

PARA POWERLIFTING
WEIGHTLIFTING

MEET THE TEAM
PERFORMANCE
STAFF



BRITISH
WEIGHT
LIFTING



STUART MARTIN

Weightlifting Head of Performance

What is your role within the performance team?

To oversee BWLs 3 key UKS progression strategies, and provide support for the development of GBRs leading weightlifters on route to their ambitions.

What is your favourite thing about your role?

It is a privilege to see people make progress and realise their potential in the sport along side their wider career aspirations knowing that you have contributed in some small way to their journey.

How long have you been in the role?

Since august 2017



DAVE SAWYER

Weightlifting National Coach

What is your role within the performance team?

I have been appointed to a full time Head Coach. The role is to work alongside the full performance team. After the recent success in the sport, I see this role is to produce more athletes, both male and female performing internationally at the very highest level. We now have a strong performance team in place to achieve this.

What is your favourite thing about your role?

I have worked with BWL for many years in a coaching role, both as a volunteer and in a part time position. The new role allows me to give more of my time, experience and knowledge gained over the years. I am now able to work closely with more athletes and personal coaches. We have an opportunity for us as a nation to be a major player in world weightlifting.

How long have you been in the role?

Since January 2022



EMILY MUSKETT

Weightlifting Talent Lead

What is your role within the performance team?

My role as Talent Lead is to lead and deliver a key part of the BWL strategy aimed at building a broader and more diverse base of talent as well as supporting the development of athletes with future Olympic potential.

What is your favourite thing about your role?

I love working within a great performance team where we have the athlete's ambitions at heart. For me as an ex-competitor myself I'm in a really rewarding position as I'm able to use all of my experience to help younger athletes at the very start of their weightlifting journeys.

How long have you been in the role?

Since September 2021



KRISTIAN MCPHEE

Home Nation Pathway Manager

What is your role within the performance team?

My current role is the Home Nation Pathway Manager. My area of expertise is handling the projects and development of the youth lifters through the pathway as they move from regional athletes all the way into competitive lifters internationally in the age group ranks. I also coordinate school recruitment and talent academy processes to help build a sustainable pathway.

What is your favourite thing about your role?

Getting to help develop opportunities for youth athletes to learn the foundations and to meet their peers and top lifters from around the country which helps create a competitive atmosphere to help push weightlifting forward.

How long have you been in the role?

Before the pandemic I worked as the Southern Pathway Coach and therefore worked a similar role but on a regional level, since September 2021 I have been in this full time role.



TOM WHITTAKER

Paralympic Performance Director

What is your role within the performance team?

Paralympic performance director. I am responsible for leading and delivering the world-class program performance strategy in the pursuit of Paralympic medal success.

What is your favourite thing about your role?

The opportunity to support and guide talented athletes throughout the physical and personal development.

How long have you been in the role?

I have been involved with the powerlifting performance program since 2010, and became performance director in 2017.



BEN RICHENS

Lead High Performance Coach

What is your role within the performance team?

I'm the Lead Performance Coach for GB Para Powerlifting, my role involves coaching athletes on the world class program and talent pathway. My role also involves preparing athletes to develop inside and out of the gym in areas we have identified as critical in order to be successful in our sport on the world stage.

What is your favourite thing about your role?

I love being part of the journey the athletes and staff team are on in this sport. Seeing people get stronger, achieve their goals and be successful at the highest level in Paralympic sport is the best thing about my job.

How long have you been in the role?

I have been coaching in and around the Great Britain Para Powerlifting program since 2011 and in 2020 I joined the team as a full time member of staff!



CONNER MACDONALD

Pathway Development Coach

What is your role within the performance team?

My role is split into two - one part is that I am in charge of supporting and developing the performance pathway and athlete identification/recruitment process. The second part is that I am a high performance coach for world class and national development programme athletes.

What is your favourite thing about your role?

My favourite thing about my role is that I have the opportunity to increase the visibility of the sport and am able to give the athletes the recognition worldwide that they deserve. It's great to see the athletes improve week in week out within the gym, and get to travel abroad with them to see them do what they do best in competition. It's great to know that I have played a part in that.

How long have you been in the role?

After being with the team for the past 2 years on a placement through Loughborough University, I am extremely excited to be joining BWL in an official capacity from 2022.

KATIE COLLIS

Head Physiotherapist

What is your role within the performance team?

My role as lead physiotherapist and athlete health is to reduce injury risk and optimise health and wellbeing through assessment and delivery of individual management strategies to minimise time loss to training and maximise performance in training and competition. Including managing injuries, delivering rehab and working closely with the coaches for return to training programs. I also support the athletes when competing and overseas with pre competition prep and by developing and implementing strategies to reduce the impact of travel on performance.

What is your favourite thing about your role?

My favourite thing about my role is getting to travel to competitions around the world to watch the athletes perform and achieve their goals after all the hard work behind the scenes.

How long have you been in the role?

I have been in the role since August 2017.



MEGHAN BENTLEY

Sports Nutritionist

What is your role within the performance team?

My role as a sports nutritionist is to work with athletes and the team to reach performance targets and optimise health and wellbeing through identifying and developing individualised dietary strategies.

What is your favourite thing about your role?

My favourite thing about my role is getting to work with remarkable people to achieve incredible things!

How long have you been in the role?

I have been working with GB Para Powerlifting since October 2017.



HUGH GILMORE

Head of Mental Health & Performance Psychology

What is your role within the performance team?

I work with the athletes on preparing for competitions from a psychological viewpoint, assisting them in dealing with pressure in competition. I also help with athletes developing communication and teamwork as a squad through supporting them in developing a culture and team behaviours that allow everyone to take ownership of our environment.

What is your favourite thing about your role?

It's a lot of pressure and stress being an athlete, very quickly you can find yourself in weird scenarios where you are on the news. That can be a lot to deal with. I really value creating a space where humans can be accepted for just being humans. That's pretty cool to find ways to normalise their experiences and create space for them. It's also mind blowing to think that in our sport of Para Powerlifting our athletes are actually out performing able bodied athletes in the bench press. Check out our lifters on Instagram and see for yourself.

How long have you been in the role?

I have nearly been in the role 8 years, which is the longest I have ever worked for any organisation. Hopefully another 8 to come as we move into the Paris Paralympic Games.