

Vale Charles Allan Henderson



Charles Allan Henderson was an Australian athlete who recorded many great achievements in his long and remarkable weightlifting career.

Born on 30 December 1922, Charles (Charlie) Henderson set national and international weightlifting records, some of which stand to this day. He was the Australian 56kg champion for 10 consecutive years from 1951 to 1960; and he won the Australian Championship in the 60kg category in 1962 and 1968, to amass a record 12 Australian Championship titles.

In 1956, Charlie represented Australia at the Olympic Games in Melbourne, placing 13th in the 56kg bodyweight category.

Weightlifting was Charlie's life-long passion and he continued competing in Masters events well into his 80's, until a series of strokes affected his balance, forcing him to retire from the sport.

As a Masters athlete, Charlie won World Masters Championship titles in 1994, 1996, 1999 and 2002; and World Masters Games Weightlifting titles in 1994 and 2002. He set World Masters Records in the 80+ Age Group, 62kg category, of 57.5kg Snatch, 62.5kg Clean & Jerk, and 120kg Total. These records were never surpassed, and the IWF-Masters Committee still recognises them as the 80+ World Masters Records for the current 61kg bodyweight category.

Aside from weightlifting, Charlie had a strong interest in Ballroom Dancing.

Charlie Henderson passed away on Friday 13 September 2019, age 96.