

2015 IAWA GOLD CUP

Perth , Australia

INFORMATION SHEET

This is the first ever that the IAWA Gold Cup has ever been held in Australia and we are excited to be promoting it. To ensure that the first ever Australian Gold Cup is trip worth making we have decided to turn the event into a 3 day tour. Consisting of the Gold Cup, a Heavy Events competition and an Old Time Strong Man competition. This will be a trip Down Under worth making and we look forward to catching up with our All-Round Weightlifting family.

2015 IAWA GOLD CUP

LOCATION: Belmont Sports and Recreation Club (BSRC),
Corner of Abernethy Road and Keane Street Cloverdale, Western Australia
6105

PROMOTER: John Mahon and Sam Trew.

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SANCTIONED BY: ARWLWA/ IAWA

DATE: Friday 27th November 2015

WEIGH IN: 10am
Lifting starts at 12pm sharp.

ENTRY FEE: \$85 – T Shirt included in the price.

AWARDS: Gold Cup and Howard Prechtel Memorial Cup.

CLASSES: All weight classes and Weight divisions will be recognized

ATTEMPTS: **ALL Lifters must submit their first nominated attempts at the weigh in.** Also nominate a second attempt incase the first attempt is unsuccessful. If time permits we will allow lifters to perform both lifts. **Please note that the opening weight on the lifters chosen attempt MUST be for a new World Record.**

If in the event that a lifter wants to participate in the event but unable or in ineligible to break a World Record they will allowed to lift for the Silver Cup – this for a National Record, a Club Record or a Personal Record.

BANQUET AND PRESENTATIONS: **From 6:30pm onwards-** This will Also be held at the Belmont Sports and Recreation Club. The BSRC is a fully licensed venue. **Ticket costs: \$30**

ARWLWA World Heavy Events

- LOCATION: At the Belmont Sports and Recreation Club.
This is an **outdoor event**.
- DATE: **Saturday 28th of November.**
This is also ARWLWA President Peter Phillips birthday. So we will have a great day of Heavy Events then we will celebrate with Peter with a BBQ and drinks at the BSRC. The BSRC Darts Club is also holding an event on the date and are putting on a Rock and Roll band.
- ENTRY FEE: \$30
- WEIGH IN: **12:30pm Lifting will start at 2pm.**
The lifting will start in the afternoon for this event to give everyone a chance to recover from the Gold Cup Banquet.
- CLASSES: Womens, Mens under 90kg, Mens 90kg + , Mens 105kg+ and Masters divisions
- AWARDS: 1ST Place in each division
- EVENTS/LIFTS:
- Throw Weight For Distance
 - Throw Weight over the Bar – Weight for Height
 - Stone Loading
 - Caber Toss
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- SCORING: This event will be scored using a points system.

ARWLWA World Old Time Strong Man Challenge

- LOCATION: Swan Valley. TBA on Venue
- DATE: 29th November
- ENTRY FEE: \$30
- WEIGH IN: 9am
Lifting will start at 10:30
- CLASSES: Mens and Womens
- AWARDS: There will be 2 series of awards for both Mens and Womens.
1st will be the Winner by most Weight Lifted and
2nd will be Winner by formula
There will be 2nd and 3rd place awards aswell.
- LIFTS:
- Anderson Squat
 - Apolons Lift
 - Peoples Deadlift
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To wind up this massive weekend of lifting we will head to one of the many fine breweries in the Swan Valley – The Iron Bark Brewery, this is a rustic Australian style brewery with a casual atmosphere. Here everyone can unwind and enjoy a Western Australian tradition- The Sunday Session.

Accommodation

There are a lot a places to stay around the Belmont / Cloverdale area. With the domestic and international airports close by there is many hotels to choose from. Here is a list of a few

Great Eastern Motor Lodge

81 Great Eastern Hwy, Rivervale WA

Phone: +61 89362 3611

Web: <http://www.gemotorlodge.com.au>

Burswood Lodge Motel Apartments

1 – 3 Minora Place, Rivervale WA

Phone: +91 89472 3411

Web: <http://www.burswoodlodge.com.au>

Country Comfort Inter City

249 – 263 Great Eastern Hwy, Belmont WA

Phone: +61 8947 8088

Web: <http://www.silverneedlehotels.com/countrycomfort/perth-inter-city>

Hotels are one option for accommodation in Perth. But it can be expensive. Another option is, if there is a group of you, to book a house / townhouse together. This is a much cheaper option. There some fantastic places to stay around Perth and you can find them at theses websites:

www.stayz.com.au

www.perthstayz.com

If anyone is struggling to find accommodation to fit their budget PLEASE do not hesitate to contact us on our group page or via the contact information provided. We will be more then happy to sort something out for you.

Food and Entertainment

Perth is a beautiful city with a lot to see and experience. Here is a list is some places to experience in Perth.

Crown Perth

You just can go past this fantastic complex for great food and entertainment. Formerly named the *Burswood Casino*, this complex has had a massive revamp the past two years and now boast an array of fantastic restaurants, bars, shows and much more.

Web: www.crownperth.com.au/

Perth City

Perth city is only 10 minutes from Belmont. There is so many great restaurants, pubs, taverns, clubs and some pop up markets in the City. The city sits right on the swan river and is overlooked by the beautiful Kings Park.

Here are the links to discover what this great City has to offer:

visitperthcity.com.au

www.experienceperth.com

The Swan Valley

We will end the Gold Cup weekend in this Swan Valley. This is an amazing area of Perth. If you love food, wine, beer and spirits this is one of the places to visit. Swan Valley is the winery region of Perth with many wineries, breweries, restaurants and much more in the area.

Web: www.swanvalley.com.au

Margaret River

If you enjoy the Swan Valley then you must make the trip down to Margaret River. This is the premier wine region of Western Australia. Some of the best breweries I have ever been to are in Margaret River and there is much more. There are many tours running daily in the area, which will take you to some of the wineries, breweries, liqueur distillery, the cheese factory and chocolate factory.

If enough people are interested we will organize a trip down to the region.

Web: www.margaretriver.com/

Fremantle Prison

A must see whilst in Perth. Fremantle is another great area to visit. A great café strip, restaurants, seafood, little creatures brewery, Fremantle markets and much more. The must do whilst in Fremantle is the Fremantle Prison tours. This prison is heritage listed and dates back to Western Australia's convict era. This is an unique tour that one will never forget.

Web: <http://www.fremantleprison.com.au>