



# *The Bombay Presidency Radio Club Limited*

157, Arthur Bunder Road, Colaba, Mumbai – 400 005

CIN NO: - U99999MH1928GAP001372

Tel No: - ☎ 2284 51 21/ 23/ 2284 50 25/ 71/ 75/ 22828671 / Fax: 2283 32 13

Email: [radioclub05@gmail.com](mailto:radioclub05@gmail.com), [radclubmumbai@gmail.com](mailto:radclubmumbai@gmail.com) Website: [www.radioclub.in](http://www.radioclub.in)

Ref. No. \_\_\_\_\_

June 02, 2017

## NOTICE

### HEALTH CLUB TOURNAMENT 2017 FROM SAT. 29<sup>TH</sup> JULY TO TUE. 1<sup>ST</sup> AUGUST 2017

Last date for receiving entries Wed. 26<sup>th</sup> July 2017. till 6.00 p.m.

ADMISSION: ₹.200 /- P. H. plus Taxes per event for Members only.

In case, the Member participates in Four or more events, the admission will be ₹.150/- plus Taxes as applicable per event.

Tournament subject to entries. **Guests not permitted to participate.**

Entry Forms available at the Health Club and Reception.

Refer Notice Board / Website / Mobile App for further details. Members are requested to carry their Membership Cards.

The Tournament Directors are Mr. Adi Mistry, Mr. Bhagwan Shahani & Mr. Asif Petiwala.

Jt. Hon. Secretaries

cc. K.I. Shaikh / Paramdham

cc. Website / M. App

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## CONGRATULATIONS TO THE WINNERS OF HEALTH CLUB TOURNAMENT 2017

### **LADIES**

#### RUNNING ON TREAD MILL 15 MIN 15 YRS – 25 YRS

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL 15 MIN 25 YRS – 40 YRS

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL 15 MIN 40 YRS – 55 YRS

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL 15 MIN 55 YRS – 65 YRS

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL 15 MIN 65 YRS & ABOVE

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL ( 0.25 MILES) 15 YRS – 25 YRS

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL ( 0.25 MILES) 25 YRS – 40 YRS

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL ( 0.25 MILES) 40 YRS – 55 YRS

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL ( 0.25 MILES) 55 YRS – 65 YRS

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL ( 0.25 MILES) 65 YRS & ABOVE

WINNER -

RUNNER UP -

#### CYCLING 15 MIN 15 YRS – 25 YRS

WINNER -

RUNNER UP -

#### CYCLING 15 MIN 25 YRS – 40 YRS

WINNER -

RUNNER UP -

#### CYCLING 15 MIN 40 YRS – 55 YRS

WINNER -

RUNNER UP -

#### CYCLING 15 MIN 55 YRS – 65 YRS

WINNER -

RUNNER UP -

### **GENTS**

#### RUNNING ON TREAD MILL 15 MIN 15 YRS – 25 YRS

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL 15 MIN 25 YRS – 40 YRS

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL 15 MIN 40 YRS – 55 YRS

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL 15 MIN 55 YRS – 65 YRS

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL 15 MIN 65 YRS & ABOVE

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL ( 0.25 MILES) 15 YRS – 25 YRS

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL ( 0.25 MILES) 25 YRS – 40 YRS

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL ( 0.25 MILES) 40 YRS – 55 YRS

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL ( 0.25 MILES) 55 YRS – 65 YRS

WINNER -

RUNNER UP -

#### RUNNING ON TREAD MILL ( 0.25 MILES) 65 YRS & ABOVE

WINNER -

RUNNER UP -

#### CYCLING 20 MIN 15 YRS – 25 YRS

WINNER -

RUNNER UP -

#### CYCLING 15 MIN 25 YRS – 40 YRS

WINNER -

RUNNER UP -

#### CYCLING 15 MIN 45 YRS – 55 YRS

WINNER -

RUNNER UP -

#### CYCLING 15 MIN 55 YRS – 65 YRS

WINNER -

RUNNER UP -



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Ref. No. \_\_\_\_\_

CYCLING 15 MIN 65 YRS& ABOVE

WINNER -  
RUNNER UP -

CYCLING 15 MIN 65 YRS & ABOVE

WINNER -  
RUNNER UP -

SWIMMING 5 MIN ( DISTANCE BASE) 8 YRS – 15 YRS

WINNER -  
RUNNER UP -

SWIMMING 5 MIN ( DISTANCE BASE) 8 YRS – 15 YRS

WINNER -  
RUNNER UP -

SWIMMING 5 MIN ( DISTANCE BASE) 15 YRS – 25 YRS

WINNER -  
RUNNER UP -

SWIMMING 5 MIN ( DISTANCE BASE) 15 YRS – 25 YRS

WINNER -  
RUNNER UP -

SWIMMING 5 MIN ( DISTANCE BASE) 25 YRS – 40 YRS

WINNER -  
RUNNER UP -

SWIMMING 5 MIN ( DISTANCE BASE) 25 YRS – 40 YRS

WINNER -  
RUNNER UP -

SWIMMING 5 MIN ( DISTANCE BASE) 40 YRS – 55YR S

WINNER -  
RUNNER UP -

SWIMMING 5 MIN ( DISTANCE BASE) 40 YRS – 55 YRS

WINNER -  
RUNNER UP -

SWIMMING 5 MIN ( DISTANCE BASE) 55 YRS – 65 YRS

WINNER -  
RUNNER UP -

SWIMMING 5 MIN ( DISTANCE BASE) 55 YRS – 65 YRS

WINNER -  
RUNNER UP -

SWIMMING 5 MIN ( DISTANCE BASE) 65 YRS& ABOVE

WINNER -  
RUNNER UP -

SWIMMING 5 MIN ( DISTANCE BASE) 65 YRS& ABOVE

WINNER -  
RUNNER UP -

SWIMMING 100 METERS ( TIME BASE) 8 YRS – 15 YRS

WINNER -  
RUNNER UP -

SWIMMING 100 METERS ( TIME BASE) 8 YRS – 15 YRS

WINNER -  
RUNNER UP -

SWIMMING 100 METERS ( TIME BASE) 15 YRS – 25 YRS

WINNER -  
RUNNER UP -

SWIMMING 100 METERS ( TIME BASE) 15 YRS – 25 YRS

WINNER -  
RUNNER UP -

SWIMMING 100 METERS ( TIME BASE) 25 YRS – 40 YRS

WINNER -  
RUNNER UP -

SWIMMING 100 METERS ( TIME BASE) 25 YRS – 40YRS

WINNER -  
RUNNER UP -

SWIMMING 100 METERS ( TIME BASE) 40 YRS – 55 YRS

WINNER -  
RUNNER UP -

SWIMMING 100 METERS ( TIME BASE) 40 YRS – 55 YRS

WINNER -  
RUNNER UP -

SWIMMING 100 METERS ( TIME BASE) 55 YRS – 65 YRS

WINNER -  
RUNNER UP -

SWIMMING 100 METERS ( TIME BASE) 55 YRS – 65 YRS

WINNER -  
RUNNER UP -

SWIMMING 100 METERS ( TIME BASE) 65 YRS & ABOVE

WINNER -  
RUNNER UP -

SWIMMING 100 METERS ( TIME BASE) 65 YRS & ABOVE

WINNER -  
RUNNER UP -

**STRENGTH**

BENCH PRESS 15 YRS – 25 YRS

WINNER -  
RUNNER UP -

**STRENGTH**

BENCH PRESS 15 YRS – 25 YRS

WINNER -  
RUNNER UP -

BENCH PRESS 25 YRS – 40 YRS

WINNER -  
RUNNER UP -

BENCH PRESS 25 YRS – 40 YRS

WINNER -  
RUNNER UP -

BENCH PRESS 40 YRS – 55YRS

WINNER -  
RUNNER UP -

BENCH PRESS 40 YRS – 55 YRS

WINNER -  
RUNNER UP -

BENCH PRESS 55 YRS – 65 YRS

WINNER -  
RUNNER UP -

BENCH PRESS 55 YRS – 65 YRS

WINNER -  
RUNNER UP -



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Ref. No. \_\_\_\_\_

**BENCH PRESS 65 YRS & ABOVE**

WINNER -  
RUNNER UP -

**SQUATS 15 YRS – 25 YRS**

WINNER -  
RUNNER UP -

**SQUATS 25 YRS – 40 YRS**

WINNER -  
RUNNER UP -

**SQUATS 40 YRS – 55YRS**

WINNER -  
RUNNER UP -

**SQUATS 55 YRS – 65 YRS**

WINNER -  
RUNNER UP -

**SQUATS 65 YRS & ABOVE**

WINNER -  
RUNNER UP -

**BICEP-CURL 15 YRS – 25 YRS**

WINNER -  
RUNNER UP -

**BICEP-CURL 25 YRS – 40 YRS**

WINNER -  
RUNNER UP -

**BICEP-CURL 40 YRS – 55YRS**

WINNER -  
RUNNER UP -

**BICEP-CURL 55 YRS – 65 YRS**

WINNER -  
RUNNER UP -

**BICEP-CURL 65 YRS & ABOVE**

WINNER -  
RUNNER UP -

**FREE HAND EXERCISE**

**PUSH UP (1 MINUTE) 15 YRS – 25 YRS**

WINNER -  
RUNNER UP -

**PUSH UP (1 MINUTE) 25 YRS – 40 YRS**

WINNER -  
RUNNER UP -

**PUSH UP (1 MINUTE) 40 YRS – 55YRS**

WINNER -  
RUNNER UP -

**PUSH UP (1 MINUTE) 55 YRS – 65 YRS**

WINNER -  
RUNNER UP -

**PUSH UP (1 MINUTE) 65 YRS & ABOVE**

WINNER -  
RUNNER UP -

**PULL UP (1 MINUTE) 15 YRS – 25 YRS**

**BENCH PRESS 65 YRS & ABOVE**

WINNER -  
RUNNER UP -

**SQUATS 15 YRS – 25 YRS**

WINNER -  
RUNNER UP -

**SQUATS 25 YRS – 40 YRS**

WINNER -  
RUNNER UP -

**SQUATS 40 YRS – 55 YRS**

WINNER -  
RUNNER UP -

**SQUATS 55 YRS – 65 YRS**

WINNER -  
RUNNER UP -

**SQUATS 65 YRS & ABOVE**

WINNER -  
RUNNER UP -

**BICEP-CURL 15 YRS – 25 YRS**

WINNER -  
RUNNER UP -

**BICEP-CURL 25 YRS – 40 YRS**

WINNER -  
RUNNER UP -

**BICEP-CURL 40 YRS – 55 YRS**

WINNER -  
RUNNER UP -

**BICEP-CURL 55 YRS – 65 YRS**

WINNER -  
RUNNER UP -

**BICEP-CURL 65 YRS & ABOVE**

WINNER -  
RUNNER UP -

**FREE HAND EXERCISE**

**PUSH UP (1 MINUTE) 15 YRS – 25 YRS**

WINNER -  
RUNNER UP -

**PUSH UP (1 MINUTE) 25 YRS – 40 YRS**

WINNER -  
RUNNER UP -

**PUSH UP (1 MINUTE) 40 YRS – 55 YRS**

WINNER -  
RUNNER UP -

**PUSH UP (1 MINUTE) 55 YRS – 65 YRS**

WINNER -  
RUNNER UP -

**PUSH UP (1 MINUTE) 65 YRS & ABOVE**

WINNER -  
RUNNER UP -

**PULL UP (1 MINUTE) 15 YRS – 25 YRS**



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Ref. No. \_\_\_\_\_

WINNER -  
RUNNER UP -  
PULL UP(1 MINUTE) 25 YRS – 40 YRS  
WINNER -  
RUNNER UP -  
PULL UP (1 MINUTE) 40 YRS – 55YRS  
WINNER -  
RUNNER UP -  
PULL UP (1 MINUTE) 55 YRS – 65 YRS  
WINNER -  
RUNNER UP -  
PULL UP(1 MINUTE) 65 YRS & ABOVE  
WINNER -  
RUNNER UP -

PLANK 15 YRS – 25 YRS  
WINNER -  
RUNNER UP -  
PLANK 25 YRS – 40 YRS  
WINNER -  
RUNNER UP -  
PLANK 40 YRS – 55YRS  
WINNER -  
RUNNER UP -  
PLANK 55 YRS – 65 YRS  
WINNER -  
RUNNER UP -  
PLANK 65 YRS & ABOVE  
WINNER -  
RUNNER UP -

WINNER -  
RUNNER UP -  
PULL UP (1 MINUTE) 25 YRS – 40 YRS  
WINNER -  
RUNNER UP -  
PULL UP (1 MINUTE) 40 YRS – 55 YRS  
WINNER -  
RUNNER UP -  
PULL UP (1MINUTE) 55 YRS – 65 YRS  
WINNER -  
RUNNER UP -  
PULL UP (1 MINUTE) 65 YRS & ABOVE  
WINNER -  
RUNNER UP -

PLANK 15 YRS – 25 YRS  
WINNER -  
RUNNER UP -  
PLANK 25 YRS – 40 YRS  
WINNER -  
RUNNER UP -  
PLANK 40 YRS – 55 YRS  
WINNER -  
RUNNER UP -  
PLANK 55 YRS – 65 YRS  
WINNER -  
RUNNER UP -  
PLANK 65 YRS & ABOVE  
WINNER -  
RUNNER UP -

**Asif Petiwala**  
**Tournament Director**

**Jt. Hon. Secretaries**

**cc. K.I. Shaikh / Paramdham / Kishore Dhanwani**