

Profile

Simon JR Mansell MBE

Can you tell us a little about yourself?

46 years old, ex Royal Navy left at 42 to take up a career in law.

Explain a little about drug-free powerlifting.

It gives an even playing field to all, look at all the poundage's from all over the world and we're all working to the same level.

What are your best lifts?

Deadlift 250kg, 155kg bench, 215kg squat (equipped)

What titles do you hold or have held?

Numerous South West Olympic and Power titles, several British Masters Olympic Lifting titles and British and World for Single lifts.

What records do you hold or have held?

Again numerous County, South West and British for Olympic Lifting, Powerlifting and for the odd lifts.

What is your training regime?

3 days a week.

How long have you been powerlifting?

Off and on since 1991

How important are training partners to you?

Not at all, I have trained on my own for years, one of the reasons I stopped benching, my training partner is now my son aged 11, most honest partner I have ever had.

What made you become a powerlifter?

It was there!

What is your favorite assistance exercise?

Deadlift from the racks

What is the biggest mistake that beginners make?

Over training!

What is your advice for beginners?

Keep it basic, keep eating, get plenty of rest.

What are some of your most memorable powerlifting experiences?

I can't think of any!

What is the craziest thing you ever seen in powerlifting?

A lifter wearing a gold leotard being told he couldn't lift!

What are your future goals?

To break 250kg deadlift and to get my squat back up to something like!

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

Pacing yourself.

Do you think powerlifting should become an Olympic sport?

No.

How do you see the future of powerlifting?

Drug free, the media is becoming more savvy in this area and likes the drug free label.

What does your diet consist of?

As a diabetic I have to watch what I eat, low ish carbs no sugar and high protein. Sugar is a far bigger evil than fat, just look at the average breakfast cereal.

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

The ability to go to the gym week after week and push yourself to the limit.

What training style do you think works best?

Slow and steady, not that I follow it, no fool like an old fool!

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

Some assistance work is necessary but big muscles don't always lift big weights!

What are your favourite supplements?

Zinc, vitamin c.

What has powerlifting taught you?

At 31 I was told I was too old for weights and should take up golf (give me a break!) having just done the strongman it's taught me you can keep going, and as for golf, a waste of grass.

What does powerlifting mean to you?

For me and my kids who can't wait to compete it's the business end of all those hours in the gym, with the hope that you might just get it right.