

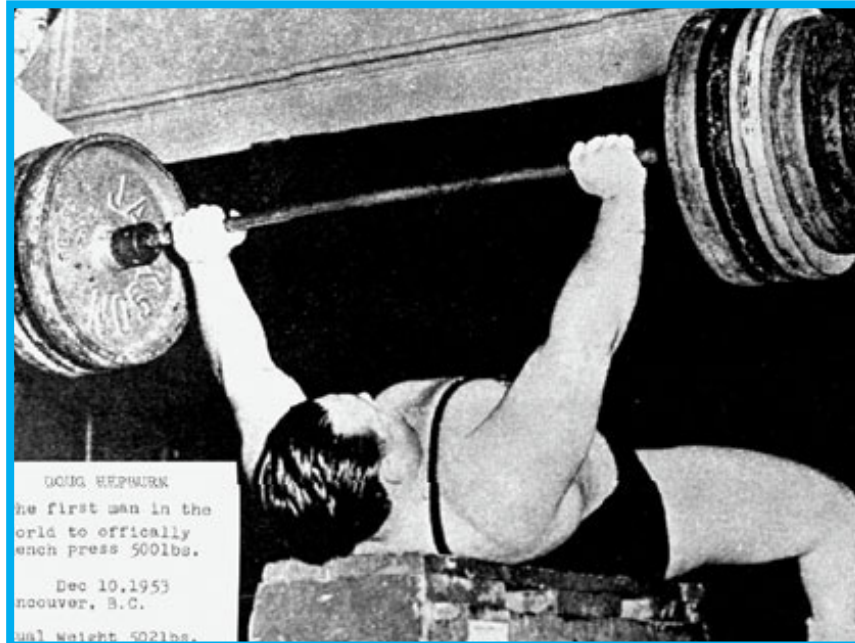
who inspires you?

HERO IN YOU

Fun Facts
Doug Hepburn



DOUG HEPBURN



- Hepburn entered competition in 1948, and set an unofficial Canadian record (pressed 300lbs.) at his first competition.
- He took the U.S. Open title in 1947, by pressing 345lbs and won the World Heavyweight title, in Stockholm, Sweden lifting a total of 1030lbs.
- At the 1954 Western Zone British Empire Games Weightlifting Trials, Hepburn broke the world press record with a lift of 381 lbs.
- In 1954, he won the Gold medal at the British Empire Games, held in Vancouver, in the Heavyweight Class. He set new Games records by lifting a total of 1040 lbs. (370lbs – press, 300lbs. – snatch, 370lbs – clean & jerk).
- During the 1954 Games, Hepburn's teammate, Dave Baillie, also won a medal in the Heavyweight Class (silver). The two medal winning performances were unprecedented - it was the first time that two weightlifters from the British Empire (or two from the same country) lifted 1000 lbs or more on the same platform at an international contest.

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