



# Promising Athletes Programme

## Andrew Priddle

The sport I participate in is powerlifting, and I compete in the British Powerlifting Federation.

My introduction to powerlifting was a result of the COVID-19 pandemic. Previously, I played rugby, but when the pandemic hit, I was unable to play. A friend and I found a gym that had set up an outdoor training area, and I began booking slots to train there. The gym owner, who was a powerlifter, inspired me to take up the sport.

For my training, I primarily use the main gym facility. My core training mostly requires a squat rack, bench, and a barbell. An SSB squat bar would be a significant addition. For my support exercises, I simply adapt my program to work with the equipment I have available.



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My current achievements include:

- East Midlands Bench Press Champion
- Anglian Bench Champion
- Anglian Full Power Champion
- England Bench Champion
- Commonwealth Silver Medallist
- National and European Deadlift Record Holder and Champion

I don't have a specific role model in my sport; instead, I have a dedicated powerlifting family. We meet to train every two to three weeks. Although powerlifting is an individual sport, the support and assistance of this family have been crucial to my success. Their presence also ensures I always have someone familiar to help me out at every competition I attend.



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In addition to my powerlifting, I dedicate time to running an Under 15 football team in the local area with my son.

Being part of the Promising Athlete Programme (PAP) is invaluable. It provides me with a local training venue, which I believe will enhance my chances of progressing from the England team to the Great Britain (GB) team. As powerlifting is self-funded, the financial support from the PAP is crucial, allowing me to enter more competitions.

My main goal for next year is to secure that GB spot. I recognize this will demand significant hard work, but with the support of the PAP, the helpful and friendly staff at my training centre, and my powerlifting community, I am confident I can achieve it.



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