



**BRITISH  
WEIGHT  
LIFTING**

## Ali Jawad



### Get to Know Ali

**Club / Gym:** Powerbase Gym

**DOB:** 12.01.1989

**Home Town:** Tottenham, London

**Category:** Men's up to 59kg

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

During my GCSE's my friend persuaded me to go to the gym across the road from our school. I was spotted by the owner (who used to be the national Powerlifting coach) and within 18 months I was competing at the 2008 Paralympic Games!

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

It's the excitement of high-pressured competition. The lifters that can maintain their technique under stressful situations are the ones that tend to do well.

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



Even though I won silver at the 2016 Paralympic Games, my performance at the 2014 Commonwealth Games remains my best international competition, where I broke both European and World record twice!

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

I've been very lucky to have a long career. My aim now is to retire on my own terms.

**What is your main motivation?**

To reach my absolute potential regardless of the obstacles in front of me.

**What music / artists do you like listening to?**

I listen to anything, but people will associate me with the Rocky Balboa soundtrack on big training days and competitions.

**Which sports teams or athletes do you follow / support outside of Para Powerlifting?**

I'm a massive Liverpool FC fan. I'm sports mad so watch every sport.

**What are is your TV show / film?**

The Rocky films, but I watch horror films by myself too!

**What is your favourite food?**

I love steaks and burgers. I also have a very sweet tooth!

**What is your favourite animal?**

Tigers.

**What are your favourite hobbies and interests?**

My hobbies are watching sport. At the moment I'm studying a PhD in anti-doping in Para sport and launching the first ever complete fitness app especially designed for people with impairments (Accessercise).

**If you could describe yourself in three words, what would they be?**

Persistent, Relentless, Ruthless.


**Career Highlights**


 Gold World Championships (2014)


 Gold European Championships (2015 & 2018)




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 Silver Paralympic Games (2016)

 Silver Tbilisi World Cup (2021)

 Silver Ready Steady Tokyo (2019)

 Bronze Commonwealth Games (2014 & 2018)

 Former World Record Holder

4x Paralympian (2008, 2012, 2016 & 2021)