

## Louise Sugden



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**Club / Gym** Loughborough

**DOB** 20.07.1984

**Category** Women's up to 86kg

**Home Town** Newbury

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

I contacted BWL to try the sport and they invited me to come try Para Powerlifting. Having tried the sport, I was given a program so I could train at home and the rest, as they say, is history.

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

I love seeing the progress I'm making and being stronger than I ever imagined I could be.

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

The Commonwealth Games at the Gold Coast 2018 was my favourite competition to date. The atmosphere was incredible and despite only being in the sport for 9 months, I came home with a silver medal.



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

My main goal is to win a Paralympic or World medal. I'd also like to break a couple of records along the way, I'm getting quite close to the heaviest weight ever lifted by a British female Para powerlifter.

**What is your main motivation?**

I want to be one of the strongest women in the world. I also love the idea that I'm inspiring other women to be strong and take up strength sports.

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

My playlists mainly consist of cheesy pop and female artists who I find inspiring, and I can sing along to.

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

I don't really follow any specific sport teams, but I enjoy watching sport in general. I'm still quite involved in Wheelchair Basketball and I'm a big supporter of my club, London Titans.

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

I'm a big fan of comedy series but I also enjoy a horror / thriller series or films, it depends what kind of mood I'm in.

**What is your favourite food?**

I love steak, it's my absolute favourite food.

**What is your favourite animal?**

I love most animals but if I was home more, I'd definitely have a cat.

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

I think my main hobby these days is coaching Wheelchair Basketball. I also do quite a lot of knitting.

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


Tenacious, hard-working, stubborn.

**Career Highlights**

 Gold European Championships (2018)





**BRITISH  
WEIGHT  
LIFTING**


 Gold Manchester World Cup (2020)


 Gold Eger World Cup (2020)

 Gold Tbilisi World Cup (2021)

 Gold Ready Steady Tokyo (2019)

 Silver Manchester World Cup (2021)

 Silver Commonwealth Games (2018)

 Bronze Paralympic Games (2021)

 Dubai World Cup (2019)

3x Paralympian (2008, 2012, & 2021)