

## Strongest Woman to Represent Australia in US



Perth's three-time Strongwoman champ and new world record holder for the silver dollar deadlift, Megan Clark, will represent Australia in the updated Official Strongman Games this November.

Clark recently broke the world record for the silver dollar deadlift, lifting 340kg.

She won the title at the 2022 Australian Strongman Alliance National Strongwoman under 82kgs in Queensland earlier this year, first taking the title when she competed for her first ever National Strongman competition in 2021.

The Official Strongman Games brings together hundreds of the world's top Strongmen and Women from 30 countries to compete in the U.S.

The games test athletes' strength and conditioning through multiple tasks.

Tasks include the Axle Deadlift – where the barbell is several inches thicker than a traditional barbell – and the Car Walk, where athletes walk a heavy car-frame down a 15-metre course as fast as they can within one minute.



Two new components have been added to this years' event program: the Viking Press, testing overhead strength, and the Farmers' Walk, testing grip and core strength. The Axle Deadlift is replacing the Deadlift Ladder.

This year the games will be played at Daytona Beach, Florida from 11 - 13 November.

Clark is fundraising on mycause with the help of friend Ashleigh Cassidy to help her reach Florida to compete. She aims to raise \$5000 in time for the games in November.

**ENDS**

<https://mycau.se/aussie-strongwoman-representing-country-in-usa>

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