



## Micky Yule

**Olympic Bronze Medallist**

**2 x European Champion**

**2 x World Cup Medallist**



European and Invictus Games Champion Micky Yule forms part of a five strong squad for Tokyo 2020 where he will be making his second Paralympic appearance at the postponed games competing in the men's up to 72kg category.

Yule was born in Edinburgh, Scotland in 1978 and grew up in Wallyford, Midlothian. He joined the British Army at the age of seventeen and in 2007 was working as a diving instructor at the Defence Diving School on Horsea Island, Port Solent for three years before being posted to Afghanistan. Yule served as a staff sergeant in the Royal Engineers and was posted to Helmand province.

In March 2010, whilst on patrol, Yule stood on an improvised explosive device.

Yule was a member of the Army Powerlifting team before his injury and took up Para Powerlifting as part of his rehabilitation.

In 2012 he attended his first competitive Para Powerlifting games, representing Great Britain at an international event in Cardiff. He then took part in his first major international competition, the European Championships where he finished fourth in the 72kg category. This was followed by a trip to Dubai to take part in the 2014 IPC Powerlifting World Championships, where he finished fourth.

2014 also saw Yule compete at the Commonwealth Games in Glasgow, competing for Scotland in the men's 72kg+ division where he picked up another fourth place.

In the build-up to the 2016 Paralympic Games in Rio, Yule started to find competition success. At the 2015 European Championships in Eger, he took the gold medal in the men's 80kg category. He followed this with another gold, this time at the 2016 Invictus Games, lifting a personal best of 190kg to dominate the competition.



**BRITISH  
WEIGHT  
LIFTING**

In 2018 Yule won another European Championship title and finished fourth in his second Commonwealth. As preparations built towards the 2020 Paralympics Games, Yule produced a strong performance at the test event taking gold at Ready Steady Tokyo in 2019.

He followed this with gold at the 2020 Manchester World Cup which was the last event held before the pandemic.

He won silver at the 2021 Manchester World Cup, a sensational showdown at the Dubai World Cup saw the Scottish lifter successfully defend his top eight position in the Tokyo 2020 rankings on bodyweight by just 20 grams due to a brilliant last lift of 185kg in the final Tokyo qualifier.

At the delayed 2020 Paralympic Games in Tokyo, Para Powerlifting saw Micky Yule win bronze in the men's up to 72kg category lifting 182kg.

At the World Para Powerlifting Championships in Tbilisi, Georgia at the end of 2021, Micky Yule was in the men's 80kg class which is a class higher than he usually competes in. Micky finished in tenth place, adding an impressive 8kg of progress on his Tokyo lift of 182kg in the class below.