



BRITISH
WEIGHT
LIFTING

**Olivia
Broome:
Athlete
Profile**



Olivia Broome

What year did you first get involved in Para Powerlifting?

I got involved in powerlifting in 2017, just after the Rio 2016 Paralympics.

How did you get involved in the sport?

My sister was working as a volunteer for the #Discover your Gold talent ID programme and became aware of the parasport Discover your power programme and suggested I apply as I had always taken part in a number of sports. Having sent in my application I was invited to attend a trial at Loughborough university for Para Powerlifting and I confess I had never heard of the sport and never thought I would be able to take part in a strength sport, but after this one session I realised that this was a sport I could love and also had the ability to succeed

What do you enjoy most about Para Powerlifting?

I love the feeling of getting stronger and setting new personal bests both in and out of competition and I love the opportunities it has given me to compete all over the world. While training can be hard I love being in the gym with my teammates

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

This would have to be Tokyo 2021. To be selected to compete for your country at a Paralympic Games is what any athlete aspires to achieve and whilst it wasn't atypical Paralympic Games to come home with a Bronze medal was beyond anything I thought I would achieve

What are your long-term sporting goals?

I think my long term sporting goals keep getting stronger and to keep coming back with medals.

What keeps you motivated?

I think seeing myself becoming stronger is a big motivator for me but also my friends and family keep me motivated Because I love seeing how happy they are when I achieve any gold I've set myself.

Who is your sporting hero?

I think the first person who inspired me to get involved in sports was and still is Ellie Simmonds as when I first started in sport I was a swimmer like her and she was someone I could look up to and be inspired by. But now I think the people that inspire me the most are my teammates, being surrounded by such hard working individuals keeps me inspired

What do you like to do outside of training?

I'm currently in my second year at Loughborough University studying sports next I science. But but I'm not training or studying I like to draw, read, and play video games.

Do you have a pre-competition ritual?

A lot of my pre-competition ritual is based around things that don't make me nervous because if I get too nervous I'll up and you don't want that on the competition day so depending on whenever I compete I will usually watch something that I enjoy on YouTube that's an easy watch to just chill out and then after kit check and weigh in is when I'll put on my lifting playlist to get me pumped up and to get me focused on the competition ahead of me.

Career highlights

- 2018 European Championships Junior Gold medal
- 2019 Dubai World Cup Bronze medal & Junior Gold medal
- 2019 Eger World Cup Gold medal Junior Gold medal
- 2020 Manchester World Cup Bronze medal
- 2021 Manchester World Cup Silver medal
- 2021 Tbilisi World Cup Silver medal
- 2020 Paralympics Bronze medal
- 2021 World Championships Silver medal & Junior Gold medal

Current favourite song to lift heavy to?

Currently Anything from Shinedown gets me in a good mood to lift heavy.

Favourite accessory exercise?

I really like a seated row, back days are one of my favourite days.

Favourite snack?

I love a good protein bar

Describe yourself in 3 words...

Well apart from short! Loyal, fun, and messy



Keep up with Olivia and her training on Instagram! @oliviabroomepowerlifter