

Record Breaker Challenges

One challenge was set up on Saturday and four Sunday, the last day of competition. Any one who was successful and broke the world record would win an additional \$5000 except only \$1000 for the tire turn.

Tire Flip-New World Record!

Jean-Francoise Caron CAN flipped over a 1357 lb tire. He only had to do it once to set a record but he did it four times!

Inch Dumbbell Farmer's Walk New World Record!

Mike Burke USA attempted to break the world record of carrying two inch dumbbells (each 172 lb with a 2.47" diameter handle) one in each hand for at least 76'8. He succeeded although the Arnold Strongman site didn't tell us exactly how far he went. Mike has also hang-cleaned two inch dumbbells.

Weight Over The Bar New World Record!

Hafthor Bjornsson ICE broke his own world record by throwing a 56 lb weight over the bar with one hand. He did it on his first try. The new record is 19'5 (5.92m).

Log Lift

Zydrunas Savickas LIT who holds the current world record for lifting a log to his chest and then overhead with 500 lb (227 kg) was given two attempts to try and break his record with 507 lb (230 kg). He easily pulled the weight up to his chest by rolling it along his stomach but just barely missed twice on getting it overhead and locking it out.

Stone Lift

New World Record!

Brian Shaw USA tried this event and in so doing he set a new world record for lifting a 555 lb (252 kg) spherical stone from the ground up over a 4-foot high barrier!

Photo: Bjornsson tossing a world record!



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2016 Arnold Strongman Classic Day Two Events and Final Placings



Final Placing	Competitors	Best Deadlift	PI	Pts	Austrian Oak (complete reps)	Light Log	PI	Pts	Bale Tote: Lt Yoke = 1300 lb/589.7 Heavy Yoke = 1544 lb /700 kg	PI	Pts	Cyr DB-300 lb/136.5 kg	Lt Cyr - 274 lb /124.5kg	PI	Pts	Timber Carry - Distance or Time	PI	Pts	Overall Points
1	Zydrunas Savickas	404 kg / 891 lb	6	5	4		1	10	16.5 seconds on heavy	2	9	1		3	8	13.0 sec	1	10	42
2	Brian Shaw	463 kg / 1021 lb	2	9	0	5	5	6	8.9 seconds w/ heavy	1	10	3		1	10	18.62 sec	5	6	41
3	Vytautas Lelas	415 kg / 916 lb	5	6	1		2	9	24.22 seconds w/ heavy	6	5	0	5	4	7	14.27 sec	2	9	36
4	Mateusz Kieliszko	361 kg / 786 lb	9	2	0	6	3	7.5	17.72 seconds w/ heavy	3	8	2		2	9	16.16 sec	4	7	33.5
5	Hafthor Bjornsson	442 kg / 976 lb	4	7	0	4	6	5	19.84 seconds w/ heavy	4	7	0	4	T-5	5.5	14.31 sec	3	8	32.5
6	Jerry Pritchett	456 kg/1006 lb	3	8	0	3	7	3	21.94 seconds w/ heavy	5	6	0	0	T-8	2.5	28' 9"	6	5	24.5
7	Mikael Shiviliyakov	401 kg / 886 lb	7	4	0	6	3	7.5	12' 10" w/ heavy	8	3	0	1	7	4	14' 7"	7	4	22.5
8	Dimitar Savatinov	363 kg / 801 lb	8	3	0	3	7	3	6' 7" w/ heavy	7	4	0	4	T-5	5.5	3' 7"	8	3	18.5
9	Eddie Hall	465 kg / 1026 lb	1	10	0	Pass	10	1	withdraw		0	withdraw			0	withdraw		0	11
10	Aleksandr Lyсенko	320 kg / 706 lb	10	1	0	3	7	3	4' 6" w/ light	9	2	0	0	T-8	2.5		9	2	10.5

News & Tidbits

Feats of Strength is coming June 4, Saturday, to Dale Harder's home gym at Castro Valley CA with seven events: 1. Pullups/Chinups for maximum reps; 2. Maximum Chinup/Pullup for one rep with bodyweight plus extra weight added together; 3. Standing Long Jump; 4. Grip Strength Test with a dynamometer; 5. Vertical Jump; 6. Farmer's Walk for 50 meters (164') on a course with three turns. Weights vary for gender and age from 25 lb in each hand up to 100 lb although there is talk that Matt Bogdanowicz, age 47, 5'9, 143, might be talked into bringing his implements and try to come close to his age 39 record he set with 224 lb in each hand for almost 25 meters (82'). Matt also did 49 strict pullups in one minute in my backyard, the site of this meet. Some people have attached the grandiose name of Harder Arena to my rumpus room (power rack plus weights) and backyard complete with two pullup bars (different heights), standing long jump pit and farmer's walk course. 7. Deadlift lockout for maximum weight is done off of a power rack and the weight has to only break daylight (move about an inch) from the top of the deadlift position. You may enter by going online to "Senior Games Northern California 2016" or emailing or writing me (see back page for details).

Track & Field Indoor World Records have been set recently: **Pole vault (women)** 16'6 (5.03m) by **Jenn Suhr**. By the way American women's pole vault is the best it's ever been. **Demi Payne** cleared 16'0 (4.88m) and **Sandi Morris** vaulted over 15'9 (4.80m). **Mile (American high school boys)** 3:58.25 by **Drew Hunt**, age 18. He also set the American junior record in the 1500m with 3:42.83i. These marks beat Jim Ryun's indoor bests.

Marsha Gay Reynolds JAM, 31, had a day of infamy. She was a sprinter for NYU in her youth and a Miss Jamaica runner-up in a beauty contest. She even had a nice job as an airline stewardess. Usually she could wave through security because she was an airline employee but a random security stop at Los Angeles airport on March 18 made her nervous. She dropped her suitcase, took off her heels, ran down the up-escalator and ran right out of the airport. Authorities found 70 lb of cocaine in her suitcase. A few days later she turned herself in. Looks like the TSA (Transportation Security Administration) is going to have to come up with some new rules for airline employees.

Richard Mann, age 101, of St. Paul MN says age is only a number. Not only does he shovel the snow off his own driveway but does out-of-town neighbors a favor by shoveling their driveways as well. We've heard of some folks dying of a heart attack when shoveling snow off driveways but Mann doesn't look like it's going to happen to him. His secret to good health, so he says, is he starts off each day with bacon (hmm I thought that had the wrong kind of fat in it) and eggs, walks a lot, still is involved with women and says he gets lots of rest. Maybe when we grow up we can be like him.

Grip Strength and Resilience. According to a 2015 edition of *The Lancet*, a very reputable medical journal, a study of nearly 140,000 people worldwide from a wide range of socio-economic backgrounds found that low grip strength is a fairly accurate predictor of premature death no matter your country of origin or socio-economic status. It was only moderately predictive of heart attacks or strokes and not at all predictive of other health issues such as cancer, pneumonia, other lung disease or a fracture from a fall. But grip strength was a much stronger predictor of who fared worse once they had a health problem. There are some limitations in grip testing—someone with arthritis at the base of the thumb might have difficulty in making a tight grip and someone with a strong grip like a farmer or construction worker might ace the grip test but be in poor overall health. (*Mayo Clinic Health Letter*, November, 2015).

Obituaries: Edmund Piatkowski POL, 79, former WR holder in the discus in 1959 with 198'4 and **Yuri Dumchev RUS**, 57 former WR holder in the discus in 1983 with 235'9.

Oldest Surviving Athletes in Track & Field & Lifting by Dale Harder

I thought it would be interesting to see who are/were the oldest athletes for several reasons. Some people think that top athletes don't live very long so below is proof that at least some do. It's also fun to see which of these athletes are still alive because some of us wonder about that. So, we indicated "fl" after the names of living athletes as of March 31, 2016. "Fl" means flourishing. We also added .24 seconds to hand timing for distances up to 200m and .14 seconds up to 400m. For an athlete to make the "lived to 90+" column he had to have a better mark than his counterpart in the "100+" column. Likewise to make the "lived to 80+" column he had to have a better mark than his counterpart in the "90+" column. Just one example from the list below: **Norb Schemansky, 91**, is the only guy in his age bracket of 90+ to hold five records-remember these marks were made when he was younger, not at age 91, but the thing is he survived to old age: snatch 363 lb, clean & jerk 445 lb, squat (raw) 600 lb, bench press (raw) 440 lb, dead lift (raw) 630 lb.

	Lived to 80+	Lived to 90+	Lived to 100+
100y	9.54 Mel Patton USA 89	9.84 MacDonald Bailey TRI 92	10.34 Alan Sayers NZL 100
100m	10.34 Willie Williams USA 84	10.44 MacDonald Bailey TRI 92	
200m	20.75 Bobby Morrow USA 80fl		21.54 Alan Sayers NZL 100
400m	45.04 Otis Davis USA 83fl	46.14 Grover Klemmer USA 94	47.74 Godfrey Rampling GBR 100
800m	1:45.7 Roger Moens BEL 80fl	1:47.9y Mal Whitfield USA 91	1:55.4 Kai Jensen DEN 100
1500m	3:38.6 Dan Waern SWE 83fl	3:43.0 Gunder Hägg SWE 97	3:51.8 Edvin Wide SWE 100
Mile	3:55.5 Jim Beatty USA 81 fl	4:01.3 Gunder Hägg SWE 97	
5000m	13:35.2 Murray Halberg NZL 82fl	13:58.2 Gunder Hägg SWE 97	
10000	28:18 Pyotor Bolotnikov URS 83	34:38e Kitei Son KOR 90	
Mar	2:24:15 Alexis Ahlgren SWE 84fl	2:26:42 Kitei Son KOR 90	
110H	13.64y Jack Davis USA 81	15.54 Bob Richards USA 90	
400H	50.34 Josh Culbreath USA 83fl		52.74 Johnny Gibson AUS 101
3000S		8:45.4 Horace Ashenfelter USA 92	9:25.4 Aarne Kainlauri FIN 100
HJ	7'1 Robert Shavlakadze RUS 82	6'6 Irving Mondschein USA 91	5'8 ¾ Olav Aarnæs NOR 104
PV	16'8 Dave Tork USA 81fl	15'5 ¾ Bob Richards USA 90	13'6 Alfred Proksch AUT 102
LJ	26'7 Greg Bell USA 85fl	26'2 1/4 Chuhei Nambu JPN 93	21'9 Alan Sayers NZL 100
TJ	55'10 1/2 Josef Szmidt POL 81fl	51'7 Chuhei Nambu JPN 93	46'9 ¼ Juan Reccivi CHI 101
SP	65'10 Bill Nieder USA 82fl	56'2 Wilbur Thomson USA 92	52'8 ¾ Herman Brix USA 100
DT	203'5 Bob Humphreys USA 80fl	158'2 Clarence Houser USA 93	134'11 Guo Jie CHN 103
HT	222'6 Josef Matousek CZE 87fl	117'1 Bob Richards USA 90	
JT-old	282'3 Al Cantello USA 82fl	194'1 Bob Richards USA 90	
DEC+	7055 Uno Palu UR 83	6715 Irving Mondschein 91	
SLJ	7'4 ¾ Ted Rowan CAN 80 fl	5'9 ½ Torgeir Brandvoid NOR 90 fl	
SN	380 Yuri Vlasov RUS 80 fl	363 Norb Schemansky USA 91 fl	
CJ	475 Yuri Vlasov RUS 80 fl	445 Norb Schemansky USA 91 fl	
SQR	611 Yuri Vlasov RUS 80 fl	600 Norb Schemansky USA 91 fl	
BPR	515 Marv Eder 84 fl	440 Norb Schemansky USA 91 fl	
DLR	725 Wilbur Miller 84 fl	630 Norb Schemansky USA 91 fl	

Key: b = bamboo pole; e = en route to a longer distance; f = fiberglass pole; fl = flourishing as of 3-26-16; JT-old = javelin marks made with the old-style javelin before 1989 when older javelins were outlawed mainly because they went too far; R= raw lifting –i.e. done with no special suit to aid the lift; t= toes over in the standing long jump less 10 inches; s = steel pole; y = mark made en route to an English distance like 880 yards; + = decathlon based on 1985 tables. Eder's birthday was 10-22-31; Schemansky's 5-30-24; Vlasov's 12-5-35