



EVENT INFORMATION

The Dead Lift

Maximum time limit – 60 seconds and the number of 'good lifts' will be announced at the end of the attempt. The number of 'good' dead-lifts will count toward your final score along with your time. The adjudicator's decision is final.



Weights & Equipment – All the equipment has been purchased especially for this competition.

It will be checked prior to the event commencing by Faye Jordan and a member of the Animo Events team.

The weight to be lifted is 200 kilos. It is comprised of an upright piano, a dishwasher and a washing machine. The load is securely strapped to the machine.

The flooring in the area of this event is non-slip.

Prior to commencing, each entrant will receive a full explanation of both the equipment and the event from Faye.

The Lifts - Each lift must be declared 'good' by Faye and they will be recorded by a member of the Animo Events team. A bad lift will be clearly declared by Faye so the competitor is aware it won't count towards their final score. Wide stance dead lifts will not be allowed.

Personal Equipment - A figure of eight strap will be supplied if required (Dead Lift straps will not be allowed). We advise you wear shorts and leggings and / or long socks.

Warm Up - We will provide weights, matting and a dedicated area for you to warm up prior to this event. We recommend a 20-30 minute warm up period.

The Lorry Load

This event will take place inside the building.

The object of the event is to load five pre-filled bags of sand to a platform (acting as the back of the lorry) as quickly as possible. The bags will each have a progressively increasing weight with the lightest furthest away and the heaviest closest to the truck.



60 kg bag will be 10 meters away

70 kg bag will be 8 meters away

80 kg bag will be 6 meters away

90 kg bag will be 4 meters away

100 kg bag will be 2 meters away

The Equipment - The sandbags have been purchased specifically for this event. They are manufactured by Cerburus and are separately lined for additional strength. The filling is simply builder's sand.

The Truck Pull



For this event we will be using an 18 ton / 5 container door removal lorry. Don't worry – it won't be loaded... so you will be pulling approximately 8 tons from stationary over a 40 meter measured distance, crossing a line to start and one to finish. There will also be a driver in the vehicle to ensure your safety. It is important that you try to keep the truck rolling as it is rare to see anyone restart once the truck has stopped.

This event is a signature 'World's Strongest Man' discipline and requires strength and stamina. Just to make it that little bit more difficult we will set a 2 minute time limit!

You shouldn't need any warm up for this event but you will need to make sure you follow Faye's instructions to the letter before setting off. The pre-event talk is compulsory!

The harness is supplied and will have been checked pre-event by Faye and one of the Animo Events team. We request you wear or use the following:

- Rock climbing shoes (rubber soled boots will be allowed but make sure they are not too worn on the soles)

- Chalk for hands (supplied) – gloves won't be allowed
- Knee pads (its surprising how many people attempt this but injure their knees)
- Long trousers

Again Faye will raise her arm when ready to start, and once she drops her arm the time starts. If the truck crosses the line she will blow a whistle to indicate the timer should be stopped.

If she wants to stop the event at any point (if she feels to continue might be dangerous for you) she will blow a whistle to indicate the event is finished.

We ask you to use common-sense especially on this event. If you feel unwell or unable to complete the pull then stop – don't continue and risk personal injury.

