

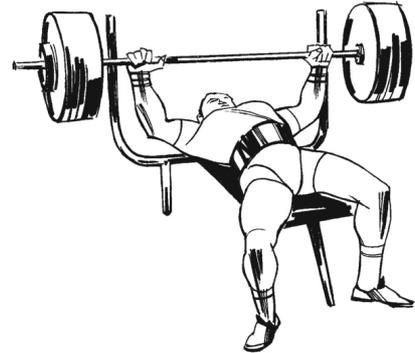
Profile - Mark Norton



Squat



Deadlift



Bench Press

Can you tell us a little about yourself?

I am 43 years old, born on 30th July 1964 and reside in Woodseats, Sheffield, South Yorkshire and I am currently the President of the B.D.F.P.A. which I am proud to represent.

I live with my fiancée Sharron, (who is currently the editor of Raw Power magazine – the official journal for British drug-free powerlifting and WDFPF Publicity Officer). I am currently employed by Sheffield City Council, Streetforce and I have also lived in Nottingham and St Albans where I trained at Derek Amblers' gym along with John West and others. A bit of a couch potato when it comes to other sports I prefer to view them rather than participate.

Explain a little about drug-free powerlifting.

Powerlifting consists of three types of lift, squat – legs and back strength, bench press – chest and upper body strength, deadlift – mainly back and leg strength but all muscle groups are used in its performance. There are 12 different weight categories much like boxing and you have 3 attempts at squat, bench press and deadlift, the highest poundage achieved in each discipline goes forward to a total, the highest combined total wins. This is achieved without the use of any steroids or other substances to enhance performance.

What are your best lifts?

Squat 342.5 kg - Bench Press 242.5 kg - Deadlift 280 kg - Total 842.5 kg

What titles do you hold or have held?

B.D.F.P.A. (British Drug-Free Powerlifting Association) British Powerlifting Champion 6 times 2000, 2001, 2003, 2004, 2005 & 2006 (Open age category). British Masters' PL Champion 3 times 2004, 2005 & 2006 (M1 – 40-44yrs).

W.D.F.P.F. (World Drug-Free Powerlifting Federation) European PL Champion twice 2005 & 2006 (Open & Masters age categories)

W.D.F.P.F. World Champion 5 times 2000, 2003, 2004, 2005, 2006 & 2007 (Open age category).

World Masters' Champion three times 2004, 2005, 2006 & 2007 (M1 – 40-44yrs).

What records do you hold or have held?

I hold all the North East divisional B.D.F.P.A. records in squat, bench press and deadlift. I am the British, European & World Masters' 1 record holder in the single lift category; bench press 235 kg and deadlift 275 kg and finally current Open and M1 World record holder on bench press 242.5 kg and M1 World record on squat 342.5kg which I set at the World Championships in Scotland 2007.

What is your training regime?

I train four times per week; Monday, chest, triceps and assistance work. Tuesday, legs and biceps Wednesday day off Thursday shoulders and triceps and Friday back work. I do vary my routines from time to time, so as not to get stale.

How long have you been powerlifting?

I started training in 1979 at the age of 15 and competed for the first time in 1980 at about 10 stone 4 pounds body weight.

How important are training partners to you?

When I first started it was but as I became more experienced I just asked for a spot (help).

What made you become a powerlifter?

I joined a gym that had a number of lifters and bodybuilders who encouraged me to compete.

What is your favorite assistance exercise?

I do enjoy close grip bench press. I have done 187.5 kg paused.

What is the biggest mistake that beginners make?

Being too eager to progress; thus overtraining. I have seen many promising lifters not fulfill their potential because they have not had or taken good advice.

What is your advice for beginners?

Always listen; you're never too old to learn new methods and ideas.

What are some of your most memorable powerlifting experiences?

Got to be Antwerp, Belgium World Championships 2000, beating Frank Mombert, from Belgium the deadlift machine - a great lifter who evened the score in Edinburgh 2002, where I placed third. Finally, setting a new World record on the bench press breaking Masters 1 and Open category after competing for 26 years. More recently increasing the M1 110kg category squat world record from 340.5kg to 342.5kg at the World Champs 2007, Scotland and having a crack at the open world squat record of 350.5kg held by Les Herriott.

What is the craziest thing you ever seen in powerlifting?

An American in the 1999 World Championships, Omaha, Nebraska, who gyrated his arms in a circular fashion, like a windmill prior to deadlifting sumo not very much. Another chap looked like he was going to break his neck before he started to squat with his chicken like cries and head bobbing, good squatter though. This was my first World Championships, where I placed second.

What are your future goals?

Just to continue and improve, maybe, achieve a total record in the 110 kg weight class, which is currently held by Les Harriott of Luton, England.

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

Being realistic and setting achievable targets.

Do you think powerlifting should become an Olympic sport?

No, winning at any cost has spoiled the Olympic ideal.

How do you see the future of powerlifting?

Drug free/natural powerlifting is a minority sport, hopefully our association will do its best to promote and encourage new members in the future.

What does your diet consist of?

Poultry, red meat, pasta, rice, vegetables, just normal stuff, I don't mind a few beers now and then either.

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

Determination, dedication and hard graft!

What training style do you think works best?

Everyone is unique what works for one may not work for another.

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

Yes, for variation and when not competing keeps you fresh and focused for your next competition.

What are your favourite supplements?

I will take multi vitamins and creatine prior to a major competition, otherwise, I don't use supplements during off season.

What has powerlifting taught you?

To be proud of what can be achieved through hard work.

What does powerlifting mean to you?

Powerlifting is the sport I enjoy, it also gives me goals to attain and have found great friendship within the sport. I look forward to future competitions throughout the World.

Yours in Drug Free Powerlifting
Mark Norton

