

Profile

Gerald Pilling

Can you tell us a little about yourself?

I am 32 years old and was born & bred in good old Bradford and love my beer while watching the rugby league.

Explain a little about drug-free powerlifting.

Although powerlifting is associated with a drug culture, Drug free powerlifting is more of a level playing field and is a greater achievement than when drugs are used to enhance performance

What are your best lifts?

Squat 340kg, Bench Press 220kg, Deadlift 340.5kg, Total 900kg(125kg class Equipped)

What titles do you hold or have held?

World Champion in 2004, 2006 in the 125kgs weight class(Equipped)

European Champion 2004,2005,2006

British Champion 2004,2005,2006

What records do you hold or have held?

British Squat 340kg, British Bench Press 220kg, World Deadlift 340.5kg, and European Total 900kg 125kg class(Equipped)

What is your training regime?

I train 4 days a weeks Monday Chest, shoulders and triceps, and about 20mins of Cardio-vascular (fitness training)and abs, Tuesday Lower back and upper back, biceps, Wednesday as same as Monday's without Cardio-vascular and more technical work to do with the bench press, Friday Legs, back upper/lower, biceps. Training is ruthless when John Stokes or Eddie Bennett is about and depending what mood they are in. When the season kicks off once a month myself, Mark Haydock and the big bear Andy Varley have a squad session consisting of high intensity lifting and mental preparation for major competition..

How long have you been powerlifting?

I have been powerlifting since I was 14 years old and competing since I was 15 and joining the B.D.F.P.A in 2004

How important are training partners to you?

I find training partners very important as well as having squad session with lifters about the same standard as myself, this I find helpful as it increases my performance in both training and competition.

What made you become a powerlifter?

Well thats easy good old Obi Wan Kenobi (Eddie Bennett) got me interested in it and said I'd make a decent deadlifter one day at the tender age of 14(and he was right)

What is your favorite assistance exercise?

Chins, Cardio Vascular(fitness)

What is the biggest mistake that beginners make?

The main mistake that they do is be over ambitious and impatient

What is your advice for beginners?

Take your time and take regular training sessions maximizing your potential, and a good health plan(diet and exercise).

What are some of your most memorable powerlifting experiences?

Winning the World's in Atlanta for the first time ever and getting it back in Ireland last year

What is the craziest thing you ever seen in powerlifting?

In 1999 I did a European Union Cup Championship in France with BWLA a lifter failing an attempt then the jury allowing him to have a forth attempt at a record and the referee's refusing to ref the attempt

What are your future goals?

To win best lifter overall in the world championships and achieve a Total of 1000kg

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

A good run of form and mental preparation plus hard work

Do you think powerlifting should become an Olympic sport?

No on the grounds that the sport would be more of a drug problem than what it is now in various other federations, because there'd be more stronger drugs involved in the sport. If on the other hand the sport was clean this would be more of a major sport than a minority as it is now and more people would be interested in both lifting & marketing would be easier to promote.

How do you see the future of powerlifting?

No difference to what it is now, but I would like to see it more as spectator sport

What does your diet consist of?

Fish, chicken, rice , pasta protein powder, L-glutamine, multi-vitamins, glucosamine, and carbohydrate powder, and plenty of water

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

A Champion will go that one step further in training & go after higher honours/standards

What training style do you think works best?

For me a 12 weeks cycle which includes light, medium and heavyweight workouts and cardiovascular(fitness) conditioning for all competitions and off season general conditioning and rest

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

Some of the exercises are beneficial

What are your favorite supplements?

Tribulas and the Animal Multi-Vit Pak

What has powerlifting taught you?

Discipline and understanding

What does powerlifting mean to you?

To me it keeps me out of trouble and keeps me disciplined, and mostly the enjoyment of training rookies and bettering myself in my goals