



Port Hope -- Highland Games competitor Paul Boundy lifted a weight ball onto a barrel at a demonstration at the Home Hardware on Toronto Road.

Walter Passarella photo

Grafton strongman off to world Games

Paul Boundy heading to Norway to compete at two events at World Amateur Highland Games Championships

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GRAFTON -- After competing at numerous amateur highland games and strongman events for the past 15 years, Paul Boundy says he's ready to go professional, but not before proving himself on the international stage.

Before attempting his first competition as a professional in July at the Uxbridge Highland Games, Mr. Boundy will fly to Norway to represent Canada at the 2014 International Highland Games Federation world amateur highland games championships.

The Grafton resident is ranked as the top amateur highlands athlete in Canada for 2012 and 2013, and has been progressing in the sport since being introduced to it

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by fellow strongman Reverend Kevin Fast, who first invited him to an extreme winter games in 1998.

"I had never even heard of it before and I loved it," Mr. Boundy said, adding that this led to him competing in more games each year. "When I become professional I may only do two or three games a year, but as an amateur now I have been doing 15 to 20 games a year with strongman on top of that."

While he has competed in the United States, Mr. Boundy is excited about the trip of a lifetime to Norway, where he will compete in two events back-to-back.

"They asked me to do both the Norwegian Stones of

Strength competition and then two days at the IHGF championships," he said.

The winner of the latter competition will be invited to the world professional cham-

pionships in 2015.

With a strongman compound set up at his Grafton property, Mr. Boundy has stepped up his training from one day a week to two, with the assistance of friend and fellow strongman competitor Austin Sztajdocher.

"We do everything together -- we train together, lift weights together and wreck trucks together," he said. "As soon as the ground is dry we start throwing and with the late spring this year, we just started throwing at the beginning of May."

When that equipment is not being used for training, Mr. Boundy welcomes competitors to his home for the

annual Fall Brawl, to be held for the second time this October.

"We have the 22-pound and 16-pound stones and a 28-pound weight for distance,

'We'll do four events per day during a four-hour training session (which) gets your body more used to it, because repetition leads to better results.'

Paul Boundy

which is basically like shot put," he said, pointing out that while the competitions feature three throws, his training routine has 10 for each event.

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Asked about the upcoming trip, Mr. Boundy said he is looking forward to the challenge of going up against people he has never competed against.

"That's the main reason I am turning pro, because I don't have a challenge any more," he said. "I could stay amateur as long as I want but to show up and win, that's no fun."

In the last two years Mr. Boundy has also been named the Tough As Nails Strongman champion, in addition to taking home amateur wins at the Fergus Highland Games last year and the Glengarry Highland Games in 2012 and 2013.

"I lost interest for about three years so while everyone I started out with went professional, I have been stuck back in amateur," he said. "It will be good to compete against those people again."