

2011 VSGA WEIGHT LIFTING RESULTS

The last games of 2011 were the weight (or “power”) lifting events. Powerlifting is a strength sport which involves lifting weights (counting the best of 3 tries) in three standard events: squat, bench press, and deadlift, plus sometimes a curl event.

We had only two competitors in 2011, but what serious competitors they were! First, the results:

Bill Farrell, in the 220 pound weight class, 65-69 age group:

Gold: Squat: 286 pounds
Silver: Bench press: 210 pounds
Gold: Deadlift: 374 pounds
for a total of (Gold) 870 pounds
Also Gold in the Curl at 115 pounds.

Tom Hart, also in the 220 pound class, 65-69 age group:

Gold: Bench press: 242.5 pounds.
(This set a new Vermont state record,
see picture below.)

A little background: Bill Farrell is a psychologist who lives in South Burlington. He competed in weightlifting as a teenager. After a long hiatus, in 2006 (only three years after open heart surgery), he began winning state bodybuilding championships in New York and Vermont. This past October he won the World Powerlifting Championship in his age and weight class, establishing a new world record for the squat (309 lbs), benchpress (209 lbs), deadlift (399 lbs), for a total of 905 pounds. Bill is writing a book which will be titled: *Strong Brains, Strong Bodies: You Can Live Longer, Healthier and Happier*. The book is about how we can maximize our brain and body health so we can live longer and happier lives. He sounds just like our Don Kjelleren!

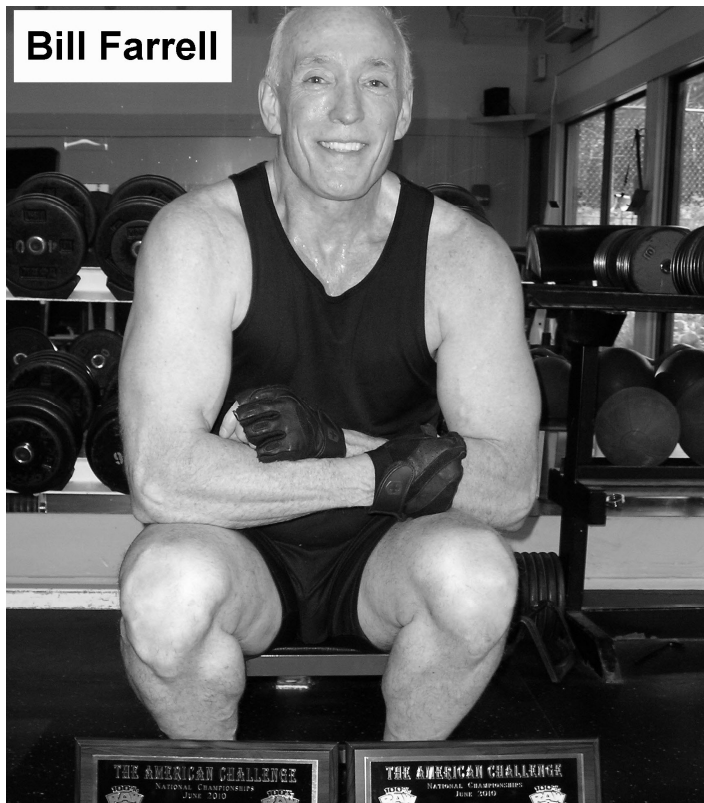
Tom Hart is a retired Champlain Valley Union teacher who lives in Hinesburg. He came to weight lifting accidentally. After a serious back injury in 2008 (not that long ago!) he needed to strengthen his core muscles in order to avoid a repeat. He joined a serious gym, over time was drawn to the bench press, and by 2010 he was setting new Vermont state records in that event. And then... a herniated disk and surgery. But, like that famous cat, Tom came back. This time, with the guidance of his surgeon and his physical therapist, he avoided



some of the more traditional exercises that put too much downward pressure on his spine. Still, he got strong enough to break new Vermont state records in the bench press in a heavier weight class.

In 2012 both Bill and Tom will surely repeat their VSGA State Championships in powerlifting. Unfortunately, it does not seem to be on the list of events for the 2013 NSGA Cleveland Summer Games. It would be nice if we could change their minds. ☒

Bill Farrell



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