

Profile

William Brown

Can you tell us a little about yourself?

Age 33, date of birth 6/1/74, place of birth Glasgow. Work as personal trainer in Morrisons Gym, Glasgow this is where I do most of my training. Played American football for 17 years for the Glasgow Lions youth and senior teams, then on to EK pirates at youth level. I was in the Great Britain squad for a game in America against team USA was named Game (MVP) most valuable player, it's kind of like man of the match in football over here for those who don't know much about American sports. At senior level, I was in Scotland squad where I won the 4 nations championships 4 years in a row and was in two national championships which were on Sky Sports. Had tryout for NFL Europe with Scottish Claymores and have had good success playing against touring American Allstar teams with 4 more MVP in these games.

Explain a little about drug-free powerlifting.

Got into powerlifting about 3 years ago but did the lifts for years when I played American football this was the lifts that I did for my strength training. Hamish Davidson always said I should get into the sport and I did when I quit my football, wish I had got into it a lot younger but think I still have plenty to offer the sport of Drug Free Powerlifting, had great season last year with me winning all the 75kg titles that the drug free association had, hope to keep it up this year and maybe get a record in one of the lifts. And the sport of Drug Free Powerlifting is all about competing with people who are clean and natural so it's all one level playing field.

What are your best lifts?

250kg Squat

147.5kg Bench

255kg Deadlift

All competition lifts with referees.

What titles do you hold or have held?

Scottish 2005/06/07 over all 06/07

British 2006

European 2006

Worlds 2006

What records do you hold or have held?

None as yet hope to get some in 2007

What is your training regime?

Last year was doing 5x5 training 3 times a week. Core strength work 2 x week. Grip work 2 x week. This year have been trying some Westside for Scottish and British will see how it works for me if it does, will stay with it if not I will go back to my old program.

How long have you been powerlifting?

Only 3 years all with BDFPA.

How important are training partners to you?

I don't have a training partner if I need spot for Bench will ask someone at the gym.

What made you become a powerlifter?

Like lifting heavy weights.

What is your favorite assistance exercise?

Don't think I have one, always try to work on my weak points like Bench maybe Lockouts.

What is the biggest mistake that beginners make?

Over training doing too much at last worlds, my deadlifts was way over trained only got 240kg about 6 weeks earlier, had done this for 4-5 reps, some times push myself too much.

What is your advice for beginners?

Listen what people tell you at comps and find a coach if you can.

What are some of your most memorable powerlifting experiences?

The Worlds in Turin 05. The Europeans in France 06. Worlds in Kinsale 06

What is the craziest thing you ever seen in powerlifting?

Don't know can't think of one.

What are your future goals?

Win the same titles as last year and get some type of record in one of the lifts.

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

Listen to your body and peaking right for the comp.

Do you think powerlifting should become an Olympic sport?

Don't know will leave that up to the people who run governing bodies of Powerlifting and the Olympic Games.

How do you see the future of powerlifting?

Hope to see the sport of Drug Free Powerlifting get bigger and better.

What does your diet consist of?

To make weight for comp I go on high protein low carbs diet.

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

I would say keeping injury free and being consistent with your training.

What training style do you think works best?

For me last year 5x5 but I will have another go at Westside for this year's British.

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

For assistance only

What are your favourite supplements?

EAS phosphagen elite creatine, Whey protein, Aminos, Gloucosamine for the old joints.

What has powerlifting taught you?

Powerlifting has taught me with dedication and consistency you can achieve your goals.

What does powerlifting mean to you?

Like competing in comps and lifting heavy weights and trying to always up my best total and meeting people from all over the WDFPF.