



BRITISH
WEIGHT
LIFTING

A photograph of Liam McGarry performing a bench press. He is lying on a black bench, wearing a dark blue t-shirt with 'SBN' and 'BRITISH WEIGHT LIFTING' logos. He is holding a barbell with red and white weights. The background is a red wall with 'ELEIKO' and 'BRITISH WEIGHT LIFTING' visible. A pink circle with white text is overlaid on the right side of the image.

Liam McGarry: Athlete Profile

Liam McGarry

What year did you first get involved in Para Powerlifting?

December 2019

How did you get involved in the sport?

The 2018 Inter Spinal Games after a designated lifter dropped out

What do you enjoy most about Para Powerlifting?

I enjoy being able to mix it up with the strongest athletes in the world- both para and able-bodied

What is the best competition you have competed in and why?

The World Championships 2021 where I made top 7 finish, with 3 out of 3 lifts and a 220kg best lift

What are your long-term sporting goals?

Dominating Europe and challenging medal zones at every competition I compete in. Paralympics and world medals being the ultimate goal

What keeps you motivated?

Becoming Great Britain's biggest benching and most successful heavyweight ever

Who is your sporting hero?

Mark Noble

What do you like to do outside of training?

Follow West Ham home and away, rugby and socialising with friends

Do you have a pre-competition ritual?

Coffee - music - anger - violence in the warm up. "Give the bar hell"

Career highlights

- 2019 TASS Stars Most Inspirational Award
- 2020 Manchester World Cup Bronze medal
- 2021 Manchester World Cup Silver medal

Favourite powerlifting cue?

Tom Whittaker's high pitched sound

Favourite accessory exercise?

Shoulder press

Current favourite song to lift heavy to?

Fredo 'They aint 100'

Describe yourself in 3 words...

Outgoing, energetic, strong, steamlined, nimble

Favourite snack?

Squares bars



Keep up with Liam and his training on Instagram! @_liam8

