

SPORTING LEGENDS: LEE HANEY

SPORT: BODYBUILDING

COMPETITIVE ERA: 1983 - 1991

Lee Haney (born November 11, 1959 in Spartanburg, South Carolina), is a former American IFBB professional bodybuilder most famous for being the current joint world record holder, along with Ronnie Coleman, for winning the most Mr. Olympia titles (eight times from 1984 to 1991).

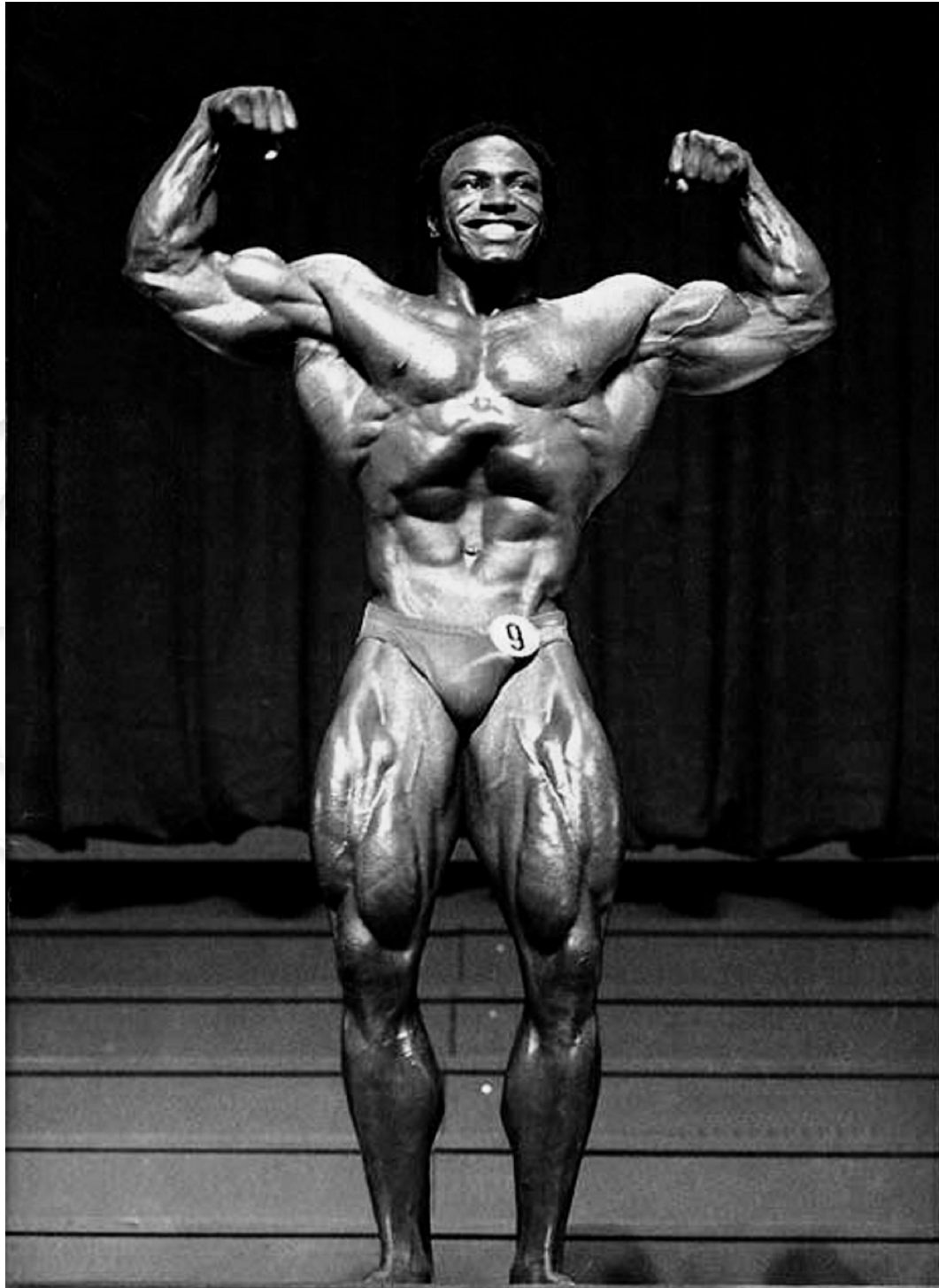


Lee Haney's IFBB Mr. Olympia career comprises a catalogue of superlatives: he won more IFBB Mr. Olympia titles than anyone else (eight: 1984-1991).

He defeated more bodybuilders than anyone else in IFBB Mr. Olympia competition (83); travelled more extensively in doing so (all his IFBB Mr. Olympia wins were in different cities - five in the United States and three in Europe).

In his last IFBB Mr. Olympia victory (1991, when he handed Dorian Yates his last defeat) Haney weighed 248 pounds, which up until that time made him the heaviest winner ever.

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Lee Haney's winning physique at the 1985 Mr. Olympia - totally awesome!

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Haney had size, shape and proportion - the total package.

Besides mass, Haney possessed flowing lines and an onstage presence that defied anyone to beat him. After winning the 1979 Teenage Mr. America, Haney became the National Physique Committee's first Nationals Overall Champion in 1982, then went on to win the IFBB World Amateur Championships heavyweight title that same year.

Lee lives in Atlanta, Georgia, with his wife Shirley and runs his own gym business. A spiritual man, he has also established Harvest House, a non-profit retreat for children of deprived backgrounds.

TITLES WON:

1979 AAU Teen Mr. America
1982 NPC Junior Nationals
1982 NPC Nationals
1982 IFBB World Amateur Championships
1983 IFBB Grand Prix Las Vegas
1983 IFBB Night of Champions
1984 IFBB Mr. Olympia
1985 IFBB Mr. Olympia
1986 IFBB Mr. Olympia
1987 IFBB Mr. Olympia
1987 IFBB German Grand Prix
1988 IFBB Mr. Olympia
1989 IFBB Mr. Olympia
1990 IFBB Mr. Olympia
1991 IFBB Mr. Olympia

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Scott Burton's Final Thought

Lee Haney is one of my all-time favourite bodybuilders.

He had the total package, and fully deserved all of his 8 Mr. Olympia titles.

He enjoyed his period of domination (1984-91) and knew when the time was right to finally step aside.

A very likeable character, Haney was the best of his generation, and he knew it.

In my opinion, he was the last champion from bodybuilding's so-called "Golden Era".

Yes, many champions followed him but none of them could match Haney for personality and charisma.

His posing was a joy to behold, and his emphasis on preparation was extremely meticulous.

Many tried to take his throne, but not even Rich Gaspari, Mike Christian, Shawn Ray or Dorian Yates could beat him to the Olympia title. He was the best of the best!



Haney and Gaspari had arguably the best bodybuilding rivalry of the 1980s