

THIS CHICK CAN KICK YOUR ASS, AND YOU MAY LIKE IT!

BY MICHELE ATKINSON

Sarah Leighton

If you thought you didn't need motivation to push your lifts to the next level, you do now. We've got two words for you: Sarah Leighton. Do you have National records that will hold forever? Leighton does. Do you crave squat day? Leighton does. Can you slam a buffet and still look hot in a bikini? Yup, Leighton can.

Who is Sarah Leighton in 10 words or less? Humble, but devoted to being the best I can be.

How old are you? 31.

Where do you train? I train at Ultimate Fitness in Renfrew, Ont., Canada, which is one of the two gyms my husband and I own.

Do you get hit on a lot at meets? Not really; my husband handles me at every meet and he is pretty scary-looking.

How and when did you start powerlifting? I competed in my first meet in 2008 and have been hooked ever since.

What is the typical reaction when people find out you are powerlifter? Many people assume that powerlifting is body building, so I have to explain the difference to them. Then, the most common question is, "How are you so small yet lift so much weight without hurting yourself?" My mom has asked me why I can't do something "normal."

What is your favorite lift and why? I love squatting and look forward to every single squat training day. I think it's because I just love the way a well executed squat feels. It's a beautiful thing!

On a scale of 1 to 10, how girly are you? Hmm, sometimes a 4



and sometimes a 7. I was always kind of tomboyish. The only really girly thing about me is my sneeze. And maybe my curves.

What meets are you currently preparing for? I just won my Nationals at the end of March, so other than a couple of meets throughout the summer, my main focus now is IPF Worlds in Plzen, Czech Republic in November.

What is your favorite food? I love food. All of it. I have a nutritionist, so my diet is very strict to keep me looking good and performing well. When I get a cheat meal, it's off the charts. I can out-eat a lot of men.

What powerlifting records do you hold? I lift in the CPU, which is the Canadian branch of the IPF. I own the retired squat 413 lbs. (187.5kg), bench 260 lbs. (117.5kg) and total 1,052 lbs. (477.5kg) records in the 148 lb. (67.5kg) class, which will hold forever now with the weight class changes.



Who is your favorite lifter? Definitely Ed Coan, but I also love watching Benedikt Magnusson lift. So much energy!

How has powerlifting helped you? Powerlifting has really helped me gain confidence in myself. Prior to lifting, I had played many team sports. I did well, but with powerlifting it's just you and the weights on the platform. There is nobody to rely on but you. Nothing is more satisfying than constantly challenging yourself to do better, reaching your goal and then moving on to the next one.

Do you intimidate a lot of dudes? Yes. But I also challenge them and keep them on their toes. When I start drilling weights close to their numbers, they have to step it up.

What are your powerlifting goals? Before March I would have said win my weight class at Nationals and be the best female lifter. Now, I am looking forward to a good placing at Worlds.

What is something unique about you? My smile.

Anything else you would like to add? I am looking for sponsors! **PM**



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