



**Name:** Charlie Evans

**Residence:** North Wales, UK

**Age:** 39

**Occupation:** FLT Driver

**Family:** Married to Annette - Kids...Dan, Gavin, Katie & Kyle

**Hobbies (Other Than Lifting):** What is there other than lifting!

**Favorite Sayings:** "All ya gotta do is believe!"

**Lifting Gear:** What ever does the job!

**Gym:** At the moment Total Fitness, Wrexham. But always looking for better premises?

**Years Training:**

Trained on & off, most of my life but only really the last 8 years, seriously after winning my very first Comp. 'Midlands & North of England Championships', Derby...1996 100kg Class

**Training Partners:** Dave Tickle, Neil Poole, Tim Davies {To name just a few...}

**Training Tips:**

Don't forget the Basics. Assistance Work complements the Squat, Bench & Deadlift.

**NOT THE OTHER WAY ROUND!**

**Body Weight:** At the moment around 125kg, maybe looking at the 140kg Class, next Year.

**Diet:** Yeah! Whatever?

**Supplements:** A good Protein Powder, Vitamin C & Multi-Vitamins everyday.

**Competition Record:**

**Numerous Regional Titles**

**British Powerlifting Champion...2004**

**European Powerlifting Champion...1999**

**World Powerlifting Champion...2001**

**Competition Plans:** To win the World's again.

**Long Term Plans:** To stay strong & injury-free, as long as possible.

**Training Days:** Tuesday, Thursday and Friday.

**Favourite Lift:** Has to be the Squat, Deadlift a very close second.

**Lifters I Most Admire:** Dave Carter, Carl Smith.

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