

# **Profile**

## **Alan Pearson**

### **Can you tell us a little about yourself?**

I originally come from Stevenston in Ayrshire but have been working in Nottingham for nine years. Prior to getting involved in Powerlifting I played first class rugby. I had to give up the game due to a partially ruptured anterior cruciate ligament. I had always lifted weights for rugby and back in 1991 I was working in Hong Kong when I did some training with a lad who was a powerlifter and had been the Australian powerlifting champion a few years before. My dad had also competed in weights competitions so I thought I would give powerlifting a shot. I did my first competition in November 2000 and the bug hit.

### **What are your best lifts?**

Squat 260 Bench 190 Deadlift 270 these are all in competition. I have lifted heavier in the gym but the only lifts that count are on the platform.

### **What titles do you hold or have held?**

British Police Championships 125kg class 1st 2000, 1st 2001, 1st 2002, bombed out 2003. These comps are held under BWLA. BDFPA North Midlands 125Kg 1st 2001, 1st 2002 Scottish Open 125Kg, 1st 2003 BDFPA British 125kg 3rd 2001, 2nd 2003.

### **What training style do you train?**

I have no particular training style I just think that whatever you do you have to be consistent and work hard.

### **How important are training partners to you?**

I trained from the start in my garage by myself and made limited progress. I now train in a small gym and have two training partners I now lift with and I am now starting to make progress because of this.

### **What is your favorite lift?**

Deadlift.

### **What is your advice for beginners?**

I am still a beginner so my advice to other beginners is learn the lifts. I have poor technique in the squat and it has really hampered me. Don't worry about what other people are lifting. I think you should always focus on beating your own lifts.

### **What are some of your most memorable powerlifting experiences?**

Being really scared first time on the platform. Bombing out this year in the British Police. I learnt a lot about being sensible from this comp. I was planning to lift 275 but opened far too heavy, lifted my opener 3 times but could not satisfy the three judges with my depth and could not correct it. Seeing Les Harriot lift at the British in 2001. In my opinion the best drug free lifter I have seen in competition. Incredibly strong.

**What is the craziest thing you ever seen in powerlifting?**

Craziest thing seen has to be Matt Saunders deadlift at this years British. I think the weight was around 330kg. It looked heavy for him but he would not give up. It took real determination to lift it and having completed the lift he promptly passed out. Brilliant show of guts and attitude. The weight was not going to win.

**What are your future goals?**

The 800kg total. You have to set targets. Don't know how long it will take. A 200kg bench without a shirt. I hope to get that within the next 2yrs. Best without a shirt is 185kg.

**What do you think is the most important factor when it comes to upping your lifts?**

Consistency and being realistic in goal setting in my opinion is the way to keep upping your lifts.

**Do you think powerlifting should become an Olympic sport?**

I do not think powerlifting should become an Olympic sport. I think the Olympics are corrupt and full of drugs.

**How do you see the future of powerlifting?**

Will always be a minority sport. It takes a particular kind of person to do the sport and unless you are really into the weights I can see the viewing of the comps could be a little boring.

**What makes the difference between an average lifter and a champion?**

Difference between an average lifter and a champion: Attitude and genetics. Again I believe the great thing about this sport is you can always lift more than you have before. Even if you come last you can still have achieved and made all the training worthwhile.

**What does powerlifting mean to you?**

For me powerlifting will be a life long commitment. I enjoy the comps and more importantly I enjoy the training.

Thanks Alan!!!!