road. Eastbourne BN22 8UY
Date: 4th November 2023
Entry Fee: £30.00

Weightlifting Timetable:

Weigh In: 9am to 10am Weightlifting Starts: 11am

Silver Cup entries (for those not holding a World Record) will lift first followed by Gold Cup



CLOSING DATE FOR ENTRIES: Saturday 14th October 2023

Required Information:

Name:

Address:

Date of Birth:

Age Group:

Weight Category: T-Shirt Size:

1st Choice Lift:Approx poundage?.....

2nd Choice Lift:Approx poundage?.....

Home Phone Number:

Mobile:

E-mail:

Signed:.....

Banquet & Awards Ceremony

£35.00 per head (Three Courses. Menu choices will be required in advance) arrive 7pm for 7.30pm dinner.

Venue: Horizon Suite (mezzanine floor), The View Hotel, Grand Parade, Eastbourne, BN21 4DN

Tel: 44 (0) 1323 433900 Website: www.theviewhoteleastbourne.com

Number for meal: Total fee:

Further Information: Contact promoter Paul Barette - email for all enquiries: iawa@metamorfit.co.uk,

Tel: 44 (0) 1323 726833 or +44 (0) 7710 659744

Bank Transfers to: Acc. Name – Paul Barette Sort Code – 070436 Acc. Number 41584636

Cheques to be Made Payable to: Paul Barette / PayPal entries to paul@metamorfit.co.uk

(to avoid PayPal charges please ensure you use the pay friend/relative option)

Send forms to: MetamorFIT, 5F Southbourne Bus Park. Courtlands Rd. Eastbourne BN22 8UY