

MONDAY
Money

TUESDAY
Sustainability

WEDNESDAY
Sport

THURSDAY
Science

FRIDAY
Culture

THE DAY
Build a better world



NEWS DETECTIVES

TODAY'S BIG STORY

Weightlifter, 86, heaves way into record books

Do we underestimate older people? A Derbyshire grandfather has set a new record for pumping iron in old age.

Most people are happy if they can still pick up their shopping at 86. But not Brian Winslow. Bent at the waist, the **ox**-like **octogenarian** dragged himself upright, by **hinging** at the hips, lifting 77.5kg off the ground at the same time.

This move is called a deadlift. Brian Winslow, from Derbyshire, now holds the world deadlift record for his age-class.

The grandfather from New Mills performed the **feat** at the 2023 British **Drug Free** Powerlifting Association Championships.

Mr Winslow has been **pumping iron**



Beach body: Brian Winslow found his passion for weightlifting at his job moving deckchairs.

THE STORY SO FAR

Powerlifting is a sport that broke away from Olympic weightlifting in the 1960s. Lifters compete in three key moves, including the deadlift, in which Brian now holds his record.

for a long time, starting with a job moving deckchairs on a beach in Devon.

"I'd set myself a target to see how many lifts I could do on each arm and I was just hooked," he said.

"I also wanted to look good for the ladies on the beach so I'd try and get my arms as big as possible. I had a

few memorable summers."

The lifting habit stuck with Brian, and though he cannot lift the full 150kg that he could nine years ago, he will have to settle for moving more **mass** than anyone else his age in the world.

"It's always great to get a record or two. I was exhausted straight after but okay," he said.

Deadlifting is Brian's favourite move even though it's "the most **taxing**".

He added: "Weightlifting is a huge part of my life, alongside my children and grandchildren. I'll keep carrying on for as long as the body allows."

KEY WORDS

Ox: A very strong animal, a kind of cow

Octogenarian: In your 80s

Hinging: Bending at the waste with a straight back

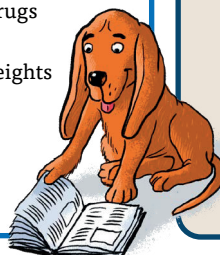
Feat: Impressive act

Drug Free: Without using performance enhancing drugs like steroids

Pumping Iron: Lifting Weights

Mass: Weight

Taxing: Challenging



YOU DECIDE

Do we underestimate older people?

YES. The elderly are strong in more ways than one, and we need to respect their contributions.

NO. We recognise high-achieving octogenarians in many walks of life. The president of the USA is 80.



THE DETECTIVE ZONE

SPOT THE FAKE

One of these three news stories is fake.
Which one?

Fishermen stuffed fish with weights at tournament

New Zealand airline to weigh passengers

Man wins fish lifting contest by throwing 80kg tuna

In which year did women's weightlifting become an Olympic sport?



1. 1896
2. 1984
3. 2000
4. 2016

TIME TO DESIGN!

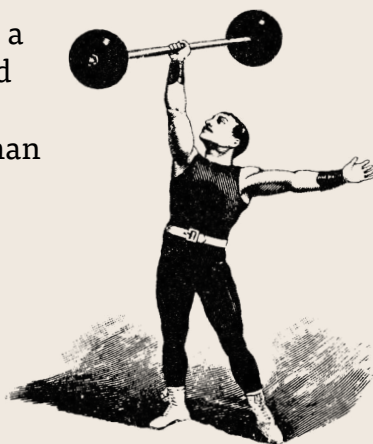
Before standardised powerlifting, "strongmen" would often lift strange contraptions to show off their strength. Your challenge is to come up with a new one.

Step one:

Think about your design! Have a look at some of the things lifted by circus strongmen or in the World's Strongest Man or Woman competitions!

Step two:

Create your design! Draw your weight. If you have time why not make a lighter version out of bits of recycling?



Talking point

Is it vain to lift weights in order to look better?

Amaze someone

The overall world record for the deadlift is 501kg, held by the Icelfander Hafthor Bjornsson.

The earliest evidence of weightlifting is on the Greek island of Thera, where an ancient inscription on a boulder says Eumastas, the son of Critobulus, lifted me from the ground.

THE EXTRA PAGE

Grandfather's record deadlift

An 86-year-old weightlifter has broken a world and national record in his latest competition.

Brian Winslow lifted 75kg (165lb) with his first attempt in the deadlift at the 2023 British Drug Free Powerlifting Association (BDFPA) championships on 18 March.

The lift was a UK record for someone of Mr Winslow's age and weight.

Mr Winslow, from Derbyshire, then bettered it with a lift of 77.5kg (171lb) with his very next effort.

However a hat-trick of records proved just beyond the grandfather, from New Mills, with his attempt at 78kg (172lb) proving a heave too far.

The BDFPA confirmed Mr Winslow now holds the British and World Record in the 60kg category for male competitors aged 85 to 89 years.

Mr Winslow, who got into weightlifting



Heave Ho: Brian Winslow broke the world record on his first attempt.

as a young man when he worked moving large numbers of deckchairs as an attendant in south Devon, said: "I'm obviously delighted.

"It's always great to get a record or two. I was exhausted straight after but okay."

The Zen Buddhist said he was "obsessed" with the deadlift which involves raising weights to waist height and then holding them there.

He said: "I think it's the best event but it

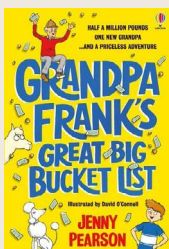
is the most taxing."

He said he wanted to continue to compete at the top level for as long as possible.

He added: "Weightlifting is a huge part of my life, alongside my children and grandchildren. I'll keep carrying on for as long as the body allows. ■

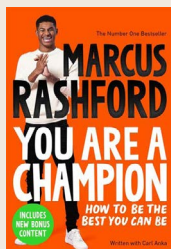
This is an edited version of a story from
© BBC News [29/03/2023]

Read more on this topic



Grandpa Frank's Great Big Bucket List by Jenny Pearson

Usborne



You Are a Champion by Marcus Rashford

Pan MacMillan

Answers to puzzles

Weightlifting question

3. 2000

Spot the fake

Man wins fish lifting contest by throwing 80kg tuna