



**BRITISH  
WEIGHT  
LIFTING**

## Mark Swan



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**DOB** 02/07/2001

**Club / Gym** Powerbase

**Hometown:** Seaham

**Category:** Men's up to 65kg

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

I tried it out once at a weekend with a sports association called Dwarf Sports Association UK. My first lift was 70kg and I got a bronze medal so after that I was hooked.

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

I enjoy competing against the best in the world and battling for rankings to see who qualifies for the Paralympic Games. I enjoy training hard and watching the rest of the team train hard as we all work towards that one goal, in becoming Paralympic gold medallist.

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

I would say Manchester 2020 as we had a whole team there and the atmosphere was great, cheering everybody on from in the crowd was exciting.



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

My long-term goals are to become a Paralympic gold medallist, also to accelerate in my sporting career.

**What is your main motivation?**

My main motivation is doing this for myself, my family and the GB team.

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

This depends, if I'm heavy lifting then it seems to be the likes of linkin park, Metallica etc. But if it's more accessory and cardio exercise then it's rap music like Eminem, and biggie.

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

I follow more of the likes of boxing/UFC and Mr Olympia. I follow Jay Cutler regarding Mr Olympia.

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

My TV show must be friends 100% and my film I would say is either Baywatch or Happy Gilmore.

**What is your favourite food?**

Chicken fajita wraps.

**What is your favourite animal?**

Lion.

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

My favourite all time hobby is fishing. I'm really interested in outdoors like camping etc.

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

Adventurous, goofy and outgoing.

**Career Highlights**

- 🏆 Gold Manchester World Cup (2021)
- 🏆 Bronze Dubai World Cup (2021)
- 🏆 Bronze Manchester World Cup (2020)
- 🌐 European Jr Record Holder