

Q&A with Athlete Rooni Siraj



Q. How did you first get involved in your sport?

A. I remember watching it on TV, thinking this was crazy. Normal sized people lifting huge weights, showing great athleticism. Hooked from then onwards.

Q. Who were your sporting heroes growing up?

A. Ali, Senna, Bruce lee

Q. How often do you train?

A. 6 days a week

Q. Which one food / foods fuel your training?

A. Nando's

Q. Best piece of advice your coach ever gave you?

A. During adversity reminded me to never forget who I am. Basically meaning never to lose yourself in failure.

Q. What would be your advice for would-be weightlifters?

A. Acknowledge early on what it is you're wanting in this sport. Then find a way to work towards that and sacrifice as much as you have to. Stay focused and stay on track, regardless of setbacks.

Q. What are your goals for the rest of the year?

A. Setting a good total, and knowing I gave everything I could this year.

Top tips:

Look after your body, the better you get the harder it is. Recovery is key.

Allow yourself to experience the highs and lows of weightlifting you'll grow and push for more. There will be many tough times but it's a test of will and character.