Talwalkars Better Value Fitness Ltd.
Regd. Off.: 801, Mahalaxmi Chambers, 22, Bhulabhai Desai Road, Mumbai 400 026.
Tel.: 6612 6300. Fax: 6612 6363. Website: www.talwalkars.net

Talwalkars™
Spreading fitness since 1932

Date: 20th November, 2013

To,
The Manager
Listing /Compliance Department,
BSE Ltd.
Corporate Service Department
Phiroze Jeejeebhoy Towers,
Dalal Street, Mumbai - 400 001.

To,
The Manager
Listing/Compliance Department,
National Stock Exchange of India Ltd.
Exchange Plaza, Plot No. C/1,
G Block, Bandra-Kurla Complex,
Bandra (East), Mumbai - 400 051.

Dear Sir,

Re: **Talwalkars Better Value Fitness Limited; Scrip Name: TALWALKARS; Scrip Code: 533200.**

Sub: **Talwalkars announces National Body Building Championship at Talwalkars Classique.**

We would like to inform the Exchange that Talwalkars Better Value Fitness Limited; the largest fitness chain in India with 147 gyms across 76 cities, has announced National Body Building Championship at Talwalkars Classique, 2013.

Thirty of India's top most body builders will vie for top honours in the Talwalkars Classique 2013, the most prestigious body building competition of the year. This unique event is being organized by Talwalkars Better Value Fitness Limited and the Maharashtra Body Building Association, under the aegis of the Indian Body Builders Federation.

Kindly take the same on records and acknowledge the receipt of the same.

Thanking You.

Yours faithfully,

For **Talwalkars Better Value Fitness Limited**

Vinayak Gawande
Whole-time Director

INDIA'S LEADING BODY BUILDERS TO SHOWCASE MIGHT AT TALWALKARS CLASSIQUE 2013

PRESS RELEASE **NOVEMBER 12, 2013**

Thirty of India's top most body builders will vie for top honours in the Talwalkars Classique 2013, the most prestigious body building competition of the year. This unique event is being organized by Talwalkars Better Value and the Maharashtra Body Building Association, under the aegis of the Indian Body Builders Federation (IBBF).

The Indian Body Builders Federation (IBBF) is recognized by the Ministry of Youth Affairs & Sports, Government of India.

Champion Body Builders representing institutions like Indian Railways, Services, Haryana Police and states like Delhi, Haryana, Uttar Paradesh, Karnataka, Manipur, Kerala, Telangana and Maharashtra, will descend upon Mumbai for the pre-judging session on November 26, following which the top 10 athletes will be short listed to compete in the final round on November 27.

The champion of the Talwalkars Classique will stand to gain Rs 3 lakhs, with the runner up getting richer by Rs 2 lakhs and the third placed finisher winning Rs 1 lakh. There is prize money right up to the 10th place. The overall champion will received the Talwalkars Classique Trophy and a Merit Certificate, while the best poser of the evening will receive a cash prize of Rs 50,000 also with a merit certificate. All 30 participants will receive medals and participation certificates.

Leading the list of contenders will be World Champion Bobby Singh of Indian Railways, who will have to beat back the challenge of athletes like Tamil Nadu's Rajendra, silver medalist at the Asian Championships, Murali Kumar of Indian Navy, Asian Champion, Ankur Sharma, silver medalist at the Asian Championships and Neeraj Kumar, current Mr. India in his weight category.

Maharashtra's challenge will be spearheaded by Sagar Mali, along with Sagar Katurde.

For more information, please contact:

Hiral Shah 98196 37300

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