



**BRITISH
WEIGHT
LIFTING**

Olivia Broome



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Gym / Club: Loughborough University

DOB 13.06.2001

Hometown Chorley

Category Women's up to 50kg

How did you originally get involved in the sport?

My sister was actually the one who got me involved, she did some volunteering for the #discoveryourgold talent ID with UK Sport, and one night she came home and told me and my parents about it and suggested that I try it. My mum then took me down to Loughborough university for the day and that's where it all started.

What do you enjoy most about Para Powerlifting?



I enjoy the gym atmosphere and the team we have a lot of laughs in training but we also motivate each other in our lifting. I also enjoy seeing myself getting stronger each week.

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

My best competition to me is the World Cup in Georgia in May 2021, where I broke a British record and a junior world record

What are your long-term sporting goals?

To win a medal at the world championships and the Paralympic Games.

What is your main motivation?

Getting stronger is big motivation for me, I like pushing my body to see how strong I can get. Also going to a Paralympic Games is something that I've wanted to achieve since I was younger.

What music / artists do you like listening to?

I listen to a lot of classic rock and alternative, I grew up with bands such as AC/DC, led zeppelin, red hot chilli peppers being played in the car or around the house so that influenced what I listen too now.

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

I always tend to watch any Paralympic sport, and other major championships. Being raised in a household of rugby, cricket, and F1 fans has influenced the sports I tend to watch, particularly during the rugby internationals.

What are is your TV show / film?

I'm currently spending a lot of my time watching Schitt's Creek on Netflix

I'm also a huge marvel fan, so I'm also watching their new series and movies when they come out.

What is your favourite food?

I'll always say pizza is my favourite food, it's a staple after any competition for me.

What is your favourite animal?

I'm a massive dog person, I think that comes from having one for most of my life. I keep saying that once I finish university and have a place of my own the next step is getting a dog.

What are your favourite hobbies and interests?

I play a lot of video games, and I draw quite a bit and I've just picked up reading again

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



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Focused, funny, and feisty

Career Highlights

-  European Junior Champion (2018)
-  Gold Eger World Cup (2019)
-  Silver Tbilisi World Cup (2021)
-  Silver Manchester World Cup (2021)
-  Bronze Paralympic Games (2021)
-  Bronze Manchester World Cup (2020)
-  World Junior Record Holder