

# Sugden “looking forward” to competing again at the highest level

**European Champion Louise Sugden is “looking forward” to competing again at the highest level at this Summer’s Paralympic Games where she will be challenging in the women’s up to 86kg category in Tokyo, her third Paralympic appearance, but first in Para Powerlifting.**

"It has been a challenging 18 months but I’m really happy with my progress in this time," said Sugden.

"I’m really looking forward to competing again in the coming months at the highest level and I hope to continue to improve my world ranking."

The 36-year-old has had a rapid rise in the sport having switched from wheelchair basketball, in which she represented Paralympics GB at Beijing 2008 and on home soil at London 2012.

Sugden made an instant impact in her first major Para Powerlifting international by winning silver by the smallest of margins at the 2018 Gold Coast Commonwealth Games, taking second spot by just 0.2 AH bodyweight points.

She then went on to secure gold at the European Championships the following month.

A strong 2019 season for Sugden saw her win gold at both Ready Steady Tokyo, and the Eger World Cup, as well as clinching bronze on a dramatic final day at the Dubai World Cup and finishing seventh at the World Championships as well.

Those results have seen her make significant progress in-line with Paralympic medal projections and earned her the BWL Sportscover Para Powerlifter of the year award.

She also set a new British Record in the women’s 86kg category at the British Championships lifting 116kg, which she subsequently broke at the World Championships in Kazakhstan where she lifted 120kg.

Sugden carried on that impressive form into 2020 and won the Sportscover Para Powerlifter of the year award again after a superb performance at the Manchester Para Powerlifting World Cup where she successfully hit three out of three lifts to clinch a new British record of 125kg in the women's up to 86kg category and win gold for Great Britain on home soil.

That helped Great Britain top the overall team results as well and strengthened her own individual position in the Tokyo 2020 Paralympic qualification rankings before competitions were disrupted by COVID-19.

At the 2021 Manchester World Cup Louise secured a silver medal, breaking the British record she set the previous year with her third-round lift of 128kg. She then won gold at her final Tokyo qualifier at the Tbilisi World Cup lifting 125kg.

British Weight Lifting would like to wish Louise and the rest of the team the best of luck on their journey towards Tokyo.