

INTERVIEW WITH RHAEA FOWLER

After the women, the Junior 83kg men's class began with the Norwegian lifter winning the World Championships. Kjell Egil Bakkelund totalled 850kg, which was 10kg more than the second place that went to Kirill Pavlenko from Kazakhstan, who missed his last deadlift attempt which would have put him into first place. Kirill pulled 322.5kg for first place in the deadlift. The biggest squat went to USA's Knute Douglas, he squatted 332.5kg for the first place in squat.

In the 93kg Sub-Junior division Justin Duran from USA took the win by totalling 727.5kg! He was 17.5kg ahead of the second place.

The weight class that everyone was looking forward to of the day was the Junior 93kg class. And boy it did not disappoint at all! Sergii Bilyi from Ukraine weighed in at 92.92kg. He showed his strength and power as he squatted 372.5kg and attempted a World Record of 382.5kg but just missed it. He bench pressed a European Open record of 267.5kg. He deadlifted 335kg to total an amazing 975kg for an Open European record total! His Wilks points are 612.729 to win the Overall Junior awards!!! Sergii was 120kg ahead of 2nd place that went to fellow countrymen Vasyi Demianenko who totalled 855kg.



Sergey Usov (RUS): 321kg deadlift

Rhaea Fowler, World Junior Powerlifting Champion, how does that sound?

It sounds pretty amazing, it's been a goal for a quite a while!!!

You've got your whole family here, friends, and the whole town, how was that experience for you when they all cheered you on and you won in your home town?

Being at home it was really neat; I didn't expect the crowd to be as big and loud as it was at all! I don't think I have ever been to a meet event like the World Games 2009, I thought that was loud but I'm pretty sure today was louder than that! Just having that support behind me was really fantastic.

Your preparation for the World Juniors as far as training goes, how was it?

It was pretty good, I felt prepared coming in and hoped things would work out on the day (and it did!)

What went through your mind when Olga (Russia) went for that last deadlift? If she pulled that then she would have won on bodyweight.

I guess that last few minutes between my last deadlift and her last deadlift....I didn't like that time, it was just waiting, there was nothing I could do more to make my total better, it was just waiting to see what her total would end up being. It was a pretty long wait. (The crowd was sitting there very quiet and when she didn't get the lift the crowd went crazy!) But it was also one of those things that you are not happy she didn't make the lift, I went over to her after that and shook her hand and she was crying, you feel bad, I know if it was me that missed the lift I would have been crying because I was disappointed that I didn't win.

What's your secret in training other than the normal routine?

- *I don't know, I guess what is normal in powerlifting training?! I train 6 days a week, 3 bench days, 2 squat days and one deadlift day. Then with accessory movements on each day. I use bands in my training for bench, not often for squats but sometimes. I do more higher reps than some people, but I don't go heavy every day, it's not always 1, 2's and 3's. Most of the time it's 5-8's.*

When is your next competition?

- *I think I'm going to the Open Worlds in Pilsen, Czech Republic this year. Just have to get some rest and see how everything works out. I loved it last year (Junior Worlds), so I would love to go back!*

How was it for you to help organise this event itself?

- *Organising this competition was a unique experience, we hosted nationals before, but a Worlds is a next step up for organisation. I don't think it was more work than we thought but it was a lot of work, a lot of "last minute" work that had to be done in the last few weeks. It was challenging some days because I would work on World stuff some days, then I had to go to the gym and get my head into training mode and out of planning mode. It was difficult some days and there were some days where I could not do it and didn't go to the gym those days, I was mentally just not there.*



'I got goose-bumps and later I felt emotional when everybody sang the Canadian national anthem.'

How did your day go before you lifted? Like in the morning, warm-ups...

Well, waking up in my own bed was really weird and driving myself to a Worlds! It's definitely different than any other Worlds. I was really nervous, more than I normally am, I felt a lot of pressure lifting at home, I knew there were going to be people here watching me. So I was really nervous starting my warm-ups. Once I got going in the warm-ups I felt better, squats definitely did not go as I had planned, they were a little tougher than I had planned. I have done 225kg easily in training a number of times so I was expecting it to be much easier. It was quite a grinder and a little twisted. So squats was not as smooth as I would have liked it to be but it's part of the game.

When you walked out to the platform, and especially when you got white lights, the crowd went nuts! It was pretty awesome watching it, how did it feel?

It's too bad that it's not like that everyday and everywhere you go! I got goose-bumps and later I felt emotional when everybody sang the Canadian national anthem.

Rhea thank you for your time and once again congratulations on your victory...CHAMP!

JUNIOR WOMEN:

-43 kg			
1. Summers Alesha	USA	312.5 kg	
-47 kg			
1. Stienkova Tamara	UKR	375.0 kg	
-52 kg			
1. Cevallos Michelle	ECU	395.0 kg	
-57 kg			
1. Dubenskaya Maria	RUS	470.0 kg	
-63 kg			
1. Hanssen Tutta Kristine	NOR	542.5 kg	
-72 kg			
1. Marochko Antonia	UKR	510.0 kg	
-84 kg			
1. Kuzmina Natalya	RUS	560.0 kg	
+84 kg			
1. Fowler Rhaea	CAN	582.5 kg	