The 2014 Visegrip Viking™ Challenge

IRONMIND®

Double Overhand Apollon's Axle™ Deadlift by weight division (men/women)

The athletes (reverse order of entry forms received) will each attempt to deadlift the IronMind Apollon's Axle™ loaded with standard plates, starting weight will be appropriate for weight class and increasing with each attempt till there is ONE MAN (WOMAN) STANDING. Time starts when Axle is loaded, and athletes have 30 seconds to commence the lift. No grip aids other than chalk allowed. Athletes must grip axle with knuckles on both facing away from body (double overhand grip). Thumb less or locked thumb grip not allowed. Otherwise, standard power lifting rules (including Sumo style) apply; resting Axle on the thighs or any downward movement will NOT be allowed. Athletes must await referee's down signal before returning the Axle back to the platform all the while maintaining the grip/contact with Axle. Each athlete must lift the opening weight to be in the competition, but may "pass" on subsequent weights as long as he does so prior to his turn. Men's World record is 516lb (234kg) set by Mike Burke (USA) at Visegrip Viking Challenge January 20, 2013. http://www.ironmind.com/ironmind/opencms/Main/Apollons_Axle.html

Competitors	Weight									Place	SCORE
Women		**65kg**									
Sonya de Gallego (California)	156.0	x									
		308lb	**352lb**	**374lb**	**396lb**	**440lb**	**462lb**	**473lb**	**484lb**		
Visegrip Viking MEN		**140kg**	**160kg**	**170kg**	**180kg**	**200kg**	**210kg**	**215kg**	**220kg**		
Arpa Damedian	360.0	o	x							8	1
Robert Vengbai	300.2	o	x							7	2
Riccardo Magni	270.2	o	o	x						5	4
John Machnik	258.8	o	o	x						4	5
Derek DeVaughan	313.6	o	o	pass	x					6	3
Martins Licis	277.2	o	o	o	o	o	x			3	6
Odd Haugen	287.8	o	pass	pass	o	o	o	o	x	2	7
Alexey Tyukalov	270.0	o	pass	pass	pass	o	o	o	o	1	8
										36	36