



ELITE STRONGMAN PROMOTIONS & MYPROTEIN.CO.UK



ENGLAND'S ULTIMATE STRONGEST MAN FINAL 2009

SUNDAY 5TH JULY
AT
LICHFIELD RUGBY CLUB

EVENTS INCLUDE:

 **AXEL SQUAT** 

 **FARMERS WALK** 

 **WOODEN LOG LIFT** 

 **HAND OVER HAND TRUCK PULL** 

 **BIG VAN LIFT** 

 **STONES OF STRENGTH** 

EVENTS START 1.00PM
GATES OPEN 11.45AM

**BAR AND REFRESHMENTS
AVAILABLE**

£2 ADULT £1 CHILD UNDER 3's FREE



Lichfield Rugby Union Football Club
Cooke Fields, Tamworth Road, Lichfield, Staffordshire, WS14 9JE
Tel: 01543 263020 Email: mail@lichfieldrugby.co.uk

