

# WORLD CHAMPION— Again!

*Helen Corcoran*

GLORIA MURRAY is enjoying her cuppa as we chat about her son Conor and all his achievements to date. Conor was born on 7 February 1998 weighing a bouncing 7lbs 2ozs, spending his first few days in an incubator.

Conor's aunt, Assumpta Feeney, Galway, also a World Champion in Power Lifting, encouraged Conor into Power Lifting in February 2014. "What he has achieved in such a short time is phenomenal and his pure determination and stubbornness has proved him well in his field of power lifting", Gloria says.

Training takes place four evenings every week, consisting of strength conditioning, exercises and power lifting (squats, bench presses and deadlifts), in Aughavas GAA gym. He attends these training sessions all on his own.

1 November 2015, in Gela, Sicily, Italy, Conor competed in the Full Power World Championships which consists of all three disciplines—squats, bench press and deadlift, beating off all the other competitors with a combined lift of 500kg, which matched the Irish National Record, then breaking a National Record with a squat of 190kg for his category, crowning him Full Power World Champion at just 17 years of age.

Conor holds many titles—All Ireland Champion; European Champion; Single Lift World Champion in the Dead Lift breaking a World Record in June 2015 and now Full Power World Champion; Conor was honoured with *Overall Sports Person of the Year in County Leitrim 2014*, with a nomination again this year.

Conor is affiliated with *Irish Drug Free Power Lifting Association (IDFPA)* which follows stringent rules and regulations as all athletes are checked on a regular basis to make sure that they are not taking any enhancements.



Power lifting is not his only interest, he has donned the Carrigallen jersey from U8 upwards, played hurling with Sean O'Heslin's Ballinamore winning the County Final, competed in triathlons, 10k road races, was crowned Kiltubrid's Got Talent winner for singing and performs in a school band as drummer.

Conor is so dedicated that even though he loves his food he sticks rigidly to his diet so as to stay below the 110kg category he performs in.

Conor has always been very motivated and always had great strength even as a child carrying in bags of coal from the car to the house. His strength always amazed his mother and she is so proud of him and of his achievements to date and that all his hard work and commitment has paid off. He is a big gentle giant, ever protective of his younger siblings Louise and Andrew and they keep him well grounded as only siblings can.

*Finally Gloria wishes to thank the local community for the overwhelming support for Conor including the recent homecoming and messages of support he has received, they are very much appreciated. Keep Lifting Conor!*

**Top: Conor proudly holds the Irish flag cup and certificate following his second World Champion victory in Gela, Sicily Italy**

**Top: Conor enjoying his celebratory status in his local Library. Pictured with winner of the Summer Reading Tree event Amy Doonan, presenting her with a Tablet in Carrigallen Library.**



**Congratulations also!** to Tommy McCormack, seen here competing at the Telford University campus in Wolverhampton in the Senior 75 kg class, McCormack showed impressive strength and determination to win a World Powerlifting title, lifting 250kg in the process. The Ballinamore native was treated to a rapturous homecoming.