

# **Profile**

## **Patricia Reeves**

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

It is well known in the media that I have terminal osteosarcoma (bone-cancer) and have battled this for many years. I am a practitioner of nutritional and functional medicine and have applied naturopathic techniques to enable me to live, practice, function, win marathons and triathlons and latterly powerlift for the last sixteen years. I currently work with patients suffering all manner of ill-health, both acute and chronic and use food, and its properties – not drugs - to stimulate and enhance the body's innate healing system. I am based in the West Midlands and have World-wide clientele. I am a health lecturer, writer, researcher, on-line nutritional course provider and currently hoping to produce my biography and inspirational book for cancer patients and their carers before my own time elapses.

### **Explain a little about drug-free powerlifting.**

Obviously, this is self-determinate – one lifts without aids which are deemed strength enhancing. It expounds what one is capable of without extraneous assistance.

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

The sad bit is that before the cancer took hold I could squat 87.5 (World BWLA event 1994), benched 55kg and dead-lifted 130 kg at 42 kg b/w - now a shadow of my former self – life and lifting are a lot tougher as I endure multiple problems

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

Held many BWLA titles since 1994 World event. Currently since lifting with BDFPA in 2005 am acknowledged with weight/age related lifts.

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

See above. BWLA World age record in 1994 and European win in 1995

### **What is your training regime?**

I train for short periods six days per week. Training is presently painful so this is the only way I can achieve any sort of results.

### **How long have you been powerlifting?**

Switched from marathon training to bodybuilding and thence to powerlifting in 1989

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

Never had any – train alone in my gym!

### **What made you become a powerlifter**

Bodybuilding coach suggested this could be a good decision!

### **What is your favorite assistance exercise?**

Unfortunately all exercises are exceedingly painful nowadays, hence restrict to just three lifts.

**What is the biggest mistake that beginners make?**

Likely 'walking before they can run' – it takes time, patience and dedication to improve oneself long-term

**What is your advice for beginners?**

Adopt a routine which provides a solid strength foundation and evaluate what you achieve consistently.

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

Achieving highest echelons at BWLA Worlds and European events and retaining my British Master's BWLA title for the last sixteen years. Pulling 100kg dead-lift consistently in 2005 for both BDFPA and BWLA (before September 05's serious accident) when prognosis was just week's survival.

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

I've seen people take enormous risks in training – but not so much in competitions. 'Crazy things' do not often provide optimal results!

**What are your future goals?**

2005 – and it's accomplishment has been a major goal! for many a year – I have achieved that and now every day is a bonus! – Cheated out of both BDFPA World events during 2005 because of major accident resulting in several bone-breaks, two news tumours and a double dislocation - a major goal is to compete at 2006 World event in Ireland

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

Upping my lifts as it appertains to me personally seems relatively impossible, given my situation! – Just hanging on to what I can perform is enormously tough! For others a consistent training method and application of effective mental strategy are the minimal requirements.

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

This would be good to establish our sport, but there maybe downsides also.

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

Maybe an amalgamation of all the best aspects from the combined Associations would be a good place to start – less backbiting and more communication!

**What does your diet consist of?**

Been vegan for forty years and totally raw for the last fifteen – not your average 'powerlifting diet' for sure – but it keeps me mostly ahead of the cancer.

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

The ability to conceive, believe and achieve. Total mental focus and dedication to belief.

**What training style do you think works best?**

Whatever works for the trainee! Applying sufficient overload and subsequent individual recovery periods to effect consistent results.

**Do you think bodybuilding exercises should be in a powerlifters' routine?**

Coming from a background of bodybuilding, I am slightly biased in this regard! Though I have personally achieved good results without performing such exercises (mainly as they are too painful now to execute). Off-season I would obviously endorse these as a method of increasing strength, endurance and increased hypertrophy.

**What are your favourite supplements?**

None used.

**What has powerlifting taught you?**

Fear no-one and respect everyone. Always treat others as you would expect to be treated yourself. Listen to other peoples points of view, you will probably learn a lot. The difference between the impossible and the possible lies within a person's determination. Thorough preparation makes its own luck. Never stop learning. When you think you know it all is the time to pack it all in. Ultimately, lead by example.

**What does powerlifting mean to you?**

In a strange sort of way, the dogged determination to consistently achieve success in this sport also helps greatly with my ultimate though potentially intractable task of down-regulating my genetic cancer status! Every day I awake, breathe and lift is a fantastic bonus for me!