

2017 British Junior Classic Championships preview

Daniel Sherman



A short interview with Daniel Sherman ahead of this weekend's British Junior Classic Championships

What first got you into powerlifting?

I got into powerlifting when I was just training to get some bigger arms and legs (that never happened). My squat was quite strong for a 15 year old at about 68kg bodyweight. Some guy told me that my lifts were impressive so I searched powerlifting and found a comp 5 mins away from where I live, so I signed up and won. I met with Jim and Fred MacKenzie and the rest is history.

How are you finding university life? And lifting at uni?

It's a bit more challenging than I thought, with the amount of time they both take up. I'm managing the social side and lifting quite well so far. That might change when the workload goes up, but we will see.

What has your training been like leading up to the British Nationals?

It's probably been the hardest prep that I've been put through. My coach (James Duff) and I have been working hard to put up some impressive numbers at this comp. With having to adapt to a new gym, living by myself, living away from home, and buying my own food, it hasn't been optimal but I feel that I've done considerably well for these circumstances.

Can you remember your starting numbers? And how do they compare to your last comp?

First competition was 145kg squat, 80kg bench, and 190kg deadlift in the 66kg class at 15 years old. And my last raw comp was 192.5kg squat, 102.5kg bench, and 253kg deadlift at 66kg.

Do I have any numbers in mind for the British?

Yes, but they're under lock and key. Hopefully I can put it together on the day, but we will have to wait and see as I've got a big travel up to Scotland from Cardiff.

Do you feel much pressure going into this comp?

No I don't feel any. I know that I'm just entering the Junior class but it isn't stopping me from going in with a winning mind set, that's all you can do.

Would you compete in the Senior Nationals if you could?

The only reason I wouldn't is because it's going to be a battle to win the Juniors. I wouldn't be able to see what others are going to total so I would be at a disadvantage to get selected for Worlds.

Do you have your sights set on Worlds this year?

I would love to go if I got the opportunity but with being a uni student I don't have a lot of cash. It's a struggle to get to Scotland no matter Canada, but we will see.

Who would you say your biggest competitors are?

I don't really know as I've just moved into the Juniors and recently went down a class to 66kg, so I don't know too many people. I'm just hoping to do my best and see what happens.

What was it like to win Worlds in Poland?

Winning Worlds is something that I will never forget. One of the best experiences of my life! Not only did I win Worlds after a hard prep, I also turned 18 straight after so I celebrated in style. I met some great people that I still keep in contact with but it was class, loved every minute of it.

Do you prefer lifting raw or equipped?

I honestly couldn't say. I love lifting weights and whether it's in kit or in a singlet I'm still doing what I love. However, I can say when I prep raw I prefer kit and when I lift in kit I prefer raw, it's a love hate relationship.

Do you have any long term goals in powerlifting?

To win a raw World Championship and maybe one day break a deadlift world record. 🙄

Do you have a powerlifting hero?

Not really. I have people I like to watch but not a hero.

What advice would you give to new lifters?

Don't get caught up in numbers. Trust in the process; keep training and progress will happen. One more tip - stick to your fucking program!

And finally, how much Legit Ladness goes on at Parkhead and Wansbeck Powersports Club?

Parkhead is the most Legit Ladness Club in powerlifting. Standard.

