



INTERVIEW WITH BRAD GILLINGHAM

Brad Gillingham is a well-known competitor in powerlifting for the past two decades. At 6'5" and 148kg he recently broke the Master 1 Deadlift World Record at the Open Worlds in South Africa with a staggering 400kg. Brad and his brothers own Jackal's Gym, located in Marshall, Minnesota. We welcome Brad to the IPF Magazine, we are all excited to get to know more about him.

1. How did you get involved in powerlifting?

My father is Gale Gillingham who played Professional American Football in the NFL for the Green Bay Packers. He played in the legendary Ice-Bowl Game and won two Super Bowl World Championships. He is in the Green Bay Packer Hall of Fame and is considered one of the greatest Offensive Lineman to ever play in the NFL. Our family has always taken a big interest in athletics. My father did most of his off-season weight training at home. My brothers and I began lifting at an early age. Both of my brothers Karl and Wade have been involved in Powerlifting and Strongman Events. Karl has competed in the World Strongestman contest 4 times and he still competes all over the world. We were all involved in other athletics growing up. I was a Basketball and Track and Field Athlete. I once highjumped 6'10" (208 cm). Eventually I got more involved in heavy strength training and my desire to get stronger continues to this day.

2. At the recent Open World Championships you finished the competition on a high note with a World Record deadlift of

400kg. Can you run us through how your day went?

This was my 10th Open World Championship contest and my 28th IPF event including Masters, World Games, NAPF and Invitational events. I have competed in 75 powerlifting competitions, and I still get nervous! I think this is the fun part of competing. Maybe when I stop getting nervous it will be time to quit. I feel that the 2010 Superheavy(125+ kg) Class was arguably the toughest weight class in the history of the IPF with 13 1000kg totals being nominated. I knew that I had to be perfect in order to have a chance at the podium. I did not warm up very well in the squat and we lowered my attempts. After the squat I was feeling like I had a chance to medal if my benches went well.

I am recovering from a shoulder injury which I suffered at the 2009 World Games so I was very happy with my bench. I have a lot of confidence in my deadlift, and I knew I would have a shot at pulling for an overall medal. I am happy the way it turned out. I was able to attempt 400kg to get a spot on the podium. World Championship Medals do not come easy, and I was very happy with Gold in the deadlift and Bronze overall.



THE QUEST FOR 400 kgs - COMPLETED!

3. You are known for doing strongman as well. Do you split your training between powerlifting and strongman?

I have not been involved in a Strongman competition for several years. I tore both of my biceps tendons in consecutive years, 2002 and 2003, at the Arnold Classic Strongman Event. I enjoyed competing in both of the Arnold Classic Strongman Events, but after I had both of my arms surgically repaired I decided I better stick with powerlifting.

4. What does your training schedule look like?

I am my own coach and I set up the training programs for all of the Powerlifters at the gym. We train 3 days a week. Monday we concentrate on the deadlift and assistance. Wednesday we concentrate on bench press and assistance. Friday is our heavy squat training day and light bench training day and assistance. We use a lot of Olympic lifting training techniques in our training with Romanian Deadlifts, front squats and cleans. We mainly train RAW and put on gear just before competitions.

5. Who is your hero in powerlifting that inspires you?

There are many people that inspire me from around the world. I am inspired both by lifters from the past and the present, in the USAPL and

IPF. Viktor Naleikin of the Ukraine comes to mind. Viktor competed at a very high level late into his 40's and is a great Champion and friend. I try to be a real historian of the sport and try and stay as knowledgeable as possible about all of the great lifters, both male and female, that have lifted in the USAPL and IPF. These lifters accomplishments keep me humble and give me the desire to compete at a high level as long as I can.

I have learned a lot from the Masters lifters about the desire to stay strong and continue to compete at a high level at a much older age than I am. IPF Masters World Champion lifters like Shawn Cain, Bill Helmich, and Johnny Graham have inspired me to continue to stay strong and not use age as an excuse.

I may be inspired the most from my father and brothers. They have a never-ending desire to lift heavy things and stay strong. My father is aging now, but he still lifts as heavy as he can 3 days a week at the age of 66. I don't think my brothers and I will ever be as strong as he was in his prime. Although never a powerlifter, but a great strength athlete, my father is my hero.



“Train smart and stay drug free!”

6. What is your most memorable moment in your amazing career?

All of my experiences have been memorable. I have really enjoyed traveling and meeting friends all over the world.

It is tough to pick one moment. The 2010 IPF World Championships in Potchefstroom will always be a highlight. All of the IPF Invitational

Battle of the Giants events (1999, 2001, 2005) in Orebro, Sweden were fantastic. My first World Championship Gold Medal in Akita, Japan in 2000 along with the 3 times I have competed in the World Games (2001, 2005, 2009) may stand out the most.

7. You are a lifetime drug-free athlete. How has this helped you achieve all of your accomplishments and why do you think it's important to be a drug free athlete?

I have been able to compete in an IPF World Championship or the World Games over the past 14 years. I have seen a lot of lifters come and go during this time due to injury, or problems with doping control. I feel that the longevity of

my career is directly related to being a drug free athlete. I play by the rules.

8. When you are not training or having competitions, what do you do to unwind?

I live in rural Minnesota; out in farm country. I am far removed from the big cities of the USA. I work a full time job for the State of Minnesota as an Environmental Regulator. I listen to a lot of Country music and drive a 4 wheel drive pick-up truck. I like doing alot of hunting and fishing. We hunt for everything in this part of the country, upland birds, waterfowl, turkeys, deer, coyotes and fox. This is classic country style of living in the USA. I like to spend time with my wife Diane and family. We have 2 girls Emily (12) and Elizabeth (10) that keep us busy. I like to spend as much time as possible with family and friends.

9. Ok, having done the 400kg deadlift, what is next for Brad Gillingham?

I would like to compete as long as possible. I would like to accomplish my goal of exceeding 410kg in the deadlift.

10. Do you have any advice or motivation for our readers?

Take time to appreciate and acknowledge all of the hard working people, executives, officials, meet directors, spotters and loaders, and coaches, that make the great sport of powerlifting happen. Without these people we would not be able to compete in the great sport of IPF Powerlifting! Thank You!

Thank you very much Brad for giving us some of your time, we wish you a great future!

