



BRITISH
WEIGHT
LIFTING



**Lou Sugden:
Athlete
Profile**



Lou Sugden

What year did you first get involved in Para Powerlifting?

2017

How did you get involved in the sport?

I wanted to try a new sport so emailed BWL

What do you enjoy most about Para Powerlifting?

Being strong and challenging myself

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

Tokyo 2020 because I won a medal

What are your long-term sporting goals?

To win a Para Powerlifting World Championship medal

What keeps you motivated?

Wanting to see how strong I can be

Who is your sporting hero?

Wheelchair Basketball's Ann Wild

What do you like to do outside of training?

Computer games and knitting

Career highlights

- 2018 Commonwealth Games Silver medal
- 2018 European Championships Gold medal
- 2019 Dubai World Cup Bronze medal
- 2019 Eger World Cup Gold medal
- 2019 Ready Steady Tokyo Gold medal
- 2020 Manchester World Cup Gold medal
- 2021 Manchester World Cup Silver medal
- 2021 Tbilisi World Cup Gold Medal
- 2020 Paralympics Bronze medal

Current favourite song to lift heavy to?

Anything by Chase & Status

Describe yourself in 3 words...

Strong and weird

Favourite accessory exercise?

Dips



Keep up with Lou and her training on Instagram! @loulousuggers