

Liam Beville

Author • Guinness World Record Holder • Motivational Speaker • Resilience Expert

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ADI Conference 2025



Competition



Limerick Mayoral Reception



Speaking

"An excellent read." - Simon Monk, Reach Sport
"Worthy of a movie." - Guinness World Records

Overview

Liam Beville is a Limerick-based powerlifter marking 40 years in the competitive sport in 2026 - and remains ranked world number one in his age and weight category at 61 years of age. What sets him apart is that every record, title, and ranking was earned in able-bodied competition - despite living with a permanent disability.

In 1992, his 310 kg conventional deadlift at 75 kg bodyweight in IPF international competition equated to 220 Wilks points - the highest Wilks score ever recorded by an Irish lifter for the deadlift. More than three decades later, that performance remains the benchmark for pound-for-pound deadlifting in Ireland.

His career represents sustained elite performance across four decades, defined not by participation, but by continued world-level ranking and record-setting achievement.

Achievements

- Six simultaneous world records across four weight divisions
- Guinness World Record holder - Heaviest conventional deadlift in MP4 disability category (285kg), achieved without straps or hitching.
- 310 kg deadlift at 75 kg bodyweight in international competition
- Ranked #1 in the world for age, weight, and category
- Multiple 'Best Lifter' awards against younger and heavier athletes
- Holds Ireland's highest verified Wilks score in the deadlift (220 points), a benchmark standing for over 34 years.

Leadership & Sporting Infrastructure

- Powerlifting Coordinator - 2002 National Special Olympics (designed and delivered as a strategic precursor to the 2003 World Games)
- Judge, Active Disability Services Awards (June 2026): Serving as a national judge for the 'Leading by Example' awards in Athlone, recognizing innovation and commitment to inclusive wellbeing across Ireland.
- Powerlifting Coordinator - 2003 Special Olympics World Games (first Games held outside the United States)
- Hosted international delegations in 2002 to demonstrate Ireland's capability to stage elite competition, as Ireland did not have a formal Special Olympics powerlifting team at the time

Historic Milestone

In 1992, weighing 75 kg, Liam deadlifted 310 kg in IPF international competition - matching the legendary Ed Coan at that bodyweight. The lift equated to 220 Wilks points, the highest Wilks score ever achieved by an Irish lifter in the deadlift.

That performance remains unequalled in Irish able-bodied competition at 75 kg and continues to stand as Ireland's definitive pound-for-pound deadlift benchmark more than three decades later.

The weightlifting belt worn for that historic lift is now permanently exhibited in The People's Museum of Limerick, marking its place in the city's sporting history.

Author of *Unbroken - The Liam Beville Story*, a narrative memoir documenting how a permanently disabled Irish powerlifter competed exclusively in able-bodied sport, established Ireland's highest Wilks-scored deadlift, set a Guinness World Record, and held six world records across four weight divisions. The book examines resilience, longevity, and sustained excellence in elite competition.

Honours & Recognition

- Letter of recognition and commendation from the President of Ireland (2025)
- Civic Reception hosted by the Lord Mayor of Dublin (October 2025)
- Mayoral Reception by the Mayor of Limerick (September 2025)
- Brand Ambassador, Active Disability Ireland (appointed 2025)
- Brand Ambassador for West Limerick Sports Complex
- Speaker - International Day of Persons with Disabilities (December 3rd 2025) - Shared the stage with Minister of Sport Charlie McConalogue
- Confirmed Speaker - CPD morning event for financial brokers (Thursday, December 3rd 2026) - conversation-style keynote on resilience, adversity, and his record-breaking career

Media & Publicity

- Featured in two official Guinness World Records articles: *"Man who had to learn to walk again after being hit by stolen car breaks deadlift record"* (July 2025) and *"Powerlifter who fought back from disability pens inspiring memoir about record journey"* (July 2026, by GWR Lead Digital Editor Vicki Newman)
- Full list of interviews and podcasts available at www.liambeville.com
- Broad appeal through international media, disability inclusion networks, and sports press
- Strong visual assets: lifting photography, competition footage, and press features
- Multi-platform reach: podcasts, keynote speaking, and inclusion advocacy
- Also personally shortlisted to the final 100 from over 4,000 applicants for the Irish adaptation of *The Traitors* (a reality TV series, unrelated to the book)

Liam Beville: Fast Facts

Athletic benchmarks

- Guinness World Record: Heaviest conventional deadlift (285 kg).
- Career Best Lift: 310 kg deadlift at 75 kg bodyweight (International competition).
- World Ranking: #1 in the world for age, weight, and category.
- World Records: 6 simultaneous world records across 4 weight divisions.
- Historic Status: Highest Wilks-scored deadlift (220 points) in Irish powerlifting history since 1992.

Literary & Media

- Book Title: Unbroken - The Liam Beville Story "An excellent read." - Simon Monk, Reach Sport
- Key Themes: Resilience, overcoming permanent disability, and high performance in able-bodied competition.
- Media Reach: Featured in two official Guinness World Records articles (July 2025 and July 2026); "Worthy of a movie." - Guinness World Records
- Personal Note: Shortlisted to the final 100 from over 4,000 applicants for the Irish adaptation of The Traitors (unrelated to the book).
- Global Events: Powerlifting Coordinator for the 2003 Special Olympics World Games (the first held outside the U.S.).

Recognitions

- Presidential: Letter of recognition and commendation from the President of Ireland (2025).
- Civic Honours: Formal Civic reception by the Lord Mayor of Dublin and Mayoral reception by Mayor of Limerick (2025).
- Advocacy: Brand Ambassador for Active Disability Ireland.
- Cultural: Historic weightlifting belt permanently exhibited in The People's Museum of Limerick.
- Judging: National Judge for the 2026 Active Disability Services Awards.
- Speaking: Confirmed for a CPD event for financial brokers on 3 December 2026.

