

Profile - Roy Anton Olsen

Can you tell us a little about yourself?

Born 20 December 1940, started training in 1955 at the YMCA in Manchester. Took up judo at the age of nineteen, obtained a third degree black belt in my twenties on the British Judo team for two years. Stopped competition Judo in 1968 after becoming self employed. Took up powerlifting in 1994 at the age of fifty four.

Explain a little about drug-free powerlifting.

For me Drug Free Powerlifting is a level playing field for strength athletes, too many lifters are involved in various drug related enhancements and the BDFPA keeps our sport clean.

What are your best lifts?

In the World Championships in Atlanta at the age of fifty eight I did:

260kg equipped Squat, a 175kg unequipped Bench and a 260kg equipped Deadlift.

What titles do you hold or have held?

I really cannot remember all of them but I have been British, European and World Champion a couple of times.

What records do you hold or have held?

World records in 125kg in Masters 4, 5 and 6.

What is your training regime?

I train three times a week and have used different methods sometimes one lift per day, squats Sunday, Bench Tuesday, Deadlift Thursday. I have also tried the three times three method, where you do all three lifts on each training day three times a week. Both have worked well for me in different ways, so, I continue to explore new ways and watch and listen to others. Despite your age there is still a place for training and weightlifting is a good way to do it.

How long have you been powerlifting?

I started in 1994 at the age of fifty four.

How important are training partners to you?

Very, but I can train without one if I must, however, if you want to progress and succeed you need someone you depend on and trust it can make the difference between winning and losing. Having someone who will be there for you when you are squatting with a weight you have not lifted before, makes the world of difference.

What made you become a powerlifter?

I was training as usual in my local gym, going through the motions really when I noticed some of the guys really trying hard, so, I asked if I could join in and that was it.

What is your favorite assistance exercise?

Lat pull downs.

What is the biggest mistake that beginners make?

Trying to lift too much too soon and listening to people who have no idea what they are talking about.

What is your advice for beginners?

Start slowly and take advice from experienced lifters.

What are some of your most memorable powerlifting experiences?

Watching some of our best lifters pushing themselves to places they have not been before. People like Audley Baker, Les Pilling and Matt Saunders and being there with them doing the best you can.

What is the craziest thing you ever seen in powerlifting?

Saw a couple of things, one guy knocking himself dizzy by head butting the bar before he did his squat, and another asking to be slapped and finishing up on the floor after someone obliged.

What are your future goals?

Trying to keep lifting as long as my knees holdout.

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

Regularity in your training.

Do you think powerlifting should become an Olympic sport?

No, it's a pity but until we can find a way of involving the public more, we will be for the dedicated few.

How do you see the future of powerlifting?

I think it will be with us for a long time to come and if life was fair and just we will have many, many more people taking up the sport

What does your diet consist of?

Anything and everything at my age part of the reason I train is so I can eat what I like.

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

Regularity and dedication.

What training style do you think works best?

For most people the Squat, Bench and Deadlift, on different days along with assistance exercises seems the best way to go, but if you want a push along the way please try the three times three for just eight weeks if you do it as described it can make a difference and you will not be disappointed.

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

Yes, the small muscles are important to keep your injuries to a minimum if you are pushing yourself on the big muscle groups.

What are your favourite supplements?

Old fashioned stuff I'm afraid, desiccated liver tablets, vitamin B complex and Creatine six weeks before a competition.

What has powerlifting taught you?

Never judge a book by its cover, I have seen men who do not look as though they can lift their head lift double their bodyweight and then some.

What does powerlifting mean to you?

It has enabled me to meet a lot of dedicated wonderful people, many who do not compete but are there simply to help others fulfill their dreams. It has given me a reason to keep training and competing when my peers have given up both on exercise and in some cases life. It has made me realize that age is just a number and you can enjoy the things you love long after people have told you, 'you should stop at your age' and so.

I would like to thank all of you who over the years have helped me and many others enjoy this sport of ours, Thank you.