

# **Profile**

## **Neil Thomas**

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

Joined the Army straight from school at 16 as an apprentice. After training I was posted to Germany where I lived for 9 years before coming back to UK to Brize Norton, where most of you have been over the last couple of years for competitions. Am now at Ipswich.

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

To me Drug Free means without the use of illegal muscle bustin stuff. I think products like your proteins etc are fine and required to let us do what we do. I do not understand why someone would subject their bodies to certain substances as its just cheating. The sport is about setting goals for yourself and training for them not buying your titles using drugs that are designed to let horses hump for longer!

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

Squat Eq 250 Kg, Bench Eq 200 Kg Un Eq 170 Kgs, Deadlift 262.5 Kgs

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

BDFPA Single lift Bench Eq 2004, 2005, 2006, European Bench 2004, 2006, World Bench 2005

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

Just a couple of PFM ones

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

Weights a couple of times a week with some cardio thrown in. As I am just benching this year I do bench once every 6 days. My other weight sessions are back and arms then shoulders. My other training days are just cardio and abs. I train 5 times a week in total.

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

Nearly 4 years

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

Training partners are a must if you want to go heavy on bench, to have that little safety net when someone is their with you is sometimes just enough to get that last rep up.

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

The challenge and personal gratification that comes with training and competition

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

Railway sleeper shoulder press

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

Taking too much notice of what others are lifting and not thinking about the weight ratios when comparing themselves to others. “My god he is lifting 75kg more than me – yeh but he weighs 50kg more than you”

**What is your advice for beginners?**

Listen to others, try different things but give a routine a chance to work first!!

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

The day I did a 200 bench – had tried it a few times and it felt amazing to get something I had wanted for so long. Seeing people like Pat Reeves who despite all her health problems still competes and has not let illness stop her own drive and determination – an inspiration to all – thank you Pat

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

In Belgium a couple of years ago a French guy pulling a deadlift that had all but stopped, he then nodded his head like he was listening to his wife nagging at him and he finished what had looked like a lost cause. Also the Italian guy that has a t-shirt with a picture of himself on it!!!!!!

**What are your future goals?**

To break the 100 Kg bench press equipped single lift record

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

In training – push yourself do not rest on your laurels. In competition – good training before hand – added confidence in your ability

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

Yes and no but do not want to get on my soap box

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

It will always be there in some form under whatever body as there will always be those who strive to compete against other metal bangers

**What does your diet consist of?**

Loads that it should not, but I try to eat good foods as much as possible but still find myself face down in the odd pie every now and again

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

Routine, goals and determination

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

I will tell you when I am the best so don't expect an answer just yet!

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

Some exercises transfer across, others are just to make your nuts look smaller – this of course covers men and women's bodybuilding

**What are your favourite supplements?**

Dorian Yates MRP – tastes good and fills you up – stops me eating rubbish

**What has powerlifting taught you?**

Size isn't everything – be prepared to face your fears and you will succeed. If you do not manage to do something the first time you have not failed you have taken a step towards improvement. "It is better to of tried and failed – than failed to try"

**What does powerlifting mean to you?**

It is a big part of my life now. I see it as the opportunity to test myself at least a couple of times a year. I also like to see loads of porn star rejects walking around in those leotards we where!