John Burns

2 x Commonwealth Champion

John Burns twice struck gold for Wales at the Commonwealth Games.

Born and raised in Port Talbot, his gym in Swansea became one of the centre points of physical activity for more than 30 years.

His lifting career saw him compete at European and World Championships as well as Commonwealth and Olympic Games.

He won countless Welsh and British titles, broke records and went to two Olympic Games.

Having competed for Team GB at the 1976 Olympics, he notched his first gold medal at the 1978 Commonwealth Games in the sub-heavyweight division.

He went to Moscow with the 1980 British Olympic team and then struck gold again in 1982 at the Brisbane Commonwealth Games in the heavyweight category.

Legend has it that prior to the 1978 Games he was called upon to move a Mercedes Benz car in a car park. He lifted the car out of the way but managed to rupture his bicep in the process.

He battled through the pain barrier to get fit in time to take the gold medal in Edmonton. Burns entered the Britain's Strongest Man in 1983 and finished third.