

# HALL OF FAME BIOGRAPHY

## JIM MALLOY – CLASS OF 1996

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Jim Malloy was born July 7th, 1941 and currently lives in Cleveland, Ohio. Following High School graduation, Jim went to work in a steel mill where he has worked for over 47 years. He has been married to his wife, Sandy, for over 45 years. They have one daughter, Tracey, who now lives in Texas. Jim started out with Olympic Weightlifting in 1968, and then got involved with the USAWA in April of 1990 after being introduced to all-round weightlifting by Bob Karhan. Jim spends most of his training time lifting in his garage. When asked if there were any lifters that inspired him in all-round weightlifting, Jim named two great lifters – Howard Prechtel and Art Montini. Jim worked out with Howard quite often, and often helped Howard in the promotion of several competitions, which included a National Championship, a World Championship and several Gold Cups. Jim is a true all-rounder with his lifting and has set USAWA records in many lifts that are very different from each other. Jim has done a 400# Front squat, a 400# one handed Deadlift, a Continental to Chest and Jerk of 300#, and a 420# Zercher Lift. I should also mention that these were all done after the age of 50!!!! Jim has set over 100 USAWA records and has lifted in close to 100 competitions. Among his greatest accomplishments in the USAWA was winning overall Best Lifter at the National Championships in 1997. He was the Master's Best Lifter in 1994 and 1997 at the National Championships. He has also won many Championships in his age and weight class. Another thing that is very impressive is Jim has

placed in the Top Ten Overall in 12 National Championships!!!! He has also placed in the top six in 4 IAWA World Championships, with his best placing being 3rd Overall in 1995. When asked what he likes about the USAWA, Jim replied, " I have lifted in several other weightlifting organizations, but nothing compares to the people I have met in the USAWA." Jim is a great Champion and role model in the sport of All-Round Weightlifting.

