



British Powerlifting is pleased to announce the appointment of Kate Sweatman as Sub Junior and Junior equipped team head coach.

Kate has been a member of British Powerlifting since 2017 and has attained numerous accolades in her capacity as an athlete. Two first-place finishes at Equipped Western Europeans, podium finishes at Equipped Bench Worlds and Europeans, and in 2023 was the Open World Equipped Champion in the 84+ class.

As a coach, Kate has worked closely with Martin Marshall assisting with the equipped bench team, and has played a key role in proliferating developmental sessions for equipped powerlifting in British Powerlifting.

Kate also works as a coach in her professional life; in addition, is also the Area Swim School Lead for GLL in West Oxfordshire. This sees her managing a team of over 50 swimming teachers - many of whom are aged 16-21, whilst also working with coaching young children and early teenagers in swimming.

British Powerlifting is thrilled to have Kate on board as the Sub Junior and Junior equipped team head coach and is excited to see these teams grow, and hopefully develop a plethora of young talent in the equipped discipline.

