

# StrongManUK- North Novices Final August 2008

Report of day



All the Novice competitors ready to do battle on Sunday 24<sup>th</sup>  
August 2008



Paul Johnson getting a bit of a sweat on at the start of the wagon pulls



Mark Kingham set out at 5am on the Sunday morning from York to come and compete. He is like most people that get in to the sport after watching it on television for years and wanted to give it a go



Paul Savage age 21 from Warrington carrying the 300kg yoke over the 25m distance



Bren Powers at the start of the medley event with the 170kg weight which had to be lifted 18" up each step before moving on to the duck walk. He was the third in this event with a time of 27.08secs



Gareth Wallace struggled with this one being the shortest the 18" height was too much for him



Paul Hodgkinson running with the 170kg duck walk



Niall Jones with the 60kg water filled barrel not the heaviest of weights but made worse as the water moves around a lot



Glyn Richards more use to handling grave stones than atlas stones. This was his first comp. The novice competitors do the same events as the open competitors, the only difference are the weights





John Bates owner of Madison bar & restaurant was the Main sponsor of the novice competition. A big thank you to John and his family, for their kind donation. Don't know if getting a hug off Paul Hodgkinson was part of the deal



1<sup>st</sup> Paul Hodgkinson  
2<sup>nd</sup> Bren Powers  
3<sup>rd</sup> Mark Kinghan