

Olivia Broome: Going to a Paralympic Games is something that I've wanted to achieve

Olivia Broome continues to excel at a young age by lifting at an incredibly high standard and is set to perform on the world's greatest stage by competing at this summer's Paralympic Games in the women's up 50kg category.

Speaking about her main motivation Broome said: "Getting stronger is a 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."

Broome originally got involved with the sport on the recommendation of her sister who did some volunteering on UK Sports successful #DiscoverYourGold Talent ID programme. She was invited down to Loughborough University and her career kickstarted from there.

She made an instant impact in the sport in 2017 by medalling at the British Championships and finishing tenth at the world championships in Mexico City. Those performances earned her the BWL Young Lifter of the Year award, back when the accolade was combined for both weightlifting and para powerlifting.

In 2018 she won senior bronze at the European Championships in Beck Sur Mur in France and also secured junior gold.

The following year she swept both the Junior and the Senior titles in the women's up to 50kg class at Eger World Cup which earned her a second BWL Annual Achievement Award in the Young Para Powerlifter of the Year Category.

At the end of 2019, Broome ranked second in the up to 50kg Junior World Rankings and eighth in the same division at senior level. She also set a new British Record in the women's 61kg category at the 2019 British Championships by lifting 96kg at the Ricoh Arena in Coventry.

Before the pandemic, Broome won junior gold and senior bronze at the 2020 Manchester World Cup. When competitions resumed in 2021, Broome retained her junior gold and won senior silver at the 2021 Manchester World Cup in the women's up to 50 kg category. The 19-year-old from Chorley, Lancashire successfully lifted 100 kg on her second lift of the competition, which was a crucial qualifying event for this summer's Paralympic Games.

At the Tbilisi World Cup, which acted as her last event before Tokyo, Broome showcased her abilities by breaking her own British benchmark with a lift of 101kg on her first attempt.

She then extended that to 104kg on lift two and then showcased her potential by making a World Junior Record attempt of 106.5kg on her final lift which she successfully managed to pull off.

That amazing performance also means Broome moves up one position to fifth in the Tokyo women's up to 50kg Rankings.

British Weight Lifting would like to congratulate Olivia on her selection and wish her and the rest of the team all the best as they prepare for Tokyo