

1st Law Enforcement Strongman Competition

By Dan Lagerstedt

On Saturday, October 9, 2004 Mark and Andy Currier of Claremont, New Hampshire, held the first Law Enforcement Strongman Competition at the Arrowhead ski area in Claremont NH. The invitation was open to all law enforcement officers who wished to compete in five strongman events.

Axel press — Each competitor was to press a 145 lbs bar as many times as possible within 90 secs.

Farmers Walk and Super Yoke — Each competitor was required to carry 180 lbs. in each hand across the 55-foot course, drop the weights and hoist a 320 lb. super yoke upon their shoulders, and walk back across the 55-foot course, in the fastest time possible.



Winner of the Law enforcement strongman competition, Pat Call of the Springfield Police, walks briskly across the 55-foot course while hauling 180 lbs. of weight in each hand during the "Farmers Walk" portion of the Law Enforcement Strongman Competition.

Tire Flip — This event consisted of a 500 lb. construction tire which the competitors flipped down the 55-foot course and back again in the fastest time possible.

lbs. of weights and drag it back across the course in the fastest time.

Sand Bag Load — Three sand bags weighing in at 120 lbs. each were set at opposite sides of the 55-foot course. The competitor, standing in the middle of the course, was required to sprint to the sand bags and carry them one by one back to the center of the course and load them onto a platform in the fastest time.

Patrick Call of the Springfield Police Department topped out at first place in the competition and was awarded the "King of the Hill" trophy. Mark Harvey of the Vermont State Police placed a close second. There were six competitors in the event: Mark Harvey, VSP-Bethel, Jeff Burnam, Claremont PD, and Walt Morancy, Dan Lagerstedt, Andy Brothers, and Pat Call all of the Springfield PD. All officers did exceptionally well and completed the competition fully and successfully.

If you wish to be notified of the event next year, please email Dan Lagerstedt at riagerst@dps.state.vt.us and you will be sent a notification email of the date and time as soon as they are scheduled. □



Competitors in the Law Enforcement Strongman Competition were, standing, left to right: Mark Currier, Dan Lagerstedt, Jeff Burnam, Pat Call, and Andy Currier; seated: Walter Morancy, Andy Brothers, and Mark Harvey.