

ANDY BOLTON

AND HIS QUEST FOR THE FIRST 1,000 POUND DEADLIFT

RAW AND UNCENSORED INTERVIEW BY SGT. ROCK



Tell us a bit about your background, where you grew up, family, sports, etc.

I grew up in Leeds in West Yorkshire, England. At age 11 I started doing the 100m sprint where I quickly became one of the fastest kids for my age in the country. At age 13 I began playing rugby league (the English version of your NFL). I made it to the national level but had to quit at age 17 due to a bad back injury. That's when I saw some guys benching... I was hooked but my dad would not let me train until I was 18 years old, saying I was too young. As for family, I have an older sister, Rose, who lives in Canada and a younger brother who lives near me. My mum and dad are still living near me in Leeds and my wife of seven months, Stacy, who I met in the US during one of my shows.



When did you start training with weights?

I started weight training at age 18. Right from the start I was strong. The first time I ever lifted squatted I squatted 500 pounds and deadlifted 600 pounds. Lads from the gym thought I had trained before, but no, it was my first time. That's when it all started.



What do you do for a living?

Well, I do as little as possible, ha ha. I don't want anything to get in the way of powerlifting. But seriously, I do some driving for a photo company and also I sell supplements (Dorian Yates Approved) as they are my sponsor.



Tell us about your contest history.

Jan/1991 - Local 600, 360, 760 - 1st.
Mar/1991 - Local 640, 360, 780 - 1st. Sep/1991 - Junior British 748, 440, 814 - 1st. Mar/1992 - Junior British 792, 484, 855 WR - 1st. Mar/1992 - WPC Worlds England 836 JWR, 484, 836 Jr. 1st. and 2nd. to Scott Warman. Jun/1993 - British Championships 881 WR, 462, 830 - 1st. Nov/1993 - WPC Worlds France 902, 484, 841 - 1st. Then from 1994 to 1999 I competed in Strongman shows where I tore my quad, snapped my bicep tendon and earned two shoulder operations. In 2000 I made my powerlifting comeback. Mar/2000 - Local 902, 533, 881 - 1st. Oct/2000 - WPC Las Vegas 924, 539, 896 WR - 1st. Jun/2001 - British 929, 572, 902 - 1st. This was the first time I pulled an official 900 in competition (had already pulled 935 in the gym at age 21). Nov/2001 - WPC Africa 924, 550, 920 WR - 1st. Jun/2002 - British 968, 589, 924 - 1st. Nov/2002 - WPO 902, 588, 926 - 3rd. Mar/2003 - 1002, 600, 933 Jun/2004 - British 1034, 440, 836 (Just missed 951) Oct/2004 - WPO 1112, 627, 881 Mar/2004 - WPO 1056, 583, 858 Oct/2004 - WPO 1116, bombed on the bench, 602 Mar/2005 - WPO 1124, 574, 909 Jun/2005 - British 780, 607, 937



When is the 1000 lb. deadlift going to happen?

Well to pull 1000 lbs. will take a lot of energy and power, which I feel I have but I don't think it will happen in a full meet. Well, not after 1100 lb. squats anyway. It will be when I can take it easy on squats and that's sometime after the Arnold Classic next March. Still, I am hoping to pull around 970 lbs. after a big squat maybe at the WPO Finland on November 6th.



Who is the best deadlifter in the world?

The best deadlifter in the world is Andy Bolton. Nobody else has pulled more times over 900 lbs. than me - seven times to date. I have also pulled the all-time highest deadlift, 937. There is nothing else to say.



What do you think of the challenge of Benedikt Magnusson? Will he overtake Andy Bolton - he is only 20 and has done 903 officially?

Yes, this guy is strong, very strong, but before he gets to me he must pass a few other guys first. What about Tibo, and Gary? They have both pulled well over 900, but I wish him all the best.





Q How is powerlifting in England different from powerlifting in the United States? What improvements can be made here in the states?

Here in England powerlifting is a very small sport and not very well known. But in the USA it seems everywhere you go somebody knows who you are. I am not sure if I would make anymore improvements in the states. I would like to make more of a lifestyle change - settle in the USA and who knows, do a 3000 lb. total someday.

Q So the rumors of you relocating to the United States are true?

Yes, that is true. My wife of one year is originally from the Boston area but some of her family live in Florida. Since I know some lifters down there it would be perfect. We would probably move to Tampa Bay.

Q What would you cite as the main reasons for your success? What has made you one of the best?

Hard work. I never ever give up and never will. If I have a training problem I will make sure I seek the best possible person to help me and I will work 110% until I get it right. I have passion for this sport it's what I am.

Q Who do you consider to be the best three-lift man alive?

Wow, that's tough... Garry Frank has done the most on paper but is not consistent. I really do believe that I am. I can squat 1100 lbs. every time and pull over 900 lbs. As soon as my bench gets sorted I will be very hard

to beat. I got started working with the Rage X and it seems to be working well.

Q I will say a name, tell me what jumps in your head.

Garry Frank- Awsome strength but needs to be more consistent. A nice guy. He has so much power - very hard to beat. Donnie Thompson- He has made big jumps in last two years and is now a big threat. Kieran Kidder- The man who made it all possible. He gave us the WPO and without him powerlifting would not be the same.

Ed Coan- A legend. What else can you say? The man is awsome. He helped me at the 2003 WPO and it was an honor. Brent Mikesell- The greatest squatter of all time. Brent is a great guy and a good friend. Thanks for helping me withmy new squat suit.

Q Is there anyone you would like to thank?

Yes, I would like to thank a few people who have supported me along the way: Dorian Yates Approved/CNP, Brian Batcholdor, Kerry Kayes, Dave Beattie, Forza, and Metal. I would also like to thank the guys from Leeds where I live and train. Finally Sgt. Rock and John Inzer for the equipment. Watch out, I will be the first to hit a 1,000 pound deadlift.



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