

# IAWA Gold Cup 2021

Venue: Lansdowne Hotel, 657 Antrim Road, Belfast, BT15 4EF

Date: Saturday 6<sup>th</sup> November 2021

Entry Fee: £20.00 (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:** Saturday 23<sup>rd</sup> October 2021 (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: .....

1<sup>st</sup> Choice Lift: .....Approx poundage?.....

2<sup>nd</sup> Choice Lift: .....Approx poundage?.....

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)

£25.00 per head ( 3 Course Meal - Menu choices will be required in advance - See info sheet)

Venue: The Lansdowne Hotel Address: 657-659 Antrim Road, Belfast, BT15 4EF

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

Number for meal: ..... Total fee: ..... Special Dietary Requests:

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**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

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 / fees to:** Stevie Shanks 11 Delamont Park, Belfast BT6 9RJ