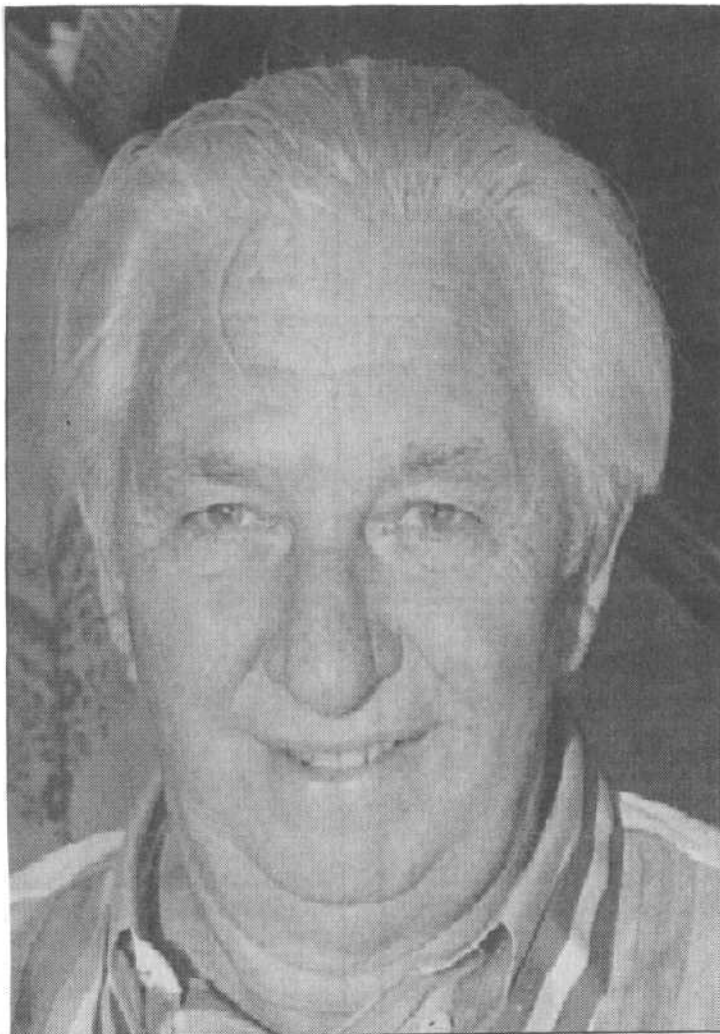


# CARR-BRAINT, Ken (con't)



**Kenn Carr-Braint --headed for Hall of Fame**

Belleville lifters went to the 1972 Olympics, the 1973 world championships, four different Pan Am Games and the 1970 Commonwealth Games.

Carr-Braint became involved in the administrative side of the sport, acting as president of the Canadian Weightlifting Federation and serving on the organizing committees of several world championships. He also coached the national team from 1965 to 1967.

A personal highlight was a trip to the 1976 Olympic Games in Montreal where he was a top referee.

"It was a wonderful thing, I really enjoyed that," said Carr-Braint.

Another memorable occasion was the 1965 world championships in Tehran where Carr-Braint received a special commendation from the late Shah of Iran.

But not all of Carr-Braint's treasured moments included a championship podium. Some took place in the quiet solitude of a deserted gym long after the other lifters had gone home for the night.

Carr-Braint helped train children with polio and other crippling injuries. Their achievements put all others into perspective.

"I still remember one boy who walked sideways," he said. "I worked with him for two years and he eventually could run and jump. That's another kind of victory."

Carr-Braint retired from coaching and turned the Apollo reigns over to one of his star graduates —

Bob Walt — about 10 years ago.

He admits the sport is still smarting from recent steroid scandals, but he believes it can rebound.

"I never agreed with drugs personally," he says. "It's not necessary. Any sport can and should be played without it. There are damages (from drugs) to the liver, kidneys, reproductive system. It's terrible."

"I think when I was involved there was a lot more money available (sport funding). I think a lot of athletes shouldn't have been supported to the degree they were. Now funding is down for a lot of lifters."

"But I would think it would be better to have 30 active lifters not on drugs rather than 300 on drugs."

Carr-Braint says the key to promoting Olympic weightlifting is common to all sports.

"Why not just promote it for fun?" he asked. "We used to drive 600 miles and get out of the car in the morning and compete. I think (those days) are going to have to come back. That's how it should be promoted."

And to Carr-Braint, the attractions are still the same.

"I started because I liked it and I thought it was a manly sport. Most boys want to be strong."

"Call me a romantic, but I still think you can go in and start a club like we did and do well without drugs."

Intell

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P. 6