



BRITISH  
WEIGHT  
LIFTING

## Tom Smith



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### **How did you originally get involved in the sport?**

I attended a Para Powerlifting competition through the Dwarf Sports Association and at this event, were British Weightlifting coaches and scouts helping to run and officiate the competition. After I had competed, the coaches took me to one side to invite me to a National Development Training Day taster session to get more of an insight into the sport of Para Powerlifting.

### **What do you enjoy most about Para Powerlifting?**

What I love about the sport is the signs of both physical and also psychological development and improvement. In addition to this, the idea of being able to qualify and compete at a Paralympic Games later on in my career is something which can almost guarantee to keep me motivated.

### **What is the best competition you have competed in so far and why?**



The 2021 Manchester World Cup. At this event I competed in the Men's up to 54kg category in which I won the junior competition and for the first time, became a Junior World Cup gold medallist within the sport in just my second international event.

**What are your long-term sporting goals?**

To become a Paralympic Champion at a future Paralympic games as well as continue with my personal development and prepare for life after sports.

**What is your main motivation?**

My main motivation would be my team mates. Seeing some of the team prepare and get ready to travel to Tokyo for the Paralympic Games this summer is something which I feel I bounce off very positively. I feel that seeing this take place allows me to put into perspective the hard work and emotions that I will face later down the line.

**What music / artists do you like listening to?**

Depending on what I am doing in the day, will depend on the music I listen to. On my way or prior to a gym session I tend to listen to artists such as Bring Me The Horizon to get me raring and ready to go. Other times I listen to artists such as DJ Khaled and Drake.

**Which sports teams or athletes do you follow / support outside of Para Powerlifting?**

I am a massive Peterborough United Football Club fan and I have been my whole life. In a normal day to day work without restrictions I go to most games and find that this is a great escape and set back from the demand and day to day environment as an elite athlete in sport.

**What are is your TV show / film?**

I am not really a massive TV Show or Film person. I very rarely watch TV unless it is a major sporting event such as: The Euro's, Olympics / Paralympic Games etc.

**What is your favourite food?**

Chicken and Pasta.

**What is your favourite animal?**

Tigers as they are strong and powerful!

**What are your favourite hobbies and interests?**

Outside of training I like to go fishing.




**If you could describe yourself in three words, what would they be?**

Outgoing, ambitious and resilient.



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### Career Highlights

-  Junior Gold Manchester World Cup (2021)
-  Junior Bronze Manchester World Cup (2020)
-  TASS Stars Most Inspirational Award 2019