

Liam Beville

Author • Guinness World Record Holder • Motivational Speaker

www.liambeville.com

Press Kit – Liam Beville



Overview

Liam Beville is a six-time World Record holder in powerlifting and the only powerlifter in the world to hold a Guinness World Record for the heaviest conventional deadlift without strongman aids. What sets Liam apart is that he achieved every record, title, and ranking in able-bodied competition — he never once competed in disability categories despite living with a permanent disability.

For over 33 years, Liam has been recognised as Ireland's greatest pound-for-pound deadlifter, defined by his 310 kg conventional deadlift at a bodyweight of just 75 kg in international competition.

Achievements

- Six simultaneous World Records across four weight divisions
- Guinness World Record holder: Heaviest conventional deadlift (without straps or hitching)
- 310 kg deadlift at 75 kg bodyweight (conventional, able-bodied international competition)
- Ranked #1 in the world for age, weight, and category
- Multiple Best Lifter awards, defeating younger and heavier opponents

- Over three decades as Ireland's undisputed greatest pound-for-pound deadlifter

Honours & Recognition

- Formal recognition from the President of Ireland
- Mayoral Reception, Limerick City (September 2025)
- Civic Reception, hosted by the Lord Mayor of Dublin (October 2025)
- Brand Ambassador, Disability Inclusion Ireland (appointed 2025)
- scheduled keynote speaking engagement, (December 3, 2025)

Upcoming Project – Unbroken in Iceland (2026)

Liam is currently in discussions with Hafþór Júlíus Björnsson's team (Thor's Power Gym, Iceland) to plan a new Guinness World Record attempt for 2026.

The event will unite two strength traditions — Ireland and Iceland — in a powerful international collaboration celebrating resilience, inclusion, and the enduring spirit of human strength.

This forthcoming attempt will also serve as the foundation for a planned documentary project, exploring Liam's lifelong journey from catastrophic injury to becoming one of the most remarkable powerlifters of his generation.

Media & Publicity

Broad media appeal through Guinness World Records and international achievements

Strong visual assets: lifting photography, competition footage, and press features

Film/TV adaptation potential (documentary teaser and trailer script developed)

Multi-platform reach: podcasts, keynote talks, disability inclusion initiatives, and international sports media

Author Bio

Beyond sport, Liam ran a successful web development business, coached rugby strength & conditioning, and has been formally recognised at both local and national levels for his sporting resilience and inspirational story.

His forthcoming memoir, "Unbroken – The Liam Beville Story", has been praised by early readers and endorsers for its powerful message of courage, discipline, and perseverance. It

continues to attract interest from media, disability inclusion advocates, and the sporting community.

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