



**The Queen's Royal Hussars
(Queen's Own and Royal Irish Hussars)**

Athlone Barracks

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A R M Y

Reference: QRH/BF(G)/Strongman/001

Date: 17 Jan 2011

**CLASH OF THE TITANS BRITISH ARMY GERMANY BA(G) STRONGEST MAN COMPETITION
26/27 MAR 2011**

General

1. Clash of the Titans BA(G)'s Strongest Man Competition will take place on the weekend of the 26/27 Mar 2011 at Athlone Barracks, Sennelager on the Tank Park outside A-Sqn Hangers. The event will be open to 3 different weight categories: under 90kgs, under 105kgs and over 105kgs to ensure a level playing field between smaller and larger competitors. This will be the third Strongest man competition held in Germany and it is hoped that the support shown in the previous competitions will continue in this ever growing sport within the British Army. This is an ideal competition for novice lifters.

Aim

2. The aim of this competition is to identify the strongest all round athletes from across BA (G) by replicating the events seen in the world's strongest man competition. The athletes will compete over 2 days with 4 events on each day.

Overview

3. The competition will comprise of the events listed below, although there may be minor changes due to availability of kit and amount of competitors, all competitors will be informed prior to the competition. A breakdown of the events can be found attached:

- a. Medley (tyre flip, duck walk and sled drag).
- b. Husafel stone carry.
- c. Overhead medley (yolk, axle, log and 1 arm dumbbell).
- d. Truck pull.
- e. Loading race.

- f. Car Deadlift.
- g. Farmers/frame walk.
- h. Atlas stones.

A full list of event rules can be found at Annex A.

Competitors

4. The competition is open to all serving personnel within BA (G), military and UKBC. The competition must have a minimum of 12 (4 per weight category) competitors and a maximum of 42 (14 per weight category). Competitors are to submit their names by using the entry form at Annex B and be in no later than Fri 18 Mar 2011 or contact the undersigned direct. Entry fee for competitors will be €15 which must be paid prior to the competition.

Officials

- 5. The officials for the competition are as follows:
 - a. Mr Gary Gardiner (UK Strongman)
 - b. Mr Paul Scafie (UKBC)
 - c. SSgt Simon Cooper (3CS Bn REME)
 - d. Cpl Colin Russell (QRH)

All competitors will receive a full brief prior to each event from the official's. The referee's decision is final.

Dress

- 6. The dress for the competition is as follows:
 - a. **Officials.** Civilian sports kit - warm kit is advised.
 - b. **Competitors.** Civilian sports kit - warm kit is advised for inclement weather as all events are outside.

Personal Equipment

- 7. All competitors are advised to have the following :
 - a. Weightlifting or Powerlifting belt.
 - b. Chalk.
 - c. Spare clothing.
 - d. Food and water.

- e. Energy Drinks.
- f. Knee and wrist wraps.
- g. Appropriate footwear.

Briefing

8. There will be a briefing for all competitors prior to each day of the competition and prior to any event.

Administration

9. **Changing Facilities.** Changing facilities are located in the regimental gymnasium for competitors and officials to utilise during the competition.

10. **Accommodation.** Anyone requiring accommodation can contact either of the undersigned.

Timings

11. Competition timings are as follows:

- a. **Registration and weigh in.** 0800hrs
- b. **Opening Address and Safety Brief.** 0845hrs main hall of the Regimental Gymnasium.
- c. **Competition Starts.** 0930hrs.
- d. **Results and Presentations.** At 1730hrs on Sun 27 Mar 11 in the Regimental Gymnasium by Lt Col Mortimer Commanding Officer of QRH and Gary Gardner (UK Strongman).

Competition Rules

12. Competition rules can be found at Annex A.

Competitor Entry Form

13. The competitor entry list can be found at Annex B.

Competition Format

14. The competition format can be found at Annex C.

Scoring

15. The Scoring system for the competition can be found at Annex D.

Medical

16. Medical cover for the strongman event is as follows:

- a. There will be a medic on site to deal with minor injuries.

- b. For more serious injuries the casualty or casualties will be transported to the MRS for medical attention, which will be on standby during the whole competition.
- c. Each official and the medic will have mobile phones in their possession with relevant telephone numbers in case of an accident during the competition.

Support

17. In order to aid in the swift transition between competitors and events a support team of at least 10 personnel will be required. This must include 2 PTI's to help with time keeping. All individuals in the support team must be fully fit. The support team will be required to move all of the equipment and set up the events prior to each athlete competing.

Presentation

18. Lt Col Mortimer (Commanding Officer, QRH) and Gary Gardner (UK Strongman) will present the prizes to the winning individuals. There will be prizes for first, second and third place in each category. Prizes will be confirmed at a later date.

Equipment

19. All specialist equipment required to carry out each event will be supplied and a safety brief will be given prior to the start of every event.

Summary

20. The Royal Navy and R.A.F both already have good Strongman foundations. With this now being the third competition of its type within the British Army Germany within a year, it goes to prove that there is an appetite for strongman and it is growing rapidly within the Army. It is hoped that in the not too distant future we can compete at a combined service level to find out who is the Strongest Man in the H.M.Forces.

Signed Electronically

S D Cooper	C J Russell
SSgt	Cpl
Ops SNCO	C-Coy