

# New South Wales Strongest Man



WHERE: DEL RIO RESORT, WISEMANS FERRY

WHEN: MAY 17TH AND 18TH

EIGHT GRUPELLING EVENTS

OVER TWO HARDCORE DAYS

## INCLUDING.....

Truck Pull with harness

Max Axle Deadlift

Viking Giant Log Press

Russian MAS (Grip) Wrestling

Seated Tractor Pull

Loading Race

Husafell Stone Carry

Beer Keg Toss

## 7 NSW TITLES up for grabs:

NSW Mens Heavyweight (Over 105kg)

NSW Mens Light Heavyweight (Under 105kg)

NSW Mens Middleweight (Under 90kg)

NSW Mens Lightweight (Under 80kg)

NSW Womens Heavyweight (Over 75kg)

NSW Womens Middleweight (Over 63kg)

NSW Womens Lightweight (Under 63kg)

## IT'S GOING TO HURT...

There are limited places in each division so make sure you get your entry form and \$100 fee in early to secure your place.

To qualify for the titles you need to currently live in NSW or have been born in NSW. Interstate competitors are welcome to take part, and if they win the weight division they will be eligible for any prizes/prizemoney.

For more details visit [www.nswstrongman.org.au](http://www.nswstrongman.org.au)

Or email us [support@vikingstrength.com](mailto:support@vikingstrength.com)

Or ring Phil on 0435 814412



New South Wales  
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