

Profile - Mark Lane



Can you tell us a little about yourself?

Aged 43. Married for 20 years to Barb (who used to compete) with three daughters. Work in the IT industry as a project manager. Drug Control Officer for the BDFPA and Technical Director for the IDFPA.

What are your best lifts?

Squat : 215k (raw), 260k (assisted), Bench Pres 150k (raw), Deadlift 295k (either).

What titles do you hold or have held?

WDFPF 90k RAW world champs 1st – 2000-2002.

Irish 90k RAW champ 2001-2003 (and hopefully 2004 ;-p) I have entered and placed in most of the BDFPA British champs since 1989.

What training style do you train?

A hybrid of the Louis Simmons/WSB combined with traditional overload system.

For example, I only peak on the DL nowadays with 80% of my 1RM (for multiple sets of 1-2 reps).

How long have you been powerlifting?

I started in 1988 and lifted in BAWLA until I found out about the BPA (BDFPA) by chance when reading a magazine called Strength Athlete. I lifted in the first Irish team in 1991 (comprising Rick Meldon and John West).

How important are training partners to you?

For the last few years I have been training alone. This isn't a problem as I have planned my weights for each session beforehand so I know what I'm due to lift. The only really problem is getting someone to spot properly, eg in the bench giving my a forced rep when I reach the sticking point. Recently I have been squatting/deadlifting with Dave Franklin and have had some cracking sessions.

What made you become a powerlifter?

Got too old for my original sport – judo! (The injuries started to take too long to recover from). I was doing weight training to help with judo and as I still wanted to compete in a sport, powerlifting was the logical choice. The rest is history.

What is your favorite assistance exercise?

Probably rack deadlifts as I can put a lot of weight on the bar to stroke my ego! But realistically I know that it doesn't really help my deadlift.

What is the biggest mistakes that beginners make?

One mistake is to train like a bodybuilder trying to get strong as a powerlifter. Decide on what you want to be. I started training 4x/week doing all of the 3 lifts 2x/week training for 2 hour sessions. I got in shape (ok it was a long time ago) but didn't get much stronger! **WHAT IS YOUR ADVICE FOR BEGINNERS?** Find an experienced powerlifter, who can coach/advise on technique and training. Follow the Hardgainer - ABC of training. A-abbreviated (short workouts of 3-6 exercises). B-basic (stick to the basic compound exercises, sq, bp, dl etc). C-cycle (use periodisation/cycling to peak for a competition.) Be patient – it may take a long time to get strong naturally but we can keep this strength for many years!

What are some of your most memorable powerlifting experiences?

Not strictly speaking powerlifting but being part of the original 24hr bench press marathon was a great experience. I was in the 3-man team of Derek Ambler and Barry Burton (it is a shame that both have left since powerlifting).

What is the craziest thing you ever seen in powerlifting?

Sorry to copy Andrew Cominos, but I have to agree that Marcus Henry squatting a drug-free 432.5k must be up there. Also the Celtics champs held outside at Knebworth in the wind and rain on a slippery wet platform wasn't exactly sensible! However, Rick Meldon still managed to squat 260k with just knee wraps!

What are your future goals?

I would like to deadlift 300k and have a go booted and suited to get a 700k equipped total. Being part of the Irish association (www.idfpa.plus.com), I would like to help us get 100 members within a couple of years. (We should have 60 plus this year.)

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

As mentioned above - cycle your training. Take a "step back" in order to make progress. How many times do you see people in the gym doing the same weight week in week out (or even worse getting weaker).

Do you think powerlifting should become an olympic sport?

In principal yes, but the sport would need to restrict the use of supporting equipment (I'm not advocating raw necessarily but maybe just knee wraps and certainly no bench shirt). Also as the sport already has a drug problem with the increased popularity due to the Olympics exposure I can only see that problem getting worse!

How do you see the future of powerlifting?

I think that the future of the WDFPF is looking better with the recent affiliation of the US organisation the WNPF. Hopefully this will be successful and we can get some more countries joining us as the major world drug-free federation. It would be good if we could

do something to make the sport more attractive to watch, which definitely includes shortening the durations of comps. How many of us really enjoy watching powerlifting ourselves! I would also like to see better drug testing including blood testing for things such as HGH.

What does your diet consist of?

Nothing special but I try to have a fairly healthy diet comprising high protein (lucky I like tuna!) and high carbs. The only supplements, which I take, are glucosamine sulphate for my old joints.

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

Picking the right parents! The next important trait is self-confidence. Good lifters like Matt Saunders look like they “know” that they’re going to do the lift when they approach the platform, which is half of the battle!

What training style do you think works best?

I would advocate a Hardgainer style routine of training 2-3 times per week with routines comprising the squat, bench and deadlift. I also think that the WSB dynamic effort work (multiple sets of 1-2 reps with percentages in the 50-80% range) is beneficial to develop “speed strength” and to improve technique.

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

In moderation as “assistance” exercises after the core exercises. The extra hypertrophy (muscle) as a result of doing these exercises will certainly help for example a bigger back (lats) will help in the initial drive of the bench press. But I don’t see any benefit for a powerlifter in many of the isolation exercises such as flyes, cable cross overs etc. I do think that training the abs is important to create a strong core for the squat and deadlift. It is also important to create a muscle balance as the lower back gets a lot of work with the squat/deadlift.

What are your favorite supplements?

As above – I only take glucosamine. I have taken creatine but as I weigh 91-92k I can’t afford to put on the extra weight due to the water retention.

What has powerlifting taught you?

A powerlifter can get strong and maintain their strength well into their middle age or older. For example John (the legend!) West is in his 60’s now and still can total around 700k on a good day!

What does powerlifting mean to you?

One of the main reasons that I compete is that I enjoy the camaraderie in competitions. I have had many close battles with lifters such as Derek Ambler, Derek Roast, George Stoneman etc but it’s always been in good spirit and we are genuinely supportive of each other. I hope to continue for many more years and maybe break some of John West’s records.