

**UK Strongman-North**  
**Open Qualifiers 2009**  
**Manchester Heat Saturday 20<sup>th</sup> June**

**Contact Details**

Name:

Age:

Address:

Postal Code:

Phone:

E-mail:

Mobile:

**Competition Details**

**Qualifiers**

1) Saturday 20<sup>th</sup> June 2009

Time: Register – 11.00am Event Starts – 12.00pm

Location: Wythenshawe Forum Trust Ltd,  
Wythenshawe Forum Centre,  
Forum Square, Wythenshawe,  
Manchester M22 5RX

Entry Fee £15

*(All cheques made payable to **UK strongman north**)*

**EVENTS NOVICE**

- Wagon pull or bus fastest time wins 20 meter course
- 190kg shield carry 25meter course for distance
- Wagon tyre dead lift on Olympic bar starting weight will be 260kg as many lifts in 90secs
- Log press 115kg as many presses as possible in 90 secs
- Atlas stones 140kg x 2 on to platform as many lifts in 90 secs
- Farmers walk 130kg in each hand 25meter course fastest time wins

(Weights and events details may be subject to change, but competitors would be notified as to alterations to the competition in advance)

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**Release of Liability**

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assignees, waive and release all rights and damages I may have against uk strongman-north, any and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with the novice/open competition and in travelling to and from the event. And in further consideration of permission being granted to me to participate in uk strongman-north and The Northwich Festival 2009 and its related events, I hereby grant any approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at anytime in connection therewith. Nothing contained herein shall be deemed to obligate any approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that any approved video or entertainment organization are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to any

approved video or entertainment organization hereunder. Therefore I affix my signature below.

**Competitors Signature:**

**Date:**

**(I enclose £15 Entry fee)**

UK Strongman-North Competition

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Northwich

Cheshire

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For updates to competition visit [www.uk strongman-north.co.uk](http://www.uk strongman-north.co.uk)