

INTERVIEW

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

Shawn Lattimer *inter- viewed for PL USA by Troy Ford*

Troy Ford: Please give the Powerlifting world some information about yourself?

Shawn Lattimer: My name is Shawn Lattimer. In the WNPf I'm often known as "Big Tiny". A lot of people just call me "Latt". I'm 6'2", and I weigh anywhere from 360 to 400 depending on time of year and my cardio level. I live in Southern NJ with my wife Laray and my bulldog Brock. I'm a mechanical engineer at a chemical manufacturing plant. I have a Bachelor's Degree in Mechanical Engineering from Drexel University, in Philadelphia, PA. I'm a Super heavy weight lifter, and I usually lift in the Lifetime Drug Free Open Class. I am also a member of Bill Crawford's Metal Militia.

TF: When did you start competing in the sport of powerlifting and the WNPf?

SL: My first competition was an unsanctioned touch and go bench meet. A few guys at my gym talked me into going. I was instantly hooked. I went to a few similar meets from 1997 to 1999. I probably did 2 or 3 meets raw, and then I bought a poly bench shirt and did a few more competitions. I first lifted in the WNPf in the summer of 1999. I lifted there for a while, and then kind of faded out for a year to try my hand at strongman competitions. I came back to the WNPf in late 2001. I became most active in the WNPf in 2002. I now officiate both Powerlifting and Strongman for the WNPf as well as competing in the Bench. I decided to compete in the WNPf for several reasons. First is the fact that the WNPf has probably the strictest judging in Powerlifting. If your lifts pass in the WNPf, they will pass practically anywhere. Secondly, I prefer to lift in a drug free federation. I like the level playing field. Third, they have many meets in my area throughout the year, so I can compete with a minimum of travel.



Shawn Lattimer went from the WNPf to the WPO in amazing fashion, winning the 2003 Bench Bash for Cash with an 810 bench as a Superheavyweight. (Steve Notaras photograph)

Last, but certainly not least, they run a well organized, fun, family style meet, and most of the lifters are a big group of friends. I really look forward to seeing all of my friends at WNPf meets.

TF: What are your best lifts?

SL: My best gym and meet lifts are: Bench - 810 in a double denim shirt in the WPO, 9/27/03; Raw bench - around 600. I have done 550 raw in competition in the WNPf. Squat - about 600 raw in the gym. This is not my specialty, and I have never squatted in competition. Deadlift - my best gym dead is 605 raw. Once again, I have never deadlifted in competition.

TF: Do you hold any national or world titles?

SL: I am the 2002 WNPf World Champion. I hold several American and NJ State records in the WNPf. I was the first lifter in the WNPf to bench 700 lbs. I also currently hold the WPO Heavyweight record, and I am the 2003 WPO Bench Bash for Cash Heavyweight Champion.

TF: How do you feel about drug testing and drug usage in the sport?

SL: Drug testing is definitely a good thing for Powerlifting. I prefer to have the option to play on a level field, where I can be reasonably certain that the person next to me isn't on any kind of chemical assistance. I have lifted in one non-tested meet, and that was fun as well. In fact, I have no personal issue or problem with anyone who uses steroids or other aids, as long as they are honest. My only problem is when someone who uses tries to tell others that they are drug free. If you are drug free, lift anywhere. If you are not, please only lift in non-tested meets. It's only fair to everyone else.

TF: Do you follow a special diet or supplement program?

SL: I don't really follow any kind of diet. I don't use any supplements besides glucosamine, chondroitin, and MSM for my joints. In general, I try to get in some protein at every meal, and limit my junk food intake. My biggest prob-

lem is that I love ice cream. I'm also a big steak eater, and I love potatoes. I'm a naturally big guy, so I don't focus on my diet much. I really don't need to gain size,

and being overweight is not an issue at superheavyweight.

TF: What are your goals in the sport?

SL: My biggest goal right now is to eclipse the highest bench ever performed as a drug free lifter. I want to be the first person to bench 900 lbs., or at least break Scot Mendelson's current record. I'll be lifting in the WNPf worlds at the end of October, and I would like to set a PR and a WNPf World Record there. Also, I am currently qualified for the WPO meet at the 2004 Arnold Classic, and I would certainly like to win against that level of competition.

TF: What are your interests outside of the sport?

SL: Outside of Powerlifting, I actually have a bunch of hobbies. I spend a lot of time

working on cars. I do most of my own repairs, and I do some customizing and modifying as well. I also install car stereo systems, and I am a bit of an audiophile. I read a lot, mostly horror and sci-fi novels. Also, I'm a movie buff, and I like action, horror, suspense, and sci-fi films. Other than that, I spend time with my wife and my dog. I am planning to purchase a Harley before the spring, so I'll soon have a new hobby as well.

TF: Any final comments?

SL: I want to thank my wife Laray for her support; she actually loves to see me compete. I have to thank Bill Crawford and the Metal Militia for teaching me a better way to bench. I also want to thank Karin Klein for making my equipment and helping me out so much. I want to thank the WNPf for giving me a place to compete, and a place to meet literally hundreds of great friends. And, I want to thank Powerlifting USA, for continuing to help advance what I consider to be the greatest sport around.