

DAVE CARTER



First Name: David – Middle Name: Thomas - Surname: Carter

Date of Birth: 8th August 1947-Town of birth: Aldershot

Family: Wife Phyllis - Daughters Deborah & Tracy

Grandchildren: Lucy, Edward, Abigail, Lorenzo & Sophie

Occupation: Independent Financial Adviser

Gym you train at: Aldershot Health Club

Training Partners: Current Dean Drury, Mo Green & Andy Shipman.
Former, Brian Smith, Colin Lock, Geoff Shurmer and Paul Jordan.

Favourite Exercise: Dead Lift - Body-weight class: 125kg

Best Official Squat: 373kg 1998 - Best Official Bench Press: 192.5kg
1976

Best Official Dead Lift: 388kg 1991 - Best Official Total: 920kg 1976

Competition Record World Titles: Years: 1988 to 2007, except 1996 &
1998

Competition Record European Titles: Years: 1976 to 2007, except 1977 to 1990

Competition Record British Titles, Years: 1975 to 1998, except 1977 to 1979, 1981 & 1987. Most exceptions have been due to MC duties.

Favourite quote: "when the bars on the floor, the lifting begins"

My training tip: "think big and you will perform big"

Worst moments: 1977 ruptured patella ligament at Europeans. 1987 ruptured pectoral major at British. 1996 ruptured bicep tendon breaking world dead lift record at All Star Record Breakers.

My training days: Monday, Tuesday, Thursday & Friday. One and half hour sessions.

My measurements:

Chest: 57" - Waist: 39" - Hips: 42" - Biceps: 19" - Thigh: 29" - Neck: 21"

Future plans and aims: to win 20 world titles, break 150 world records and referee and MC in powerlifting for as long I am able to. When I retire from competitive powerlifting, I will seek higher office in the WPF.

Feats of strength: Blown up new hot water bottle to explode broke. Broke British record dead lift 317.5kg in 1972 in first British Championships. First competed in 1969 at 90kg bodyweight. Member of the 3 man powerlifting team with Brian Smith and Colin Lock for Kidderminster first team in 1970 undefeated, with combined 4,000 pound total.

Favourite Lifter: Ron Collins (Best Powerlifter in the world in 1975)

Other hobbies: Clay shooting, Cruising, Seaside & Cards