



September 24, 2010

**TO ALL I.W.F MEMBER COUNTRIES**

**Dear Member Federations,**

Last year in the month of October, the beautiful city of Penang, Malaysia hosted the 2009 Commonwealth Senior and Junior Championships. Almost 30 countries attended the Championships.

The championships were so successful, that the Malaysian Weightlifting Federation together with the Government of the State of Penang decided to hold another world event in weightlifting this year.

I am pleased now to advise you that the International Weightlifting Federation has decided to host in Penang, the first **IWF Inter-Continental Clubs Grand Prix** and in conjunction with this event the Commonwealth Weightlifting Federation will host the 2010 Commonwealth Junior & Youth Championships.

**The date for this event is December 10<sup>th</sup> to 17<sup>th</sup>, 2010.**

Malaysia is indeed honoured to host this first ever Inter-Continental Clubs event and the State of Penang is delighted to welcome the many clubs from the five continents.

As Chairman of the Organizing Committee it gives me great pleasure to extend an invitation to the clubs from your Federation, to compete in this Inaugural tournament and welcome back also to the shores of Malaysia the Junior & Youth lifters of the Commonwealth.

You will receive soon regulations on the tournament with entry forms, accommodation details, etc. In addition, I would like to highlight that we intend to give cash prizes for the top six clubs in men and women.

Finally I would like to thank Dr. Tamas Ajan and the IWF Executive Board for creating this unique event at world level.

I look forward to welcoming you all in Penang.

Yours sincerely,

Dato' Ong Poh Eng  
**Chairman- Organising Committee**  
**IWF- Executive Board Member**  
**CWF- Vice President**