



**BRITISH
WEIGHT
LIFTING**

1980's: The Brilliant John Burns

We are looking back at the career of John Burns who twice struck Gold for Wales at the Commonwealth Games by becoming Champion in 1978 and 1982



Born and raised in Port Talbot, his gym in Swansea became one of the centre points of physical activity for more than 30 years.

His lifting career saw him compete at European and World Championships as well as Commonwealth and Olympic Games.

He won countless Welsh and British titles, broke records and went to two Olympic Games.

Having competed for Team GB at the 1976 Olympics, he notched his first Gold medal at the 1978 Commonwealth Games in the sub-heavyweight division.

He went to Moscow with the 1980 British Olympic team and then struck Gold again in 1982 at the Brisbane Commonwealth Games in the heavyweight category.



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Before becoming a pillar of the establishment in Swansea, Burns used to be a more than useful 'door attendant' at some of the best night spots in the city.

Legend has it that prior to the 1978 Games he was called upon to move a Mercedes Benz car in the car park to end a disagreement. He lifted the car out of the way but managed to rupture his bicep in the process.

He battled through the pain barrier to get fit in time to take the Gold medal in Edmonton. Burns entered the Britain's Strongest Man in 1983 and finished third.