



BRITISH  
WEIGHT  
LIFTING

**Lottie  
McGuinness:  
Athlete  
Profile**



# Lottie McGuinness

## **What year did you first get involved in Para Powerlifting?**

I got spotted at the National Dwarf Games in 2019

## **How did you get involved in the sport?**

The National Dwarf Games held Para Powerlifting as one of their events and the second time I competed I got spotted. At the time I was doing strength and conditioning training for swimming

## **What do you enjoy most about Para Powerlifting?**

Proving people wrong, I find it very motivating, I love the atmosphere of my sport and the team I am surrounded by. I also love being a part of, and training in the hardest sport

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

The 2021 Junior/Senior World Championships. This was my first international competition and it was the most amazing memorable competition

## **What are your long-term sporting goals?**

To increase the weight I lift on the bench. To attend Paralympic games and to hopefully medal and break a world record!

## **What keeps you motivated?**

Training with my team mates, seeing what they have achieved and also seeing the potential. Also remembering how every rep/set counts.

## **Who is your sporting hero?**

Ellie Simmonds and my fellow team mates

## **What do you like to do outside of training?**

I have livestock so managing that and caring for them. Also being in the Yorkshire Dales and socialising and being around my friends. I also enjoy studying for my degree

## **Do you have a pre-competition ritual?**

I wear an ankle bracelet and since I started wearing it I have done well. I also get onto the bench from the left and do 8 foot taps while on the bench

### Career highlights

- 2021 Leeds Student Athlete of the Year
- 2021 Manchester World Cup Bronze medal
- 2021 BUCS Gold medal
- 2021 World Junior Championships Silver medal

Current favourite song to lift heavy to?

'Hallelujah' by Oh Wonder

Describe yourself in 3 words...

Social, passionate, dedicated

Favourite powerlifting cue?

"Drive!" or "Show them!"

Favourite snack?

Starbucks peach iced tea with a caesar salad

Favourite accessory exercise?

Exercises done on the kPulley



Keep up with Lottie and her training on Instagram! @para\_lift