



**BRITISH
WEIGHT
LIFTING**

Athlete Q&A

GB International Noorin Gulam

What is your favourite thing about weightlifting?

The thing I love the most about weightlifting is the diversity, you can be any shape and size, from anywhere in the world and you can do weightlifting. Nothing else influences your success, not how you look or what you wear or where you're from, it's you against the bar and no one can argue with your total.



What are your thoughts on Birmingham 2022 with two years to go?

I'm very excited about the 2 years ahead, having just missed out on the last commonwealth games I am ready to fight for my spot on the team. I think to compete a home games will be such an honour, and the fire is well and truly lit inside to continue training despite the ever changing world and earn my place.

How can you build on your previous British and English champs success?

I think for me it's to just keep plugging away and training the best I can around my full time job. I think it's very important to understand we are all on our own journeys and we need to focus on our own paths and that's the only true way to be successful.

What are your long-term goals?

My goal since I watched Ben Watson win a medal live at the Glasgow 2014 commonwealth games, as well as other members of the team such as Zoe Smith on TV. Has been to compete and win a medal at the commonwealth games, hopefully I can achieve that at Birmingham 2022.

How has Covid-19 affected your training plans?

In all honesty it has allowed me to take time away from a very busy full time job, I have been very lucky to be able to train like a full time athlete. I think this period of time has helped me make very impactful strength and mindset improvements. Having made lots of personal bests, I feel very lucky to have had a positive experience throughout Covid 19.

How are you feeling about getting back into the gym?

I'm excited to get back to training in gyms and the weightlifting community. I miss training with my fellow GB team mates and England squads especially leading up to the games.

When it comes to sport who is your biggest inspiration?

I think I have always been inspired by our strong and fierce female team as they defy the odds and achieve greatness on all the major stages. I think I'll have to give a special mention to Emily Muskett as she has shown that you can achieve your goals no matter how long you have been in the sport as long as you keep training and have a positive mindset. Having been a weightlifter for almost 10 years now it can be a struggle when it comes to motivation but having seen Emily achieve all she has in the last few years I can keep my head down and stay determined that my time will come.

And finally what advice would you give to someone who was new to weightlifting and just starting out?

My advice to anyone just starting out in weightlifting would be to have fun, try not to put too much pressure on yourself to achieve things. Also to put yourself out there and compete, because that is the fun part of weightlifting, you don't have to train for any length of time before you get on the stage. You just need to know how to snatch and clean and jerk. You won't regret it I promise!!