

SPORTING LEGENDS: GEOFF CAPES

SPORT: SHOT PUTT & STRONG MAN

COMPETITIVE ERA: 1969 - 1987

Geoffrey Lewis Capes (born 23 August 1949) is a former British, and twice Commonwealth Games shot put champion, and former two-time winner of the World's Strongest Man title. Capes stood 6 feet 5.5 inches (197 cm) and weighed 23 stone (150 kg) at his peak condition.



Capes represented his country many times over 11 years, winning two Commonwealth Games and two Indoor European Championship titles, and put the shot 21.68 metres (71 ft. 3.5 in.) to gain the British and Commonwealth record. He is probably Britain's best-known shot-putter. Geoff Capes is also the most capped British male athlete of all time, receiving 67 International caps, and returning 35 wins.

At the 1980 Moscow Olympics he finished 5th in the final of the Shot put a result that left him numbed with disappointment. He also competed at the 1972 and 1976 Olympics at the latter, coming sixth having qualified for the final in the bronze position. Additionally he was a winner of 17 national titles and on top of his 67 GB vests wore 35 England vests. Capes ran 23.7sec for the 200m.

Capes turned professional in 1980 and went on to win five World Highland Games titles and other British and European contests. His positive image continued to grow with his outstanding performances in the World's Strongest Man competition and other international strength athletics competitions. He was particularly known for his incredible hand and arm strength, easily tearing London telephone directories in half and bending rolled steel bars measuring over 1 inch in diameter and three feet in length.

He retired from strongman competitions in 1987.

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Scott Burton's Final Thought

Geoff Capes was one of Britain's finest strength athletes.

His combined Shot Putt and Strongman record is exemplary, and he possessed all the required attributes for generating speed and power over short distances.

Having met Geoff personally, I know just how big his bodyframe is, and his hands are absolutely massive.

Not every human being is engineered this way, so he was something out of the ordinary, and maximised his potential extremely well.



Capes combined excellent technique with sheer power and it worked wonders.