Tom Smith

What year did you first get involved in Para Powerlifting?
2019

How did you get involved in the sport?
Through the DSAUK national games at the Para Powerlifting event

What do you enjoy most about Para Powerlifting?
The prospect of continuing to develop both physically and mentally

What is the best competition you have competed in and why?
The 2021 World Championships in Tbilisi, Georgia as I won the Junior World Title in the Men's up to 54kg category

What are your long-term sporting goals?
Paris 2024: to attend these games as well as medalling at a summer games

What keeps you motivated?
Coaches' feedback and 1-2-1 training in the gym, as well as competitions

Who is your sporting hero?
Lewis Hamilton due to his respect for his competitors

What do you like to do outside of training?
Performance analysis and watch TV

Do you have a pre-competition ritual?
Visual imagery and self talk
Career highlights

- 2019 TASS Stars Most Inspirational Award
- 2020 Manchester World Cup Junior Bronze medal
- 2021 Manchester World Cup Junior Gold medal
- 2021 World Junior Championships Gold medal

Favourite snack?

Arla protein yoghurt

Favourite accessory exercise?

Overhead tricep extension

Describe yourself in 3 words...

Ambitious, resilient, hardworking

Favourite powerlifting cue?

"Drive!"

Current favourite song to lift heavy to?

'River' by Eminem

Keep up with Tom and his training on Instagram! @dwarffitness