

INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

This interview was conducted with Randall Kea right after the 1989 ADFPA Men's Nationals. Randall has many victories and titles to his credit, and he was also the last lifter to defeat Lamar Gant. This was done at the 1984 ADFPA Nationals in Chicago. For those of you who want additional information on Randall and his training methods he can be contacted at the address at the end of this interview.

B.G. Randall, how old are you and where do you reside?

R.K. I am 27 years of age and I live in Augusta, Georgia.

B.G. What is your occupation?

R.K. I am currently a salesman for Georgia State Wholesale.

B.G. Please tell us how you got started in powerlifting?

R.K. Well, I was working part-time as a gym manager at the age of 19, and there were about eight powerlifters training at this gym. Believe it or not there was a power meet to be held in Augusta six days after I started working at this gym, so I thought I would give it a try. For the next three days I practiced the three powerlifts. I only weighed 108 lbs. on meet day, but my lifts were Squat - 230, Bench - 210, Deadlift - 300, Total - 740. That was the beginning. The Teenage Nationals was my second meet. That is basically how I got started.

B.G. Then you have been competing as long as you have been training. How long has that been?

R.K. It has been almost 9 years now.

B.G. Randall, what are your best lifts?

R.K. In competition my best lifts have been Squat - 600, Bench Press - 385, Deadlift - 540.

B.G. Give us a list of the titles you have won and the records you have held or hold now?

R.K. The following is a fairly complete list of my titles:
State Champion - 82, 83, 84
2nd Teenage Nationals - 81
3rd Jr. World Champ - 83
2nd ADFPA Nationals - 83
2nd Jr. Nationals - 84
Jr. World Champ - 84

RANDALL KEA

As Interviewed by **BOB GAYNOR**



RANDALL KEA...has long been one of the highest ranked drug free lifters in the sport of Powerlifting.

ADFFA Champion - 84, 86
ADFFA Southern Amer. Champ - 85
ADFFA Ga. State Champ - 85, 86
2nd USPF Sr. Nationals - 86
2nd IPF Worlds - 86
Records:
USPF Jr. National Bench Press - 132's - 341 lbs.
USPF Sr. National Bench Press - 132's - 363 lbs.
Multi State Records
ADFFA National & American Records - 132 lbs.
Squat - 529 lbs.

ADFFA Georgia State Records - 148
Squat - 600 lbs.

Bench - 375 lbs.
Total - 1500 lbs.

B.G. What are some of your future goals in powerlifting?

R.K. My short term goal is to total over 1600 lbs. at 148 lbs., and be consistent at doing it. After that I would like to be able to lift against the best (Dan Austin), and feel like I'm competitive until the last pull. What that means is that I will have to eventually total 1700+ at 148 lbs.

B.G. Randall, how about sharing with us your views on steroids and

R.K. Personally, I'm totally against steroids, but what someone else does

is their business. I have never complained about losing to someone who was using them at the time. I would like to see the day when each National entry ADFPA/USPF could be tested a minimum of two or three times per year.

B.G. How do you handle your diet?

R.K. As far as diet goes, I have no problem with eating all I want. I try to stay away from high fat foods. For the past three years have had no trouble making weight because my bodyweight stays around 141 lbs.

B.G. Do you follow a strict supplementation program?

R.K. To be honest with you, I have never been the one who has really used supplements. Over the past year I have been taking Amino Acids, Vitamin B-12 and Calcium when I remember to take them. Supplements are something I really need to make a habit of.

B.G. Could you give us a breakdown of your training progress?

R.K. My training routines are hard to describe, due to space limitations. I train my squat and bench twice a week and the deadlift once a week. All of that changes during parts of the year. If you would like more information you can contact me.

B.G. What advice would you have for beginners?

R.K. Lift within your capabilities and set personal goals that you can reach with hard work. To be successful you must be patient.

B.G. Who are some of those you admire in powerlifting?

R.K. This could be a very long list, but to name a few there is Ed Coan, Lamar Gant, Dan Austin, Mike Bridges, Walter Thomas and Joe Bradley.

B.G. Are there any other comments you would like to make?

R.K. Yes, Bob, I would like to thank you for this interview, and I would like to thank Powerlifting USA (Mike Lambert) as well. Anyone having any questions or suggestions can write me at:

RANDALL KEA
2465 DUBLIN DRIVE
AUGUSTA, GA 30906