

Conquering the Age Gap and Bringing Home the Gold

John (Jack) McAlpine proves the adage that you can do anything that you put your mind to. At age 67, after 40 years away from the sport of arm wrestling, he decided to return to centre stage and his efforts paid off.

At the 2023 Canadian National Arm Wrestling competition in Sydney, Nova Scotia, at his first nationals in four decades, he brought home the gold medal for his left hand and silver for his right.

McAlpine was born at the Prince Edward County Memorial Hospital and raised on the McAlpine farm just south of Milford where his family still live.

His interest in arm wrestling took root while living in Hamilton and Osh-

awa, and over eight years, he competed in local and international tournaments with a high level of success. In 1984, a shoulder injury forced him to step away from the sport for a long period and he decided to retire.

Years later, retired from his life's work and then living in the Belleville area, he entered a tournament and a second career in the sport was born.

Meeting fellow sport enthusiasts was a catalyst to return to training. Among those who encouraged him were Chris Armstrong from Lucks Cross Road. The pandemic shut down activities but when it ended, the group rekindled the Picton Arm Wrestling Club securing the support of Troy Eaton, a Bloomfield resident



Jack McAlpine, who grew up in Milford, took honors at the Canadian National Arm Wrestling tournament.—Photo submitted.

who is a provincial, national and world title

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