



**APPLICATION BY AN UNDER 23 LIFTER  
FOR PERSONAL BEST AT AN INTERNATIONAL  
OR BRITISH RECORD GRANT**

This is an application for a £50 grant (details below) for a Personal Best (PB) established in an International or for a British Record in a competition endorsed by either BWL, the Welsh Federation, Weightlifting Scotland or the N Ireland Federation.

There will be a £50 grant for each new PB or record in the snatch, clean & jerk and total (note: there will only be one award with a maximum of £150 per competition).

PBs are rewarded only if established in an International and need not be British records. Only British records established in British National Championships are eligible.

Applications received more than 6 weeks after the event will not be accepted.

**Please use block capitals**

Name of applicant (the lifter)	
Age Group	
Body Weight	
Address	
	<i>Post code:</i>
Telephone number	
Email address	

**Please return this completed form to:**

Caroline Charles  
30 Hortensia House  
Hortensia Road  
London SW10 0QP

Any queries, contact: [weightliftingf2@gmail.com](mailto:weightliftingf2@gmail.com)



I (name).....date of birth ...../...../.....

certify that I made Personal Best(s)/British record as follows:

<i>Delete as appropriate</i>	<i>Weight</i>	<i>Details of International/National British event with date performed</i>
PB/British record Snatch		
PB/British record Clean & Jerk		
PB/British record Total		

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

<i>Event, venue and date</i>	<i>PB performed</i>

**Witness of the new PB(s)/record(s). This should be the coach for the event or of the lifter or the team manager:**

Name	
Address	
	<i>Post code:</i>
Tel number	
Email address	

**If this application is successful, payment will be made directly to your bank account. Please confirm the details:**

Name of account	
Sort code	
Account number	

If you do not have a bank account, please advise alternatives

**Signature of applicant.....Date.....**