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| **IAWA Gold Cup 2023**  **Venue: MetamorFIT, 5F Southbourne Bus. Park. Courtlands Road. Eastbourne BN22 8UY**  **Date: 4th November 2023**  **Entry Fee: £30.00** | |
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| **Weightlifting Timetable:** | **A gold trophy with weights on a black background  Description automatically generated** |
| 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)  Venue: The Hydro Hotel Address: Mount Road, Eastbourne, East Sussex BN20 7HZ  Tel: 44 (0) 1323 720643 Website: www.hydrohotel.com  Number for meal: ……………………………………………………………………… Total fee: ……………………………… | |
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**Further Information**: Contact promoter Paul Barette - email for all enquiries: [iawa@metamorfit.co.uk](mailto: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](mailto: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