

Local breaks records at titles

CANBERRA'S Jim Hosie has broken three Australian records to win the under 90kg division at the Drug Free Powerlifting Australia National Titles at the Merimbula RSL on Saturday.

Powerlifting is a sport where lifters are required to make one of three attempts in the squat, bench press and deadlift.

After an astonishingly poor start to the competition, Hosie fought back to break two 15 and 16-year-old Australian records with his final lift of the day – a 275.5kg deadlift at 88.8kg body-weight.

"Initially I was having a shocker. I was missing weights I had been hitting in training and I almost bombed out of the whole contest," Hosie said.

"My opening squat of 210kg flew, as did my second and third attempts at 235kg, but they were ruled out due to technique errors brought about by my back injury.

"I've been squatting 250kg in training and I was really relying on my squat to get me through.

"I thought I would be 25 to 40kg up on where I found myself, but that's sport and I dug in."

In the bench press, Hosie opened on 160kg, then moved to the Australian bench press record (under 90kg) of 172.5kg, missed it, but then got it on his third and final attempt.

"The judges said I had to get a total (from all three disciplines) to make my bench record count," he said.

"I was a bit uncertain of my



Jim Hosie on his way to breaking an Australian record in the under 90kg division in the Drug Free Powerlifting Australia National Titles.

back and I opened my deadlift pretty light on 200kg, then jumped to 260kg and then pulled 275.5kg – it was all or nothing."

The final record-breaking deadlift saw Hosie win the

overall title for best equipped male lifter at the nationals.

Hosie's win came despite the fact he injured his back, spraining facet joints and bulging two lumbar discs (L3 and L4), at the

qualifier for this contest in January. Hosie is now an Australian champion in two different sports, having won the Natural Mr Australia and a silver medal at the Natural Olympia World Titles between 2001 and 2003.