



**Micky Yule:
Athlete
Profile**

Micky Yule

What year did you first get involved in Para Powerlifting?

2011

How did you get involved in the sport?

I used Powerlifting as part of my rehabilitation after injuring myself in the Army

What do you enjoy most about Para Powerlifting?

love the fact that the competition lifts mean I can compare my ability against able bodied lifters, I don't let my disability become an excuse

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

I loved the Glasgow Commonwealth Games, the atmosphere and crowd was electric that day

What are your long-term sporting goals?

The same as day 1!! To bench press 200kg in competition

What keeps you motivated?

Proving people wrong around disability awareness, and making my family proud

Who is your sporting hero?

Tyson Fury

What do you like to do outside of training?

Spend time with my family. I also enjoy boxing, NFL, and rugby

Do you have a pre-competition ritual?

I like to take myself away to a quiet place within the warm up room and close my eyes to visualise my lifts

Career highlights

- 2015 European Championships Gold medal
- 2016 Invictus Games Gold medal
- 2016 Paralympian
- 2018 European Championships Gold medal
- 2019 Dubai World Cup Bronze medal
- 2019 Ready Steady Tokyo Silver medal
- 2020 Manchester World Cup Gold medal
- 2021 Manchester World Cup Silver medal
- 2020 Paralympics Bronze medal

Favourite accessory exercise?

Bench pulls

Favourite snack?

Crisps- guilty pleasure

Describe yourself in 3 words...

Intense, loyal, stubborn



Keep up with Micky and his training on Instagram! @mickyule9