

Profile

Haydn Rowlands

Can you tell us a little about yourself?

Born 14th July 1956, I am a contracts manager in the building industry, married and a proud father to Thomas and Siobhan

Explain a little about drug-free powerlifting.

In this day and age with drugs rife in sport the BDFPA is the best thing to happen to powerlifting.

What are your best lifts?

In my three lift days a 300kg squat & 290kg deadlift. In my younger days a 240kg equipped bench and a 223kg unequipped bench.

What titles do you hold or have held?

3 times World bench press Champion, 3 times European bench press Champion, 13 times British bench press Champion.

What records do you hold or have held?

3 World records in the masters 1, 2 & 3 categories.

What is your training regime?

4 times a week cycling the bench press with incline & dumbbell work. Leg work is once a week with back work & bicep work & shoulder work.

How long have you been powerlifting?

35 years

How important are training partners to you?

I like training partners on heavy bench days mainly for spotting purposes & motivation & encouragement.

What made you become a powerlifter?

I can't remember as it is so long ago!

What is your favorite assistance exercise?

Seated Smith machine presses to the front for shoulder work.

What is the biggest mistake that beginners make?

Overtraining & incorrect lifting techniques I see some young men deadlifting that makes me shudder, it's an accident just waiting to happen.

What is your advice for beginners?

Find a "good" coach listen & be patient for results.

What are some of your most memorable powerlifting experiences?

Winning my first World title after 28 years of training. "It takes time"

What is the craziest thing you ever seen in powerlifting?

Mike Leadbetter squeezing Ian Tudor into a bench shirt in Derby. It was hilarious to see.

What are your future goals?

To keep lifting as long as my body will hold up.

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

Variety in training. After comps cycling exercises & reps to avoid going stale.

Do you think powerlifting should become an Olympic sport?

It would be great to see, but the organizations would be the BAWLA & IPF, drug users would spoil it.

How do you see the future of powerlifting?

It hasn't really changed over the years with it being a minority sport, it doesn't seem to progress.

What does your diet consist of?

Meats, vegetables, rice, pasta, fruit, wholemeal bread, fruit juices, yogurts.

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

The desire to want to be a Champion.

What training style do you think works best?

Basic exercises and consistent workouts, just keep going to the gym.

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

Yes, most programs contain some bodybuilding exercises.

What are your favourite supplements?

Don't use general supplements, but use Creatine 8 weeks before competitions.

What has powerlifting taught you?

Discipline and that patience when things are not going well will eventually bring rewards.

What does powerlifting mean to you?

After my family powerlifting & training give me a great sense of achievement and meeting up at regular times with other lifters is something I always look forward to.