

Charlotte McGuinness



[Find out more about Charlotte +](#)

DOB 16/10/2001

Club / Gym Loughborough Powerbase gym

Hometown: Harrogate

Category: Women's up to 50kg

How did you originally get involved in the sport?

The National Dwarf Games has Powerlifting as one of their events so after my friend gave it a go I thought I would try. At the 2019 games, ParalympicsGB were there and watched me lift and invited me to a session at Loughborough and I was then put on the national development squad, it all started then.

What do you enjoy most about Para Powerlifting?



The toughness of the sport, knowing it is one of the hardest Paralympic sports. I also love seeing the progress you make and it makes you motivated to see what else you can achieve. The team is also amazing with a great coaching team and the best team mates.

I also love being strong and surprising people with my strength.

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

My best competition I competed in was the Manchester Para Powerlifting World Cup in 2021 where I placed third in the senior division and second in the junior division. Winning my first international medal is something I will always remember.

What are your long-term sporting goals?

To attend the Paris 2024 Paralympics and to one day medal at a Paralympics. If I were to medal I would be able to tell my 11 year old self watching London 2012 that my dream of going to a Paralympics let alone winning a medal will come true.

What is your main motivation?

Knowing that every rep and set in training I do can lead to that achievement or goal that I am working for. From a new PR to another international medal those reps and sets count and I think about what I could achieve to motivate myself through them.

What music / artists do you like listening to?

Banners - Somebody to you

Dua Lipa

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

I also watch swimming events as well as Para Powerlifting as I used to be a swimmer.

What are is your TV show / film?

Greys Anatomy and Gogglebox. My favourite film has to be Notting Hill

What is your favourite food?

Even though it's not a food I love ice tea, I also love a bag of chocolate raisins after a competition.

What is your favourite animal?

Has to be a Pygmy Goats as I have 2

What are your favourite hobbies and interests?

Tennis and I also swim. I enjoy the sea and open water swimming.






**BRITISH
WEIGHT
LIFTING**

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

Competitive, social and fun

Career Highlights

-  Bronze Manchester World Cup (2021)
-  Leeds Student Athlete of the Year (2021)
-  BUCS Champion (2021)