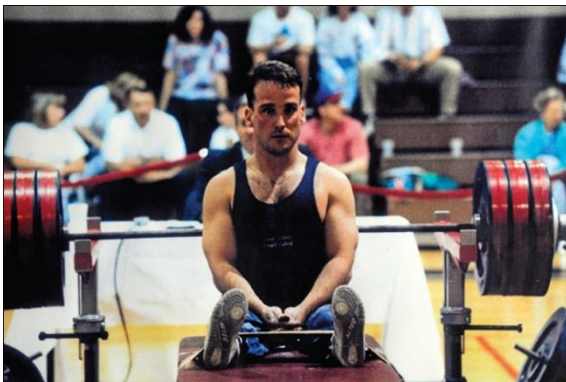# Russel Willey

**2 x World Champion**



**Russell Willey is a two-times World Champion who represented Great Britain at 5 Paralympic Games.**

Willey was born with spina bifida, a deformity of the back. He entered his first Welsh competition in 1981 and won it outright.

He missed the next two British Championships due to exam clashes but was selected to represent Great Britain at an international event in Sweden.

When Willey was finally able to compete in the British nationals, he instantly became the British Champion in 1983.

He won the World Championships in 1986 & 1990 and finished fourth at Barcelona in 1992.

Willey is currently a technical official at national Para Powerlifting competitions