

Allied Security Hawkes Bay's Strongest Man

+ Novice Strongman Competition

Featuring:

- We Buy Houses Farmers Walk
- Allied Overhead Medley
- Hirepool Tyre Flip
- Emmett's Hercules Hold
- Bodybuilding.co.nz Stone Loading

Easter Highland Games

Sunday 24 April 2011
Lindisfarne College



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Lightweight (U105kg), Heavyweight & Novice Categories
Weigh in at 9.00 a.m, events start from 11.00.

Entry \$20, entries accepted on the day or contact Nate
hbstrongman@windowslive.com or 0272114652



Just Watching?

Highland Dancing, Food Stands, Beer Tent and more!

Try the Scottish Field Events on Saturday 23 April

Allied Security Hawkes Bay's Strongest Man + Novice Strongman Competition



Timetable:

- We Buy Houses Farmers Walk – 11am (100kg x 50 metres)
- Allied Overhead Medley – midday (35kg DB, 75kg Log, 90kg Axle, 100kg Log)
- Hirepool Tyre Flip – 1.00pm (250kg Tyre x 25 metres)
- Emmett's Hercules Hold – 2.00pm (118kg each side)
- Bodybuilding.co.nz Stone Loading – 3.00pm (Natural stones 75 – 120kg)

Entry fee for the HBSM Competition is \$20, which includes HBSM T-Shirt.
Novice Strongman Competition entry is free, no T-Shirt included.

HBSM prizes are \$50, 30, 20, 10 per event (no weight classes, although the overall HBSM & U105 HBSM results will be calculated).

For each event there will also be a "Brute Strength" award of 5lb Whey Protein (rrp \$108) and a "Showmans" award of Jack3d (rrp \$65) courtesy of bodybuilding.co.nz

Novice Strongman – 1st place overall \$50

Enquiries contact Nate at hbstrongman@windowslive.com or 0272114652

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