

Schröder, was a decisive win for Hermann Görner, as the following details will show :—

HERMANN GÖRNER	KARL MÖRKE
<i>Right-hand Snatch</i> 198½ lb. (90 kilos)	<i>Right-hand Snatch</i> 165½ lb. (75 kilos)
<i>Right-hand Jerk</i> 248 lb. (112½ kilos) (Clean)	<i>Right-hand Jerk</i> 220½ lb. (100 kilos) (Two hands to shoulder)
<i>Two-hands Press</i> 242½ lb. (110 kilos)	<i>Two-hands Press</i> 264½ lb. (120 kilos)
<i>Two-hands Snatch</i> 275½ lb. (125 kilos)	<i>Two-hands Snatch</i> 242½ lb. (110 kilos)
<i>Two-hands Jerk</i> 352½ lb. (160 kilos) (Clean)	<i>Two-hands Jerk</i> 341½ lb. (155 kilos) (Continental)
<hr/> <i>Totals</i> . . 1,316¾ lb. (597½ kilos)	<hr/> 1,234¼ lb. (560 kilos)
<i>Two-hands Dead Lift</i> 661 lb. (300 kilos)	<i>Deep Knee Bend</i> 528¾ lb. (240 kilos)
<hr/> <i>Grand Totals</i> 1,977¾ lb. (897½ kilos)	<hr/> 1,763 lb. (800 kilos)

It will thus be seen that Hermann decisively beat the World's Champion Heavyweight Weight Lifter and by his powerful lifting clearly demonstrated that he was not at his best form the previous year, when Mörke emerged the winner against Hermann in the Championships held in Munich.

Karl Mörke later went to America, where he resided for some years. He later returned to Germany and died there in 1947 as a result, it is said, of injuries sustained in a bombing raid during the closing stages of World War II.

CHAPTER 3

His Later Life and Travels

In 1921 Hermann Görner became a professional Strong Man. Having become the 'World's Strongest Amateur Weight Lifter' in the Heavyweight Class, by his defeat of Karl Mörke, the World's Champion, Hermann turned to the ranks of Professional Strong Men and Strength Artistes, as a means of livelihood at which he could earn an income far in excess of that which would be his by following his former trade of stove fitter.

In 1922, on 27th May to be precise, Hermann was married in Berlin and with his wife set sail for South Africa on 29th June of that year. Until early 1924, Hermann and Elsie Görner travelled South Africa with the well-known Pagel's Circus, featuring a star act presenting artistically feats of strength of a magnitude never before seen even in that Continent famed for its men of strength.

Hermann's act included supporting on his shoulders one side of a bridge, whilst a fully laden motor-car was driven across. This breath-taking feat is fully described in Chapter 7. Other items in his act were :—

Carrying and walking with 4 men sustained by a bar carried on his right shoulder.

Juggling with kettleweights weighing 110½ lb. (50 kilos) each.

Lifting his stage barbell weighing 330¾ lb. (150 kilos) with a shaft of 2¾ in. diameter in the

Two Hands Clean and Jerk style. This was his challenge barbell—it was never once lifted correctly by any challenger during all his tours of South Africa.

Supporting a Merry-Go-Round on his feet, whilst lying on his back. In this feat, eight men were seated on the roundabout and whirled round merrily for several minutes.

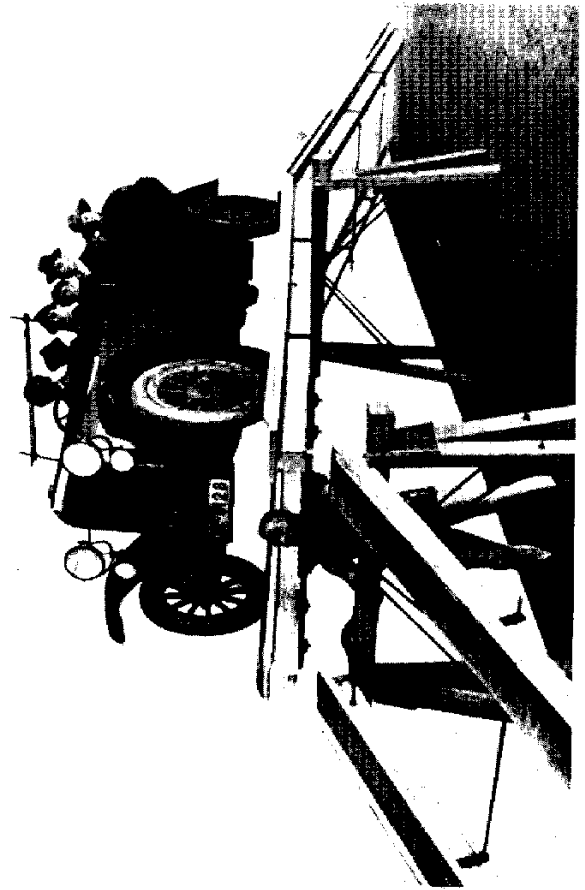
The 'plank' feat with sixteen or more men sitting on a plank, supported by Görner's mighty legs, was also featured by him in his act.

Hermann made, in all, five tours of South Africa during the years 1922-1924, 1924-26, 1929-31, 1935-36 and, finally, 1937-38. His act was constantly varied and enlarged. One of his most sensational feats being his 'wrestling with an elephant' turn. This he performed daily—the elephant getting heavier as the days went by, until Hermann was finally handling no less than 1,500 lb. (680.4 kilos) of elephant—some wrestling partner!

Herman has often told me that the weight of the beast did not worry him unduly, but the roughness of his hide did. It used to leave Hermann almost raw about the neck and shoulders after their daily tussle in the arena.

Hermann Görner was helped along the road to success as a Professional Strong Man and Circus Artiste in no small measure by the renowned Tromp van Diggelen of Capetown, South Africa. A few words about this man, who was instrumental later in introducing Hermann to W. A. Pullum of London, will not be out of place.

Tromp van Diggelen was born 1885 in Orange Free State, South Africa. He is by profession an



The Human Bridge Hermann Görner supporting nearly 4000 lb. on his shoulders!

engineer. In 1909 'Tromp' was the discoverer of the great Bavarian Strong Man and muscle-control expert, Max Sick later to be better known as Maxick. Tromp van Diggelen brought Maxick to England and subsequently piloted him to world-renowned fame. Maxick was the pioneer of 'muscle control' and a weight lifter of amazing ability.

Van Diggelen was, in his younger days, a Strong Man of repute himself. He is a teacher of Physical Culture and has written many valuable contributions to the literature of Physical Culture. In 1948 he flew to England to witness the Olympic Games held in London. He also acted as one of the judges for the 'Mr. Universe' competition, won by the famous John C. Grimek of U.S.A.

Hermann Görner would be the first to admit that he owes much of his success and popularity to the mentor of his early days—Tromp van Diggelen.

In 1927/28 Görner was introduced to an amazed and admiring British public through the medium of W. A. Pullum—the 'Wizard of the Weights' of London. Pullum, for the benefit of those readers who may be unfamiliar with his career, was the former 9 stone (126 lb. — 57 kilos) Amateur Weight Lifting Champion of the World. He won over 50 gold medals and created close on 200 World and British Weight Lifting Records during his highly successful career as a lifter. Founder and Principal of the Camberwell Weight Lifting Club, he has trained, coached and managed scores of famous Strong Men. In 1948 W. A. Pullum was official coach to the British Olympic Weight Lifting Team, the members of which gained for Britain for the first time two Olympic medals for weight lifting. This, briefly, was the man who introduced Görner to the

British public. Hermann, in addition to Music Hall feats, established many amazing lifts during his stay in England—these are referred to in Chapter 7. Of Hermann's Music Hall act it may be mentioned that he incorporated the 'plank' feat made famous by Arthur Saxon. Hermann performed this feat nightly both in England and South Africa, supporting regularly sixteen men—he never bothered what the men weighed and the weights so supported by him were anywhere between 2,500 and 3,000 pounds (1,114 to 1,361 kilos).

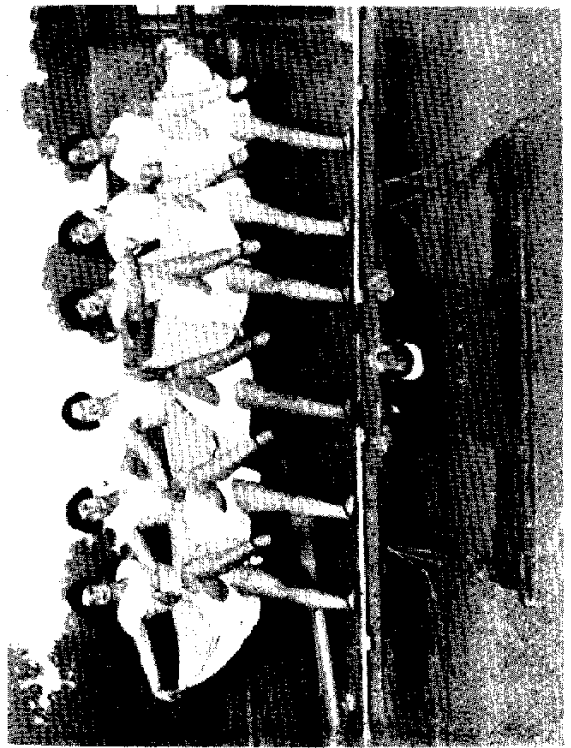
In his act, Hermann held up a platform upon his knees and chest upon which a company of six ballet dancers performed and the finale was with a company of no less than 12 adults—the whole lot being sustained by Hermann on occasions for as long as eight minutes at a stretch. Carrying on to the stage two huge suitcases, he would walk the full length of the stage, turn round and walk back to the centre. Then, lightly depositing his two suitcases, the sides would fall down and out stepped four chorus girls—two from each case!

Jerking a barbell overhead to which a man sat on either end was another spectacular feat of strength performed by Hermann. Whilst in England a short feature film of Hermann was made by a well-known Film Company. The film showed him displaying his physical prowess in many ways—running, jumping, posing and, of course, lifting weights.

This film showed him juggling with kettleweights and barbell, cleaning and jerking his famous challenge barbell of 330½ lb., horse-shoe and iron bar bending and breaking, in feats of agility jumping over chairs, etc., supporting a merry-go-round,

doing the famous ' plank ' feat and other stupendous feats of strength.

It should be stated that he was the only strength athlete in the world who, over a period of twenty years, could do at any time of the day or night, a Two Hands Clean and Jerk of 330 $\frac{3}{4}$ lb. on his Stage Barbell—without warming up! As has already been stated, this Barbell possessed a shaft of 2 $\frac{3}{8}$ in. in diameter, a fact which made this feat even more meritorious.



Supporting a Ballet Company on knees and chest as part of his Music-Hall act.