

Superman Shanks.....takes on a legend

Stevie “Superman” Shanks is no normal human being: as drummer in Flash Harry Stevie is a rock god in the eyes of many.



However in 1997 Stevie Shanks contracted a serious neural disorder called “Guillan Barre Syndrome” which left him totally paralysed and had his body weight drop to 7 stone. The doctors gave him a recovery period of 3 years before he could reasonably expect to walk again, with no guarantee of ever having a complete recovery.

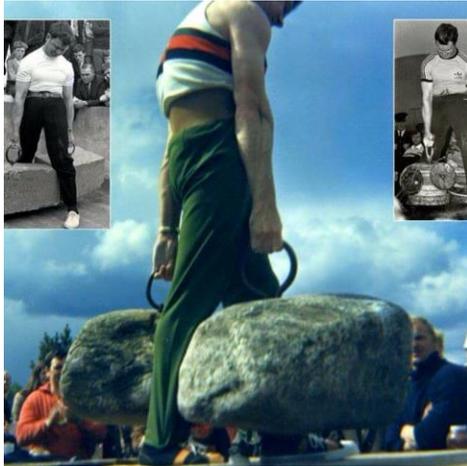
Stevie battled against the condition getting himself back to full fitness much quicker than expected. At the age of 49 he got into body building for the first time in order to get in shape for his upcoming 50th birthday. Over this first year his training moved more towards gaining strength and finally he got into powerlifting. Unbelievably in his first competition hosted by the Northern Ireland Powerlifting Federation Superman Shanks broke the Masters 50+ NI Deadlift record (lifting 190kg) at a bodyweight of 11 stone (74kg).....following in his famous father’s footsteps. His training for powerlifting further developed to include old school techniques used by his father from the 1960s. This involved using the old school “odd lifts” such as one hand deadlifts, hack lifts and partial Jefferson style (straddle) deadlifts.



One fateful day Stevie learned of the International All-round Weightlifting Association (IAWA) who offer worldwide competitive lifting in around 150 variations of old time strength challenges. Since then Stevie has become one of the main attractions in the sport adding 7+ Worlds Records and 8+ British records to his name across a range of lifting disciplines.

After his most recent World Record set at Viking Barbell, the NIPF Centre of Excellence, Stevie is hoping to write his family into one of the most iconic all time strength legends...THE DINNIE STONES. These are some of the most famous testing stones in the world, sited beside a bridge in Scotland. In the mid 1800's Donald and his father Robert were responsible for painting the bridge, and used these stones to help in levering themselves out over the river. There are 2 stones which together way in excess of 0.3 Tons and have affectionately become known and the "Dinnie Stones". They have become a global pilgrimage to all strength fans worldwide to test themselves by lifting the Stones.

In 1973, Stevie's Dad, Jack Shanks (weighing just under 12 stone), became the first man to lift and carry the famous 333kg Stones barehanded since Donald Dinnie himself back in 1860. Stevie has been training to lift the stones barehanded and on October 3rd this year will travel to Scotland with the hopes of replicating his Fathers achievements.



BUT the story doesn't finish there. If he is successful in his attempt, Stevie will have helped the Shanks family gain a special place in the stones long history.....as they will be the first father and son lifters of the stones since Donald Dinnie and his father Robert in 1860.

Stevie will be showcasing his strength and unusual Dinnie training apparatus at the forthcoming NIPF Masters Powerlifting Competition on 29 August at the Valley Leisure Centre, Newtownabbey. Entry is free so come and support Superman Shanks, along with a host of other world class powerlifting competitors, as he attempts to re-write history. Further details for the competition are at www.nipfpowerlifting.co.uk

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