

# CARL YNGVAR CHRISTENSEN

by Heinrich Janse van Rensburg

• Can you tell us about yourself, where you come from, what you do etc?

My name is Carl Yngvar Christensen. I am from Norway and I am 21 years old. I come from a nice little town called Elverum, about 2 hours north of the capital Oslo. Elverum has around 20 000 inhabitants and it has everything you need.

I study constructional engineering at the college university in Gjøvik. Gjøvik is another small town about 1 hour from Elverum so during the school year I live there. I have just finished my second year so now I have 1 year left to complete my bachelor degree.

In Elverum there are no powerlifters other than me. We have no club here, only a normal gym. My powerlifting club Brumunddal AK is in the town Brumunddal which is 40 minutes drive from Elverum.

• Recently you competed at the European Open Powerlifting Championships. Not only did you win the 120+kg class, but you squatted a new WR (445kg) and totaled a new Open WR (1135kg)! Can you tell us more about this HUGE accomplishment as having one of the biggest totals in IPF history?

I am really happy with my accomplishment at the European Open this year. I am not so focused on the numbers. First of all a competition is a competition. It is about being better than your competitors. This time I made it to the top and for that I am really happy. Then the world records came as a bonus.

• When did you start getting involved in the sport?

I started powerlifting 4 years ago (yes, he only started 4 years ago and has achieved this much! ~ Author). Before that I started lifting bench-press in the basement on my fathers old bench when I was 13 years old. After a couple of years fooling around in the basement I went to the local gym. There I started to train in the squat and deadlift as well. Then after 2 more years I entered Brumunddal AK which is the powerlifting club in my region.



There I was taken good care of by the old club trainer and former national junior team trainer Jørgen Haug. He has taught me everything I know about powerlifting. Also in the club we are very fortunate to have the great national team trainer Dietmar Wolf, Norway's first junior world champion in powerlifting Roger Eriksen who is now the club trainer and fellow national team lifter Kjell Egil Bakkelund. So I am very lucky to be in this great club.

#### Who is your inspiration?

My inspiration is everyone that trains hard day after day to improve at competitions. Also I have much respect for lifters that have been lifting on a high level for many years.

#### What is your secret in training?

Dietmar Wolf! I only do as he says. For the details you must ask him, but I doubt he will tell them.

#### When will be the next big competition for you?

My next big competition will be the Open World

Championship in Aguadilla, Puerto Rico. I have some injury in my knee now, but I really hope to get this fixed quickly so I can be as strong as possible for the championship. And as this is the qualifying for the World Games it is extra important to do well there.

#### Where do you see powerlifting in the next 10-20 years?

I cannot predict the future, but I am one of those who really hope the equipment will still be there in the future. I think it brings an exciting challenge to the sport.

And I hope it will be an Olympic sport. That would be great because the Olympic Games is a great event. Also I just hope many more will be competing in the sport.

#### What is your most memorable moment in powerlifting for you?

All the great trainings with my friends are great moments. After all, training is what we do most of the time so it is important to have a good time during training. Also winning the European championship this year was big for me.

#### What was the toughest competition you ever competed in?

That has to be the IPF Junior World Championship in 2010 (Pilsen, Czech Republic) where all of us on the podium lifted the same weight, 1065kg. It was a tough fight between Alexander Shepil (UKR), Volodymyr Svistunov (UKR) and me. I was the heaviest so I got third, Volodymyr got second and Shepil won. A great competition!

#### Do you have a message for powerlifters out there?

The only message I have is to keep on training to get stronger from competition to competition and stay away from doping. We want a clean and fair sport!

#### Tell us (the powerlifting world) something about you we don't know yet?!

Well before I became a powerlifter I competed in snowboard for many years. I competed at both the national and international level. At the time I weighed around 70kg. Now I am more than double that bodyweight.

