



WEIGH LIFTING FOUNDATION

Registered charity: 1100389

Trustees: C Charles; B P Hamill; N Binder, J Hadley

C J Charles
30 Hortensia House
Hortensia Rd
London SW10 0QP

APPLICATION FOR PERSONAL BEST AT AN INTERNATIONAL OR BRITISH RECORD GRANT

Please use block capitals.

Date

Name of applicant

Address

Phone Email address

The capacity in which you are acting

Application for award for a Personal Best established in an International by an under 19 lifter or for a British Record in a British National competition.

I certify that (name)..... date of birth/.../..... made Personal Bests (PB) as follows in the (details of International or National British, with date performed)

PB/British record Snatch	<input type="text"/>
PB/British record Clean and Jerk	<input type="text"/>
PB/British record Total	<input type="text"/>

(delete either PB or British record as appropriate)

Please note only British Records established in British National Championships are eligible. PBs are rewarded only for PBs in Internationals and need not be British records

The lifter's previous bests on these lifts were performed in the following contest(s).

List the event, venue and date and the PBs then performed.

Witness of the new PBs (name, address, phone, email)

(This should be the coach for the event or of the lifter or the team manager)

NB The recipient must have a bank account into which a cheque can be paid. If there is no bank account please advise alternatives. If there is an account we need: name of account holder

Address to which we will send the cheque:

Return to

**Caroline Charles
30 Hortensia House
Hortensia Rd
London
SW10 0QP
carolinecharles@yahoo.co.uk**

NB: The maximum grant will be £25 per PB or record up to 3 x £25 with only one £25 per Snatch and one per Clean & Jerk. The event must have been endorsed by BWL, the Welsh Federation, Weightlifting Scotland, or the N Ireland federation (any one).

Applications must be received no later than 6 weeks after the event or will not be accepted.

**Brian P Hamill
Treasurer and Trustee
On behalf of the Trustees of the Weight Lifting Foundation**

