

## Biography

- Born – 1959
- Started bodybuilding – 1987
- First competition – 2009
- Inspiration – The people in my life that love me and are loved in return
- Highest point of career – The best is yet to come
- Lowest point of career – [January 2008](#) a long story but well worth a read as it is the true story of a disaster that turned into a miracle
- Life role model – Muhammad Ali, not original I know but I grew up admiring everything that he did, I had his name tattooed on my arm when I was still in my teens.
- Bodybuilding role models – Eddie Abbew (the only man that has ever coached me) Charles Clairmonte, Frank Zane, and of course the one and only Arnie
- Biggest influence on bodybuilding career – In the early days my good friends Angus Seewraj and Peter Busby, but the biggest influence, even though we have only been working together since I first decided to compete is without doubt my coach Eddie Abbew
- Difference bodybuilding has made to my life – It has made me far happier, far more relaxed and far more confident as I've got bigger and better, people say that I have developed a massive “presence” and a “very welcoming aura” I take that as a huge compliment and when I walk into anywhere and people want to say hello to me or shake my hand it is the greatest feeling. My life has improved infinitely since early 2006 when I eliminated all of the stress from my life (yes it was a woman) which is one of the main things that you need to do if you want to take up bodybuilding or any sport seriously, and also to live a happy and fulfilling life
- Why I started bodybuilding – I gave up amateur boxing in 1987 and bodybuilding seemed a natural progression
- Why so long before I competed – Too busy earning a crust! I got my first job when I was 9 years old and have always worked very hard. I had always planned to be financially secure by the age of 50. When I achieved that and retired from work at 50 I decided that I could now do something that I wanted to do rather than something that I had to do
- Do I like competing – I love it, I feel on top of the world when I'm on stage and hundreds of people, all with good physiques of their own, are looking in awe at this old guy!
- Is it hard work getting into competition shape – It's incredibly hard. The dieting can be painful but it's really just mind over matter. I have incredible willpower and can leave chocolate and cakes in the kitchen in case I get low blood sugar without ever being tempted to touch them otherwise.

- Best body part – My back, although of course I’ve only ever seen it in pictures! Even Eddie once said to someone “look at the detail in his back” and he doesn’t give compliments lightly
- When will I stop bodybuilding – Never, people have said if I die in the gym or on stage then I will die happy, I can’t argue with that.
- Where do I train and coach – Various places when I’m in America. Elite Fitness in Hitchin and House of Fitness near Cambridge when I’m in the UK and when I want to see Eddie I go to his gym in Hemel Hempstead.
- What keeps me motivated – I don’t want to get old, I love looking younger than I am, living a younger lifestyle, and having a girlfriend who is young enough to be my daughter. Also, I love it when people of all ages ask to have their photo taken with me and then can’t believe how old I am.
- Do I do personal coaching – I’m happy to give people advice on diet or exercise and I do it for free, I have enough money and I don’t want to earn more by helping people or by sharing my knowledge of something that I enjoy
- Other sports – I’ve tried them all. Probably boxing and rugby were my best two but I was never good enough to turn professional or achieve anything of note at either
- Main advice to others – Be realistic, set reachable goals and sweat blood to achieve them, let it be a lifestyle but don’t let it take over your life, enjoy training and competing and as the great bodybuilder Tom Platz once said, don’t forget to stop once in a while to smell the roses
- Hobbies – Writing, these days I write for different people, usually under different names, I’m happier doing it that way.
- What do I admire in others – Honesty, which is sadly a rare thing these days, and their ability to help and care about other people who are less fortunate, or in need, or even just having a bad day
- What do I dislike in others – People who talk a load of BS and people with a lot of mouth and nothing to back it up. If you can’t walk the walk, then don’t talk the talk
- Best way to relax – Falling asleep in front of the TV, just like any normal old man does.
- Favourite TV programmes & characters – Life on Mars / Ashes to Ashes, Gene Hunt is just brilliant. Two and a Half Men, Charlie Harper is my all time TV hero.
- Favourite film – Cool Hand Luke, there are many life lessons to be learned from that movie
- Favourite actors – Denzel Washington (especially in American Gangster) Morgan Freeman, Brad Pitt, Paul Newman
- Favourite comedians – Eddie Murphy, Chubby Brown, Jack Dee
- Favourite music – Bruce Springsteen they don’t call him “The Boss” for no reason, also anything Motown.

- What about steroids in bodybuilding and sport in general – I am against drugs in any walk of life but they are prevalent in all sports especially bodybuilding. It worries me that young men resort to them rather than do things the proper way and I have written a special feature for this website addressing the issue. I think it would be very difficult to eradicate them from any sport as they are so easy to get and a lot of people, including me, regard them as less dangerous than smoking, drinking, eating junk food and taking recreational drugs these days. I have said this many times in interviews on TV and YouTube and even though I am now drug free I still stand by it.
- Advice to other bodybuilders – I think that in this day and age a lot of normal people feel intimidated by the size and presence of bodybuilders. I make a point of always presenting myself to everyone in a polite, respectful and friendly way; I have made a lot of friends by doing this, both bodybuilding and non bodybuilding. I think that most bodybuilders are, thankfully, the same. An excerpt from a book that I wrote some years ago, “Remain”, says this *“In Gods eyes we are all created equal so whenever I meet someone for the first time it is only right that I should treat them as an equal, even if, as sometimes happens, they find me impressive or even intimidating, because we are all equal. If in time they can prove to be a greater or lesser person than me then I will adjust my attitude to them, but with this persona I never have any problem walking into a room full of strangers”*. I think that a lot of people, bodybuilders or not, could learn a lot if they adopted that manner