



**BRITISH  
WEIGHT  
LIFTING**

## Liam McGarry



[Find out more about Liam +](#)

**Club / Gym:** Crayford Weights and Loughborough

**DOB:** 12/11/1996

**Category:** Men's over 107kg

**Hometown:** Dartford, Kent

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

I competed at the inter spinal games back in 2018 at stoke Mandeville. The powerlifter from Salisbury spinal unit dropped out on the morning of the event and I was keen to step in, I benched 137.5 kg and won the event on the day, from this I was invited to development camps with GB, and I haven't looked back since.

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

I enjoy the competitive edge, being able to consistently get better working within a professional sports environment and travelling the world whilst doing it. Furthermore, a massive thing for me



with Para-Powerlifting is that you can often be stronger and better than your able-bodied equivalents.

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

I think for me the best competition I have competed in is the Fazza world cup in Dubai in 2021. With it being my first international on foreign soil at a world class competition venue against some of the most prestigious lifter in my division were all things that made it the best. In addition, I was able to learn so much about what it takes to be a world-class lifter and the added challenges competing abroad bring both mentally and physically.

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

My long-term sporting goals are to be in the medal zones at every major competition that I go to and to achieve my ultimate dream of being a world or Paralympic champion one day.

**What is your main motivation?**

My main motivation is to prove to people that no matter the hardship you experience in your life as long as you can still control your decisions, achieving greatness is a possibility for everyone and anyone as long as you are willing to work for it.

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

I like all sorts of music really but my most played is probably Grime and R&B/Soul.

Fredo, Nines, Tiggs Da Author, Meek Mill and J Cole are probably my most listened to artists.

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

My biggest passion outside of Para-Powerlifting is west ham united. I am season ticket holder and have been for some years now.

I follow prem rugby closely and support Harlequins. I also follow the England national team in both rugby and football.

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

I'm not massively into TV and Films but my choice would be SAS, Dragons Den for TV and Harry Brown or Starred up for films. I'm also quite partial to a bit of reality TV.

**What is your favourite food?**

Chicken. Grilled, Fired or BBQ – Just give me all the chickens.

**What is your favourite animal?**

Again not a huge lover of animals but It would be a Dog all day long.



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

My hobbies are mostly surrounded by sport. Any sport I can get my teeth stuck into really.

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

Determined. Funny. Passionate.

**Career Highlights**

-  Silver Manchester World Cup (2021)
-  Bronze Manchester World Cup (2020)
-  TASS Stars Most Inspirational Award 2019
- GB British Record Holder