

## World's Strongest Man 2016

August 13-20 Kasane, Botswana, in southern Africa. It was called the Commerce World's Strongest Man this year because of its sponsor Commerce Casino. The good news is that you don't have to wait until Christmas to see it on TV this year; they're supposed to show it on Thanksgiving Day going up against the NFL football games. 30 of the strongest men in the world were seeded into five heats of six men each with the two winners in each heat going on to the final. The final was held August 19-20 with three events on each day. Each day's events started at 9 am, the 2<sup>nd</sup> event of the day at noon and the last event at 3 pm. Iceland had a large contingent on hand to root on their guy; they all wore blue t-shirts. There were some notable no-shows for this contest as they chose to compete in the first Arnold Strongman Classic Asia in Hong Kong: Zydrunas Savickas LIT; Vytautas Lalas LIT; Dimitar Savatinov BUL and others.

10 Final WSM Competitors:	Birthday	Age	Height	Weight	Other
Brian Shaw USA	2-26-82	34	6-8	425	Won WSM 4 times before In the "Game of Thrones"
Haflthor Bjornsson ICE	11-26-88	27	6-9	395	
Eddie Hall ENG	1-15-88	28	6-3	410	Born in Estonia
Konstantine Janashia GEO	8-30-90	25	6-5	341	
Jean Francois Caron CAN	6-29-82	34	6-2	320	
Martins Licis USA	9-28-90	25	6-3	304	
Mateusz Kielskowski POL	8-12-93	23	6-3	312	
Gregorz Szymanski POL	5-9-83	33	6-2	320	
Matjaz Belsak SLO	9-23-92	23	6-1	311	
Laurence Shahlei ENG	12-25-82	33	6-2	348	

### First Day:

**Event 1- Frame Carry** –an 825 lb (375 kg) frame was carried like a farmer's walk except instead of carrying two weights each athlete stepped inside of the huge frame with a handhold on each side, lifted it and carried it 49-2 ½ (15 m) out and the same distance back. Fastest time won. Shahlei ENG injured his calf and withdrew after the next event.

**Event 2- Circus Barbell Press** - 352 lb (160 kg) was lifted overhead for maximum reps.

**Event 3- Max Deadlift**-lifters worked up to a one-rep maximum deadlift. **Results:**

Event 1 –Frame Carry	Event 2 –Barbell Press 352 lb	Event 3 – Max Deadlift
1 Kielszkowski POL -10 pt	1 Bjornsson ICE 8 reps 9.5pt	1 Hall ENG 981 lb 9.5 pt
2 Janashia GEO -9 pt	1 Hall ENG 8reps 9.5pt	1 Shaw USA 981 lb 9.5 pt
3 Shaw USA – 8 pt	3 Shaw USA 7 reps 7.5 pt	3 Caron CAN 959 lb 8 pt
4 Licis USA-7 pt	3 Janashia GEO 7 reps 7.5 pt	4 Bjornsson ICE 925 lb 6.5 pt
5 Bjornsson ICE- 6 pt	5 Licis USA 6 reps 6 pt	4 Janashia GEO 925 lb 6.5 pt
6 Szymanski POL – 5 pt	6 Kielszkowski POL 5 reps 5 pt	6 Licis USA 881 lb 4.5 pt
7 Shahlei ENG – 4 pt	7 Belsak SLO 4 reps 3.5 pt	6 Belsak SLO 881 lb 4.5 pt
8 Caron CAN- 3 pt	7 Caron CAN 4 reps 3.5 pt	8 Szymanski POL 826 lb 2.5 pt
9 Belsak SLO – 2 pt	9 Szymanski POL 2 reps 2 pt	8 Kielszkowski POL 826 lb 2.5 pt
10 Hall ENG – 1 pt	10 Shahlei ENG withdrew	

## World's Strongest Man 2016-continued

### Second Day:

**Event 4-Plane Pull**-a 40-ton plane was pulled 82-0 (25 m) for the fastest time or greatest distance if the total distance wasn't achieved.

**Event 5-Kettlebell Toss**- a kettlebell was tossed for max height over a crossbar. There's a rumor that Hafthor Bjornsson ICE broke the world record in this event. It wouldn't be too big a surprise because he already holds the official WR at 19-5 for the 56 lb weight over bar that was done at the 2016 Arnold Classic in March in Columbus, Ohio. No weight has been announced for this kettlebell toss yet nor the height cleared by each individual.

**Event 6-Atlas Stones**- five stones of different weights from 330 lb (150 kg) to 440 lb (200 kg) were loaded onto barrels of about four feet in height. The goal was the quickest time to load the greatest number of stones. As of press time we couldn't find out the the rest of the order of finish for the last four contestants. **Results:**

#### Event 4 –Plane Pull

1 Bjornsson ICE	24.9m	10 pt
2 Shaw USA	24.53m	9 pt
3 Hall ENG	24.45m	8 pt
4 Janashia GEO	24.06m	7 pt
5 Belsak SLO	23.55m	6 pt
6 Szymanski POL	23.35m	5 pt
7 Licis USA	22.53m	4 pt
8 Kielszkowski POL	22.14m	3 pt
9 Caron CAN	21.73m	2 pt

#### Event 2 –Toss for Height

1 Shaw USA	10 pt
2 Bjornsson ICE	9 pt
3 Caron CAN	8 pt
4 Hall ENG	7 pt
5 Janashia GEO	6 pt
6 Szymanski POL	5 pt
7 Kielszkowski POL	4 pt
8 Belsak SLO	3 pt
9 Licis USA	2 pt

#### Event 3 – Atlas Stones

1 Bjornsson ICE	10 pt
2 Shaw USA	9 pt
3 Hall ENG	8 pt
4 Licis USA	7 pt
5 Caron CAN	6 pt

### Order of Finish

The order of finish is shown on the first page of this article: Brian Shaw won, Bjornsson was 2<sup>nd</sup>, Hall was 3<sup>rd</sup> and so on.