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U. S. Weightlifting Champ A Burlington Native

PowerLifting Preacher Will Journey To India



PAUL WRENN
... To Attend Meet In India

BY DENISE HILLIARD
Staff Writer

A one-time Burlington resident, who is an ordained Baptist minister, recently won the U. S. Super Heavyweight Power Lifting Championship and will now attend competition in India.

Preacher Paul Wrenn, 34, won the U. S. championship held in Galveston, Texas on

Saturday. Wrenn's ultimate goal is to combine his religious message with his career as a weightlifter.

According to Wrenn's father, Carl Thomas Wrenn of Martin Trailer Court, Burlington, his son started off on his career with his grandfather, Paul "Hardrock" Simpson.

"He started off running with Hardrock twenty miles twice a week. Hardrock ran one mile for each year of his age on each birthday until he was about 60, and he could really run."

When this regime proved too hard for young Wrenn, his grandfather bought him some weightlifting equipment.

Now, Wrenn, who is a graduate of Williams High School can drive a twenty-penny nail through a two inch board with the palm of his hand and then pull it out with his teeth.

Wrenn married a Tennessee native and now pursues his ministry in Clarks-ville, Tennessee. He has three children, two girls and a boy.

Although at five feet, ten inches and 350 pounds,

Wrenn is one of the world's strongest men, he still considers his ministry the most important part of his life.

In his words, "My mixture of ministry and strength is a great attraction. It makes people listen to what I have to say."

At the Galveston Championships Saturday he set a world's record when he squat lifted 974.6 pounds. He also bench pressed 540 pounds and power lifted 826 pounds on the way to winning the national title.

Preacher Wrenn will appear at a revival at New Hope Baptist Church in Glen Raven on August 7, 8 and 9. In November Wrenn will journey to India to take part in the World Super Heavyweight Power Lifting Championships. //