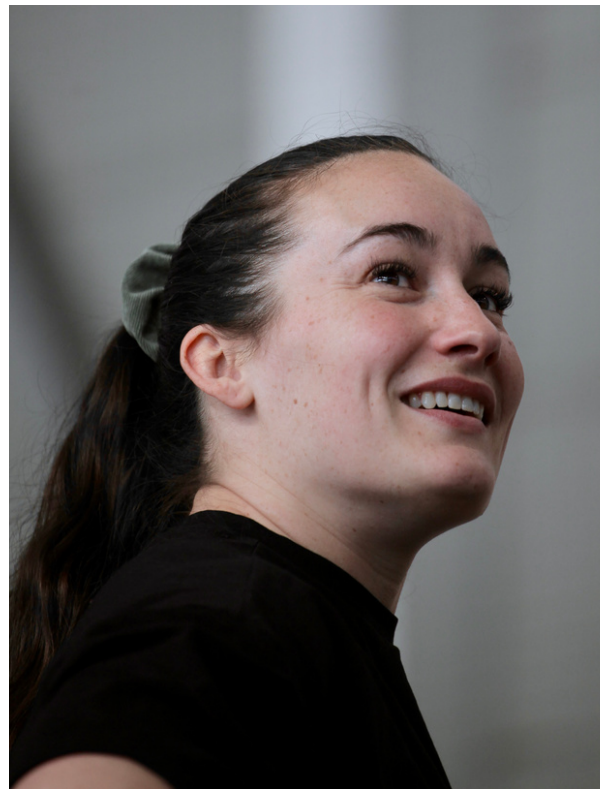


THE WEIGHT OF AMBITION AT THE EUROPEAN CHAMPIONSHIPS

INTERVIEW WITH SARAH DAVIES

Join us as we delve into the world of Sarah Davies, whose path to the European Championships in Sofia was paved with more than just physical training. From intensive prep in Atlanta to the pivotal moments on the competition stage, Sarah's journey encapsulates the essence of elite sportsmanship—where every lift is a leap towards personal and professional growth. This isn't just a story about striving for Olympic qualification or navigating the ups and downs of a high-stakes competition. It's about the determination, mental fortitude, and continuous quest for excellence that defines Sarah's approach to weightlifting and life.



- **Olympian (Tokyo, 2020)**
- **World Championship Silver medallist (Tashkent, 2021)**
- **Commonwealth Games Gold (Birmingham, 2022) and Silver (Gold Coast 2018) medallist**
- **European Championship Silver medallist (Moscow, 2021)**
- **European U23 Silver medallist (Klaipeda, 2015)**
- **Multiple-time British Weightlifting Champion**
- **Current holder of 6 British records across 2 different weight classes**

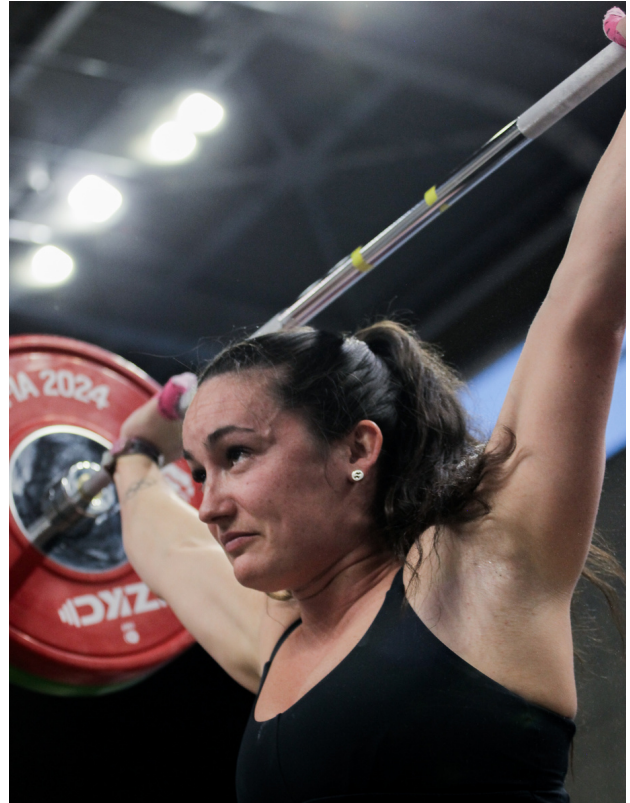
British Weight Lifting: Can you walk us through your training regimen leading up to the European Championships?

Sarah Davies: Training was really good leading into the Europeans, I spent 2 weeks in Atlanta, USA with my coach which was super motivating and although challenging it definitely helped my training. I was confident in the preparations we had put into my training ahead of the championship.

BWL: What was your mindset going into the competition, especially competing in Sofia?

SD: My mindset going into the championships was to hit the qualification total for Paris and win some medals along the way.

BWL: How do you feel about your performance at the championships?



SD: I am disappointed with my performance, going 2/6 didn't reflect the training going into the competition. I felt so strong in the warm up room but unfortunately it didn't come together on the platform.

BWL: Were there any lifts or moments that were particularly memorable or challenging for you?

SD: To have it all on the line for the last clean and jerk to make sure I made a total was a huge amount of pressure and although I'm disappointed with my performance I am proud of the resilience I showed to get that lift.

BWL: What are your next goals, and how has participating in the European Championships prepared you for them?

SD: My next goal is to compete in the World Cup in April, this will be my last chance to qualify for the Olympics.



BWL: Are there any specific areas you're looking to improve or focus on?

SD: My main area of focus in the next few weeks is to continue to execute heavier weights in training to help with my preparations.

BWL: What advice would you give to someone looking to compete in weightlifting at a high level?

SD: My advice to young and Aspiring lifters would be to make sure you turn up to the gym and give your best every day. Some days your best won't mean the same weights as the week before, that's OK, as long as it's your best effort for that day. If you do that you'll make the best progress you can. Weightlifting can be tough not only physically but mentally and it will not only help you to become stronger and healthier but it will help you become mentally strong and more resilience in other areas of life.

