



[Herm Strongest 2025 Competition rules and information](#)

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A competition of strength where all levels of experience are welcome.

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Herm Strongest 2025 Competition rules and information

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Competition brief

Basic Info

We have planned for 50 athletes to compete across 8 experience divisions attempting four events.

- Tyre deadlift (Max weight)
- Log press (Max reps)
- Conan's wheel (Max distance)
- Hercules hold (Max duration)

Herm Strongest aim to achieve the following targets:

- Host an entertaining and fun filled day suitable for all ages
- Include a mixed roster of athletes (with varied experience, strength, age and genders)
- Raise awareness of local strength competitions, clubs and facilities
- Promote and assist local charities

If you are considering registering, please read all of the information and rules carefully. Herm Strongest will not be held liable for your inability to understand and/or follow rules or suggestions.

These rules and regulations have been released with a minimum of 96 days to be remaining prior to the competition date. We believe these to be final and as such you may all adapt your training to meet the event challenges. We don't foresee a need to change these rules, however this is real life and as such we still have to reserve the right to changes. Should this happen all registered Athletes will be notified immediately.

Athletes **do not need** to be registered with a gym or professional club in order to register.

Athletes will sign a liability waiver that states the athlete believes they are fit, healthy and capable of entering the experience level of the competition and will be competent at each event.

If you are unsure or have any questions regarding anything then please contact Herm Strongest via email.

admin@herm-strongest.com

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Organisers introduction

Hello everyone, my name is Callum Page and I am the Herm Strongest competition organiser. It must be said very early that I myself am a novice when it comes to this sport, and I have leaned on a lot of people for support throughout the planning and execution of this competition. A full list of gratitude will be listed at the end of this.

Another thing that needs stating is that although I am employed by Herm, and this competition is located in Herm, and Herm will be providing a food/drinks stall for purchases, this competition has been organised by myself in my personal time. Herm have no financial responsibility or liability in connection to Herm Strongest. I feel very lucky in the fact that they are supporting us in what ways they can to provide a local sports competition for everyone to enjoy.

I am trying my very hardest to raise as much capital as possible to make this competition one to remember. The more funds that I can acquire, the more investment in the day's entertainment. This competition is zero sum, by that phrase I mean that any funds that enter the account will be spent for the logistics, entertainment and quality of the day. No money will be pocketed or kept by myself or Herm. If there is a balance in the account at the end of the competition it will be donated to charity. Post competition the account statement and transactions will be made viewable to all on the website for full transparency.

One thing that is important to mention is that any equipment we purchase or acquire will be made available to Guernsey Strongest. I believe that the partnership between us is of the most importance. It will mean that any purchases that makes Herm Strongest special will be made available to Guernsey for everyone to enjoy again.

You may have noticed a vast array of flip flops, clothing and merchandise on our website. It has taken a lot of time setting that up, designing artwork, etc. The way the shop works is that if you purchase items, they will be printed on demand and then shipped directly to you. We earn a commission via the difference between the printing costs and the retail price. So if you can help by telling people, sharing the info or even making a small purchase you will be contributing to the overall quality of the day for everyone to enjoy.

Currently I have managed to acquire six sponsorship deals from local Guernsey businesses or people. There are several sponsorship packages still available. You can find all the details regarding sponsorship on our website. If anyone knows anyone that may be interested, please spread the word.

I have invested a lot of money and time into creating this competition from scratch. My main hope is that everyone has a brilliant day either competing or spectating and goes home safe and sound. I would like everyone who attends or competes to follow instructions and the rules safely. Please treat everybody with the respect they deserve. Violence and abuse will not be tolerated.

Finally, let us work together and make this a day to be remembered. I'm giving everything I have to organizing it, but I could really use your help to network and raise awareness. So tell your friends, your family, and your colleagues. Tell anybody you cross paths with - Herm Strongest 2025 is going to be a great start to what I hope is an amazing year for all. Please, spread the word to everyone about the competition, the merchandise, the sponsorships, and the events. Together we will do this.

My kindest regards to you all,

Cal Page.

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Competition registration

Info

There are only 50 athlete spaces available. There will be no exceptions to this.

Registration for the competition closes when all spaces are full or March 12th 2025 (Whichever occurs first).

If you wish to compete in Herm Strongest 2025 you will need to register for the competition via our service provider Iron Podium.

The scoring system will be the traditional strongman scoring.

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Divisions

Herm Strongest have experience divisions to make the competition fair.

1. Women's Novice
2. Women's Intermediate
3. Women's Masters
4. Women's Open
5. Men's Novice
6. Men's Intermediate
7. Men's Masters
8. Men's Open

Division definitions are below. Please register into the division truthfully, do not try and take the easier route by dropping down a division. We all must choose correctly to keep the competition fair for everyone. If we believe you to have entered into the incorrect division based on your experience, we will ask you to change it. We also reserve the right to change it on your behalf.

Novice division

New to Strongman or you haven't placed recently in the top three, or you placed top three but only due to low competitor numbers.

Intermediate division

If you finished top three in recent competitions or if you have entered multiple strongman competitions in the past, or the weights set in the events are a challenging weight for you.

Masters division

If you are aged over forty and would prefer to compete only against those forty years or more then you can elect to do the Masters division. Just because you are over forty, doesn't mean you have to enter the Masters division, you can still enter the Open division if you wish.

Open division

If you want to go for the overall title, or have won the Intermediate division previously then the Open division is for you.

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Registration via Iron Podium

Herm Strongest use a service provider called “Iron Podium”. That service provider facilitates all of our administration duties such as live scoring, athlete communication, taking registration details and payment etc. Basically the platform assists with the administration of the competition.

In order to register for a Herm Strongest competition, you have to first register with Iron Podium.

Go to >>> <https://ironpodium.com>

Click >>> Sign in

Click >>> Sign up

Once you have submitted your details and registered for an account with Iron Podium you can then search for the Herm Strongest competition.

FYI – It will ask for your address. During this section please just select any “State”. It’s a platform issue they haven’t resolved yet.

FYI – Due to this platform being American it only uses US Dollars as currency. When paying the registration fee, the Guernsey pound equivalent will be less.

Click >>> Find an event.

Using the search bar type “Herm Strongest”.

Find the Herm Strongest competition and click on it.

Scroll to the bottom and register for the event.

You will have to sign a waiver and pay a registration fee. The currency is in US Dollars - \$30.

You will also have to select your competition T-Shirt size.

When you have completed your registration – Herm Strongest will contact you via email to request Bio information. This gets uploaded to the Athlete section on the Herm Strongest website and is viewable by everyone. The MC on the competition day may use your info when talking to the crowd.

FYI - The waiver eliminates risk for us as a competition provider – you will be responsible for your own decisions. You should not lift any weight that may put you at a risk of injury.

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Refund policy

If Herm Strongest cancel the competition, all registration fees will be refunded. Refunds won't be issued if the athlete attempts to cancel or doesn't show on the day.

If there is bad weather on the day of the competition, as long as the Travel Trident Ferry is able to run, then the competition will still operate as planned. There will be shelter available for competitors.

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Location

Competition location

Herm Strongest is held in Herm. A beautiful and tranquil island located three miles off the coast of Guernsey in the Channel Islands.

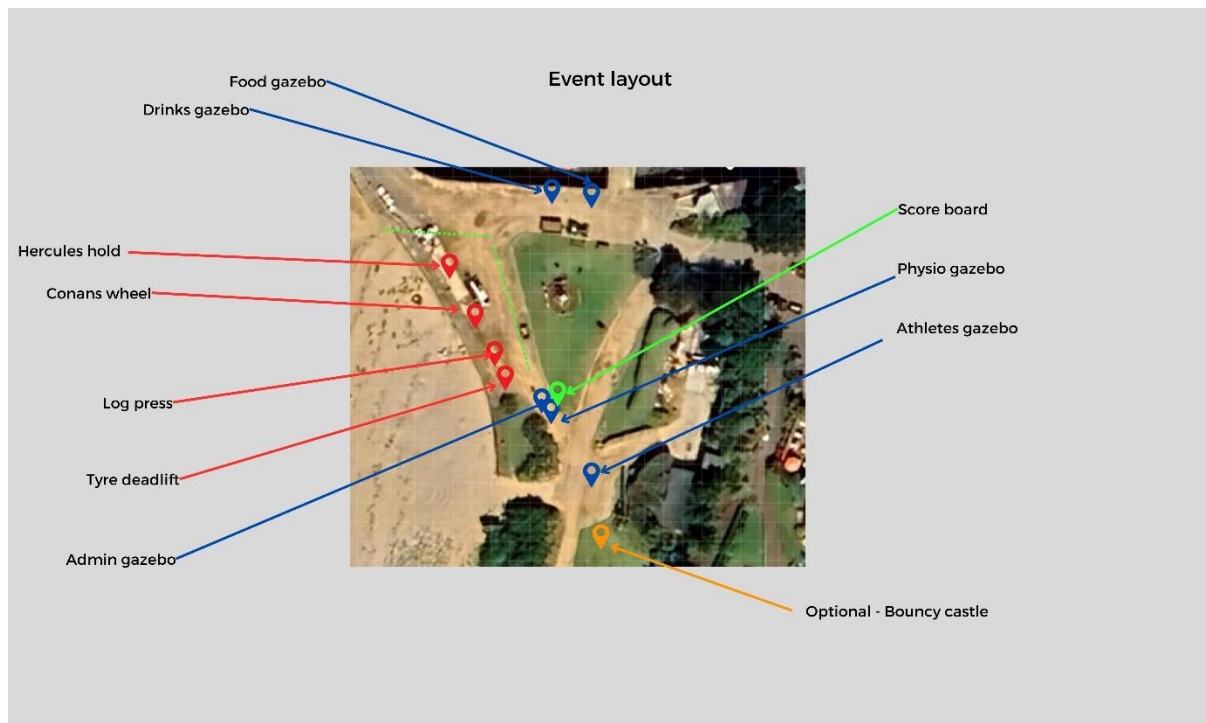
The only way to arrive in Herm is by boat – either by Travel Trident passenger ferry from Guernsey, or aboard a private vessel. If you are travelling from further afield you need to get to Guernsey first. This can be done via Air or Ferry.

Herm is a small island measuring just 1.5 Miles long by 0.5 mile wide. Offering several miles of beautiful beach coastline and turquoise waters. April brings the start of the Spring season with flowers beginning to flourish and many bird species arriving. A diverse gem offering a peaceful and quaint day of exploring.

If you would like to arrive early or make a weekend of the competition, then Herm have several self-catering properties available for rent. Alternatively, Herm have agreed to open the Mermaid Cottage Hotel rooms just for the competition.

The competition will be held on the Harbour. Please see the layout map below.

Competition map



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Travel

Travel Trident will run an early morning boat for Athletes leaving Guernsey inter island quay on April 12th 2025 at 08:00. Spectators who wish to travel to Herm early can also use this ferry.

Passenger	Ferry Fare
Athlete	Free
Adult spectator	Reduced rate (TBC)
Child spectator	Reduced rate (TBC)

The normal Travel Trident daily schedule will continue throughout the day. Spectators can use these ferries'.

The normal schedule for April is in the table below.

Departing Guernsey	Returning from Herm
10:30	10:50
12:15	12:35
14:15	14:35
16:15	16:35

Travel Trident will run an evening boat for Athletes and spectators returning to Guernsey on April 12th 2025 at 21:00. Spectators can also use this.

The Travel Trident Team will have a register of Athletes names to check off against, so there is no need for purchasing a ticket.

If you are not an Athlete, you will need to purchase a ticket from the Travel Trident Kiosk.

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Amenities

Toilets

The toilets are located adjacent to the Mermaid Tavern, in an external annex.

Warm up

A warm up area will be provided for Athletes use at the “Athletes Gazebo”. It will consist of barbells, logs and dumbbells. It is the Athletes responsibility to warm up thoroughly and in time for competing.

Shelter

Shelter can be found under the “Athletes Gazebo” for Athletes only. The Mermaid Tavern will be open from 12:00 and provides external and internal shelter for anyone looking to escape the elements.

Score board

A 50-inch television will be used to provide live scoring results. It will be installed on the external side of the “Admin Gazebo”. Athletes can see their results as soon as they are inputted by the administration team. Please do not approach the administration team. In the unlikely event that there is something wrong with your score, we will allow time between events to correct these. Alternatively, people can view the live scores via our website.

>>> <https://herm-strongest.com/live-scoring>

Wi-Fi

Herm Wi-Fi is available in areas external to Herm commercial properties such as Admin, Hotel, Gift Shop and Mermaid.

The Wi-Fi Networks are:

- Herm Public – Herm2023!
- Herm Guest – Hermetier

Electricity

There will be a small amount of sockets available for Athletes to use to charge their phones etc. These will be located in the “Athletes Gazebo”.

Cool box

Several cool boxes filled with ice will be available in the “Athlete’s Gazebo”. An array of bottled water, soft drinks and sweets will be found here for athletes to consume free of charge.

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Health and Safety

Fire evacuation

In the event of a fire local to the competition we ask that all spectators and Athletes make their way to the Fire marshalling area – The White House Hotel Front Lawn. You will be advised by fire marshals what to do and where to go.

First aid

First aid provisions will be made available to Athletes by St. Johns Ambulance who will be posted to supervise the competition. In any event of first aid or medical emergency they will be in charge.

Physio

Nicky Bolingbroke has wonderfully offered to volunteer her physio services to the competition. She will be located in the “Physio Gazebo”. Nicky will have a charity donation bucket situated in her gazebo. We please ask that if you receive her services that you offer a monetary donation for her Charity.

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Volunteers

Administration team

The administration team are responsible for the recording and logging of athletes scores.

Admin supervisor – Charleigh Elliot
Admin assistant 1 – Holly Page
Admin assistant 2 – Sophie Malloy
Crowd competition assistant – Georgiana Anton

Logistical team

The logistical team are responsible for the operations of the competition.

Logistics Supervisor – Lee Stewart
Logistics assistant 1 – Adam Weir
Logistics assistant 2 – Brian Page
Logistics assistant 3 – Shaun Kaye
Logistics assistant 4 – Darren Dewe
Logistics assistant 5 – Joe Cumston
Logistics assistant 6 – Archiemon
Logistics assistant 7 - Rafal
Special FX assistant – Dallas Page

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Referees

The referees are responsible for informing and instructing Athletes throughout the day. Their verdict is final and will be respected.

Referee #1 – TBC

Referee #2 – TBC

MC

The MC's are responsible for entertaining and informing the spectators. They will have the bio sheets of all athletes. They have been instructed to get the crowd involved and maximize support. They will no doubt roast their Herm friends and make jokes throughout the day.

MC #1 – Ian Stewart

MC #2 – Liam Gaughn

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General rules

Sponsorship T-shirts

You will receive your competition T-Shirt during the registration on the day. The size you allocated during your Iron Podium registration will be used.

It is mandatory to wear this T-shirt throughout the day. The competition only exists through the generosity of the sponsors. One of the small benefits we provide to them in return is their name/logo printed on the shirt. Please respect this rule.

Athletes are allowed to cut off their sleeves or modify the shirts as long as all sponsors logos are visible.

Additional T-shirt purchases are available via our online shop. The competition shirts (with sponsor branding) will be available as soon as all of the sponsorship slots are taken.

No grip shirts will be allowed.

Etiquette

- Athletes are asked to remain vigilant to their individual event slot. Failure to be present when called to compete may result in disqualification from the event.
- Athletes will respect each other and all volunteers.
- Athletes will follow instructions given to them.
- Spectators are not allowed in the Athletes area.
- A referee's verdict is final.
- Any Athlete failing to follow the etiquette rules will be disqualified.

Equipment

The list of equipment allowed to be used during the competition.

- Lifting belt
- Under belt
- Deadlift suit
- Powerlifting singlet (Beneath T-shirt!)
- Joint supports
- Compression garments (Beneath T-shirt!)
- Lifting straps (No hooks!)
- Chalk (No baby oil! / No tacky!)

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Order of competitors

In all events the order of competitor is:

1. Women Novice
2. Women Masters
3. Women Intermediates
4. Women Open
5. Men Novice
6. Men Masters
7. Men Intermediates
8. Men Open

The order of competitors for the first event are primarily decided by the weights the athlete selects to attempt. However, if there is more than one athlete from the same division attempting that weight then the order will be determined via a dice roll. The athletes will each roll a dice – whoever rolls a higher number will go last.

The order of competitors for the events thereafter will be decided based on the current overall score. The athlete with the lowest overall score will go first in that division and the athlete with the highest overall score will go last. Any athletes with a tied score will roll a dice – the athlete who rolls a higher number will go last.

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Event details

Division weights table

Division	Tyre Deadlift	Log Press	Conan's Wheel	Hercules Hold
W Novice	80	32.5	90	TBC
W Intermediate	100	40	110	TBC
W Masters	90	35	100	TBC
W Open	120	50	120	TBC
M Novice	140	55	170	TBC
M Intermediate	160	75	190	TBC
M Masters	150	65	180	TBC
M Open	180	95	200	TBC

Hercules Hold weights are to be confirmed February 2025 due to machine frame still being in manufacturing and testing.

Event 1 – Tyre Deadlift (Maximum weight)

Competitors will perform four conventional lifts with the aim of achieving their heaviest successful deadlift. The heaviest weight lifted wins that division.

Event 2 – Log Press (Maximum reps)

Competitors will lift a log for as many repetitions as possible within sixty-seconds. The Athlete with the highest number of reps wins that division.

Event 3 – Conan's Wheel (Maximum distance)

Competitors will lift, carry and walk with the Conan's wheel arm around a circle for as far as possible. The Athlete with the longest distance wins that division.

Event 4 – Hercules Hold (Maximum duration)

Competitors will hold two pillars which are trying to fall away from them. The Athlete that can hold them for the longest duration wins that division.

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Scoring system

Iron Podium follows a traditional Strongman scoring format when it comes to points being awarded. The number of available points is based on the number of athletes in a certain division. For example, if there are eight athletes in that division the points given are as follows:

Place	Points
1st	8
2nd	7
3rd	6
4th	5
5th	4
6th	3
7th	2
8th	1

In the event of a tie on a single event Iron Podium's system is set up to add all available points and divide them by the number of athletes in that place. Here is the system again using 8 athletes for the example showing a three way tie for second place:

Place	Points
1st	8
2nd	6
2nd	6
2nd	6
5th	4
6th	3
7th	2
8th	1

The Competition winner of a particular division is the athlete with the highest number of points over all of the events. If there is a tie in the number of points at the end of all events, we will offer a tie breaker in the form of "lookback".

"Lookback" is where the amount of 1st place, 2nd place and 3rd place wins for the individual events by each tied athlete are compared. If a tied athlete has more 1st place wins than another, that athlete is awarded the overall win. If they are tied for 1st placements, then 2nd places are looked at and so forth through 3rd placements. If all tied athletes have the same number of placements, then the lightest athlete will win.

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Schedule of competition

Event briefing

Registration will take place at the “Admin gazebo” and opens at 08:30 AM. You can sign in and receive your welcome pack and T-Shirt. You will be measured against the Conan’s wheel and Hercules hold so that the logistics team can set it up for your preferred height.

The organizer and referees will give the athletes a briefing at 09:00 AM.

Warm up

The warm up area will be open from 08:30 AM. You are allowed to use it as soon as you have signed in. It will include several deadlift and log stations and a variety of dumbbells and resistance bands.

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Event 1

Tyre deadlift – Lift starts at 10:00 AM. Located on stage 1. Maximum weight.

Competitors will perform four conventional lifts with the aim of achieving their heaviest successful deadlift. The highest weight lifted wins that division.

The Opening weights are the minimum lifting weight. Athletes are allowed to skip it and start at a higher weight.

The opening weights are:

- W Novice – 80kg
- W Masters – 90kg
- W Intermediates –100kg
- W Open – 120kg
- M Novice –140kg
- M Masters –150kg
- M Intermediates – 160kg
- M Open – 180kg

Event rules

- Only four lifts are allowed to be attempted.
- Rising bar weight method. We won't lower the weight once that level is passed.
- The weight will increase by 10kg each time.
- Points are determined from highest to lowest weight lifted in each of the divisions.
- Conventional lift technique only – No sumo!
- Athletes must guide the bar down – No dropping from the top of lift!
- Hitching is allowed.
- Athletes must wait for the ref to give the command to lift and put down.
- The lift is only accepted as completed when the referee gives the down command.
- Athletes are given 60 seconds to set up and complete a lift after being called up.

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Event 2

Log press – Lift starts when Event 1 has completed. Located on stage 2.

Competitors will lift a log for as many repetitions as possible within a 60-second time frame. The Athlete with the highest number of reps wins that division.

Each division has its own allocated weight and log size.

The weights are:

- W Novice – 32.5 kg (22cm x 168cm (32.5kg) Log)
- W Masters – 35 kg (22cm x 168cm (32.5kg) Log)
- W Intermediates –40 kg (22cm x 168cm (32.5kg) Log)
- W Open – 50 kg (22cm x 168cm (45kg) Log)
- M Novice –55 kg (25.5cm x 195cm (45kg) Log)
- M Masters –65 kg (25.5cm x 195cm (45kg) Log)
- M Intermediates – 75 kg (25.5cm x 195cm (45kg) Log)
- M Open – 95 kg (25.5cm x 195cm (45kg) Log)

Event rules

- Each rep must start from the pads on the floor.
- Competitor must press the log overhead and lock out the arms.
- The lift is only accepted as completed when the referee gives the down command. This will only happen when the log is under control, overhead, with elbows locked out, and feet in line and even.
- Logs must be guided back down to the pads safely.
- Maximum reps in sixty seconds.

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Event 3

Conan's wheel – Lift starts when Event 2 has completed. Located on stage 3.

Competitors will lift, carry and walk with the Conan's wheel arm around a circle for as far as possible. The Athlete with the longest distance wins that division.

Each Athlete will be measured to set correct lifting height.

Each division has its own allocated weight.

The weights are:

- W Novice – 90 kg
- W Masters – 100 kg
- W Intermediates –110 kg
- W Open – 120 kg
- M Novice –170 kg
- M Masters –180 kg
- M Intermediates – 190 kg
- M Open – 200 kg

Event rules

- The event can be completed in either rotation.
- Bar must rest on either - forearms or crooks of elbows on the front of body.
- Once you pick up the wheel arm the event has started.
- Once the arm touches the ground the event is completed.
- Meters travelled will be used to measure the distance.
- Safe zone 0.5M forward and 0.5M backwards from start point allowing one accidental drop at start.

Event 4

Hercules hold – Lift starts when Event 3 has completed. Located on stage 4.

Competitors will hold two weighted pillars which are trying to fall away from them. The Athlete that can hold them for the longest duration wins that division.

Each division has its own allocated weight.

Each Athlete will be measured to set correct lifting height.

The handles used are: Mirafit Commercial D series. Metal knurled rotating grip handle with a diameter of 25mm and width of 120mm. Attached via 360-degree swivel shackles.



The weights are:

- W Novice – TBC kg
- W Masters – TBC kg
- W Intermediates - TBC kg
- W Open – TBC kg
- M Novice – TBC kg
- M Masters – TBC kg
- M Intermediates – TBC kg
- M Open – TBC kg

Event rules

- The logistics staff will prime the arms into position for you.
- Once the Athlete takes the weight of the pillars the stopwatch starts.
- The stopwatch stops when the pillars are dropped.

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Awards

An awards ceremony will be held when the scores are populated after Event 4 has completed. This will take place adjacent to the podium stand.

List of gratitude and thanks

Herm Strongest would like to express gratitude and acknowledge the support we have received. In no particular order.

- Charleigh Elliott
- Guernsey Strongest – Gail and Casey
- Nicki Bolingbroke
- Herm Island – John, Julia, Tom, Kate
- Herm Island Services Department
- Gareth Dawe
- Cooper Brouard and Friends of Frossard – Scott, Cathy and Matt
- Quantum Cabling – Mark and Nigel
- Duquemin and Ozanne – Martyn
- Edmundson Electrical – Alban
- Kristian Brehaut
- Jordan Construction – Jon Jordan

Queries

If you have any questions regarding the rules please contact Callum at admin@herm-strongest.com.