

# Profile

## Ian Lynch

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

I'm 51, live in Tamworth and run a small business that provides technology support mainly in schools. Married to Rosemary for 30 years and with two sons, Chris and Ben.

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

Drug free powerlifting is about competing without the aid of artificial chemical aids that affect the body's physical capabilities either in the short or long term. It's difficult to be sure who is genuinely drug free because some people are prepared to be dishonest and tests can't eradicate the problem completely.

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

Squat 245 Bench 160 Deadlift 247.5 Total 650 at 75. That was equipped but without a bench shirt.

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

BPA British Champion 75 kg - 3 times. BAWLA British Junior Champion of Champions. Quite a lot of University and divisional titles.

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

To be honest I don't know if I still hold any records, probably not. From memory mostly it was Bench records but possibly some others.

British Junior Bench Press 60kg. (I did do 145 kg at 67.5 which I believe was a BAWLA U23 record but never claimed it. At the time the World 67.5 bench was just 150 kg but with the advent of drug taking it went rocketing up to something like 210! Just a bit out of reach).

BPA I did hold the European 75 kg record for a while but I think Adrian Blindt broke it later.

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

These days I just Bench press, do some running on the machines, a bit of rowing tricep extensions, situps, few lengths of the pool etc at Living Well. Lower back problems if I try anything over 150 kg on Squats or Deadlifts so I have to give up. I also have two long standing injuries that affect my bench. One was neurological damage in my neck when I was in my early 20s and I lose strength fairly quickly in my left arm if I don't train and a badly torn pec, probably related to the first injury. This means my right side could probably still bench 160 kg + but my left side is significantly weaker and I have to grip the bar unevenly to compensate.

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

I don't compete now but I won my first competition, the YNE Junior Bantam weight champs when I was 16. So 35 years ago. I weighed in at 53kg, Squatted 100kg, Benched 80kg and Deadlifted 135kg I think.

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

Over the years very. They motivate you to train when many times you wouldn't bother. Also they make powerlifting a social sport which is difficult to beat.

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

We were doing weight training at school one day because it was wet outside and I found I could lift more than some of the biggest kids. My standing in the peer group went up overnight in an all boy's school. So really I found something I was good at and I was sport mad but small for my age.

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

Tricep extensions. Easy and give a good feeling of pump in the arms which I have never had from bicep exercises. Also good for countering my injuries.

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

Taking things too seriously and getting mixed up with drugs and old wives tales with no scientific basis about diet and training and such like.

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

Go for steady sustained gains setting tough but realistic targets and enjoy it.

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

There are too many really.

Breaking the British Junior Bench Record in the 60kg Class 122.5 kg when I was 18 or 19. My first British record and gave me a lot more confidence in every day life which was just as important.

Winning the best lifter trophy at the BAWLA British Junior Powerlifting Championships in 1975.

Hassan Salih was in that competition and went on to break several world IPF records.

Coming second to Dharam Pal in the BAWLA British by 2.5 kg in 1985 - I trained at the same gym as him in Walsall and I'm certain we were not competing on an even footing. Was part of the incentive to help setting up the BPA.

A waiter putting a dessert in the face of someone (can't remember who) who was being childishly rude at the WDFPA powerlifting Championships in Paris. Took a bit of bottle when the victim was with the entire British Power team. Still I think the rest of us thought he got his just "desserts" so to speak.

Winning 3 BPA titles and competing with Mike Shaw who had always been one of my power heros when I started.

Doing all 44 recognised odd lifts with Adrian Blindt and some others in the BAWG. I think I broke some record for the Steinborn and Zercher lifts but can't remember the details, the one and only time I was ever mad enough to try them - the most memorable things were Adrian dropping the weight on his foot in the dumbbell deadlift and me needing about a week in the bath to recover after the event.

More recently, lifting in the same weight class as both my sons at Sunbury. I have also played rugby on the same team as them both and Power league 5 a side soccer.

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

Ordinary beginners with little chance of winning anything significant taking excessive amounts of dope in the belief it will make them a Champion.

### **What are your future goals?**

To stay healthy and active as I get older. Given old war wounds, I'd like to get back to bench pressing 300 lbs but it won't bother me too much if I don't I'm around the 275 mark at the moment. Most of my personal goals lie outside powerlifting now and are more to do with business development.

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

That depends on what stage of training you are at. For one person it might be training harder, for another it might be have a rest. For me personally it's finding time to train consistently since work takes me all over the place.

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

At one time I would have said yes, but I have lost quite lot of interest in the Olympics so the honest answer is I don't really care. As long as people enjoy the sport and get the chance to compete healthily and make friends around the world, why does it matter?

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

I think realistically, it will always be a minority sport, but it will always have a strong following because there will always be people interested in strength and it helps in so many other sports too.

**What does your diet consist of?**

These days its probably healthier than when I was competing. I'm getting older so I need to watch my weight etc so I have fruit for breakfast, something like a tin of tuna and low fat soup for lunch and then a curry for evening meal. When I was competing I ate more but I was using more energy. Tended to be a lot of chicken but nothing much in the way of food supplements etc.

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

Two things: Genetics and the will to succeed. Some people haven't the genetics, some people with the genetics haven't the will. When both come together you get a World Champion. To an extent you can compensate for lack of one with the other but it's unlikely that a World Champion won't have both.

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

For me when I was at my best, training hard and then having a complete rest - maybe two or three months at times. You go backwards but come back fresh and peak beyond your last plateau. There is some evidence in other sports and in learning that stretching to the limit followed by good quality recovery time is the most effective way to make gains. Now I just need to try and get to the gym consistently!

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

Depends on the person and what they like for variety. The best thing to improve powerlifting is powerlifting but you do need some variety in training if only psychologically. I don't think it matters too much what that variety is, its more a psychological thing than physical. If you believe it works for you it probably does. Henry Ford said an interesting thing "Whether you think you can or you think you can't you are probably right"

**What are your favourite supplements?**

Bangla Chef Special. I have never been a great one for supplements. None of the ones I have tried made any significant difference apart from lightning my wallet.

**What has powerlifting taught you?**

That you can achieve a lot more than you think if you persevere. There a lot of very nice people around but don't be too surprised if some of them turn out to be dishonest.

**What does powerlifting mean to you?**

Lifting heavier weights than anyone else. Well I think it will always have an important place in my life simply because it has enabled me to do a lot of other things better than I would have without it.