

Profile

Dean Mikosz

Can you tell us a little about yourself?

Born July 4th 1968 I am 38 years old. I am married to the beautiful Charmain and have a 4 year old son Maximus. I have been training since I was 5 years old. As well as competing in Powerlifting since 1983 I began training at 5 years old in Karate and Boxing for the town and county.

Explain a little about drug-free powerlifting.

Drug Free Powerlifting allows you to compete at the highest level fairly with true athlete's.

What are your best lifts?

Competition Best - Squat 266kg / Bench 160kg / Deadlift 230 kg
Out of Competition - Squat 280kg / Bench 175kg / Deadlift 232.5 kg

What titles do you hold or have held?

3 x World Powerlifting Titles
3 x European Powerlifting Titles
8 x British Powerlifting Titles
9 x World Single Lift Titles
7 x European Single Lift Titles
12 x British Single Lift Titles

What records do you hold or have held?

12 x British Junior Records
1 x Senior British Record
1 x Senior European Record
1 x Senior World Record

What is your training regime?

4 day split routine (Mon/Tue/Thur/Fri), 2 hours a time

How long have you been powerlifting?

First competed in the BAWLA in 1983 and have continued to compete every year to date (24 years).
I am the longest member of the BDFPA.

How important are training partners to you?

Your training partner is as important as your training. I owe a lot to my training partner Andy Dunlop who without I think I would have stopped competing long ago.

What made you become a powerlifter?

I joined the local gym run by fellow ex-veteran powerlifter Ken Smith to assist with my boxing training. Ken saw potential in me and entered me in the BAWLA South Midlands competition and I got the bug.

What is your favorite assistance exercise?

Decline Bench Press, Narrow Grip Bench Press and Bicep Curls

What is the biggest mistake that beginners make?

Ego lifting i.e. using weights that they can not manage to an extent where their training partners are doing all the work.

What is your advice for beginners?

If you want something go get it. You never achieve your missions or goals if you don't.

What are some of your most memorable powerlifting experiences?

Traveling around the World and winning three consecutive World titles. I have been fortunate enough to train with greats such as Eddie Pengelly, Matt Saunders, Derek Ambler and Andy Dunlop.

What is the craziest thing you ever seen in powerlifting?

Les Harriot falling asleep after the weigh in, waking up and squatting 350kg. Also I once was sick while squatting 240kg and still completed the lift!

What are your future goals?

To win my fourth World title and a World masters title

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

Make slow gains in the gym rather than big ego jumps.

Do you think powerlifting should become an Olympic sport?

Definitely it is long overdue. Especially as Darts is being considered!

How do you see the future of powerlifting?

Hopefully it will get recognized for the hard sport that it is. I would like to see it reach the Olympics.

What does your diet consist of?

Not a lot really. I have been the same weight since 1985 (75kg). I eat plenty of chicken, tuna, steak and veg oh and of course the odd Vodka!

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

Dedication, determination and consistent training. Strive for greatness. Winners never quit, quitters never win.

What training style do you think works best?

A 4 day split routine. I train bench and squat twice a week heavy and light and dead lift once a week.

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

Most definitely it is good to be able to combine lifting heavy weights with looking good and training all your body parts. I mean anyone can look S**t.

What are your favourite supplements?

I only take Creatine and Vitamins

What has powerlifting taught you?

It's taught me discipline, determination and dedication.

What does powerlifting mean to you?

Its a healthy mental escape