



## Louise Sugden

**Paralympic Bronze Medallist**

**Commonwealth Games Medallist**

**European Champion**

**World Medallist**

**British Champion**



The 36-year-old has had a rapid rise in the sport having switched from wheelchair basketball, in which she represented Paralympics GB at Beijing 2008 and on home soil at London 2012.

Sugden made an instant impact in her first major Para Powerlifting international by winning silver by the smallest of margins at the 2018 Gold Coast Commonwealth Games, taking second spot by just 0.2 AH bodyweight points.

She then went on to secure gold at the European Championships the following month.

A strong 2019 season for Sugden saw her win gold at both Ready Steady Tokyo, and the Eger World Cup, as well as clinching bronze on a dramatic final day at the Dubai World Cup and finishing seventh at the World Championships as well.

These results have seen Louise make significant progress in-line with Paralympic medal projections and earned her the BWL Sportscover Para Powerlifter of the year award. She also set a new British Record in the women's 86kg category at the British Championships lifting 116kg, which she subsequently broke at the World Championships in Kazakhstan where she lifted 120kg.

Sugden carried on that impressive form into 2020 and won the Sportscover Para Powerlifter of the year award again after a superb performance at the Manchester Para Powerlifting World Cup where she successfully hit three out of three lifts to clinch a new British record of 125kg in the women's up to 86kg category and win gold for Great Britain on home soil.



**BRITISH  
WEIGHT  
LIFTING**

At the 2021 Manchester World Cup Louise secured a silver medal, breaking the British record she set the previous year with her third-round lift of 128kg. She then won gold at her final Tokyo qualifier at the Tbilisi World Cup lifting 125kg.

At the delayed 2020 Paralympic Games in Tokyo Louise Sugden won a brilliant powerlifting bronze in the women's up to 86kg category, securing her first Paralympic Games medal on her final lift. Sugden was competing in her third Paralympic Games, but first in Para Powerlifting having previously represented Great Britain in Wheelchair Basketball.

After a successful Paralympic Games, Louise competed at the World Para Powerlifting Championships in Tbilisi, Georgia. Louise finished in fourth place, narrowly missing out on a medal after missing her final lift of 132kg which would have been a personal best.