



OWA Talks:

Shania Bedward

OWA Admin Eva Martens asked Shania for some insights of her experience at Worlds and Shania was thoughtful and open in her answers and we appreciate her sharing her experience.

Starting with the Training hall, how was it training there?

The training hall experience was very nice. It was awesome to see so many amazing lifters there that I've seen online before, but never in-person. I felt even more motivated when I was there!

Who did you meet that left the biggest impression?

I met many lifters in the training hall. I would say Li Wen Wen left the biggest impression because she lifts more than most of the male lifters in the training hall! It was really impressive to see a Super Heavyweight female moving with such agility!

How did it feel Stepping onto the stage and platform? If this is not the first time, was there anything different this time?

This was my 2nd Worlds, and it was different this time because I knew I was going to be outlifting people in the A session. I had done totals in the training that would definitely place me higher in the rankings but I just put a lower total than what I knew I was going to perform on competition day. I surprised the world and shocked my family.

The lifts: the good, bad, feel. Whatever you want to share.

The lifts were my favorite part of the trip of course! The lead up to the competition I was excited and feeling really good. In the training hall I like to lift with sharp technique so everyone will watch me! I admit I love the attention and spotlight when I'm performing in competition. It drives my adrenaline and drives me to perform better because I want people to see what I have been working on in the gym with my coach! This is what I'm here for and I don't like to disappoint! I also like being in the warmup before competition. This drives

my fire even more! I want my competitors to see what they are up against in the back!!! I'm very calm and extremely focused when warming up. I appreciate my coach so much because he understands me the most. He knows me so well. As a team we are unstoppable Apex Predators!

How was the atmosphere and crowd experience?

The atmosphere was definitely different this time. I was around athletes who I could tell weren't just "happy to be there", but were there to compete aggressively. Everyone there was either battling for a medal, or to improve their world or national ranking. I was there for the same reason. In the past when I was doing team sports, it would sometimes be a letdown to have your teammates say they "weren't concerned if they didn't win", or they were "just happy the team made worlds", when I would be getting fired up to win. I am so glad I became a weightlifter because now it's all up to me and only me to perform to my fullest potential. My coach is on the same page as me and I absolutely love it. I have had many coaches in different sports in my

life. There is no coach like Hani Kanama.

How was the food? Did you have to cut? Did you eat out? Any favorites?

The food was not very good at the first hotel! I immediately noticed it and made sure not to eat it because some of it was stale and undercooked. I was eating food outside of the hotel. Traditional Colombian food which was very good and totally different from the food at the first hotel. I did not have to cut for this competition. I weighed in at the body weight I normally sit at, which is 74kg. Everything I ate was healthy, high in protein, and low in carbs, but this time I did not worry about how much I was eating since I was 2kg under the 76kg category limit. I stayed away from sugar and sweets.

The altitude. How did it affect you?

The altitude did not affect me. I arrived 6 days in advance of the competition. I did my research on altitude and what to do in order to adjust properly. I felt a bit off on the second day

of being there. In the training I noticed I needed to breathe more but my lifting was not affected.

Mental focus. How did you find calm and focus in all of it or did you?

I am a calm and focused person. I have been this way since a very young age. My brain chemistry is just different! The focus takes over when I'm lifting. Nothing else enters my mind. When I lifted the 128kg clean and jerk with 1sec left I wasn't thinking about anything because my body knows what to do. All I could hear was my coach's voice counting down from 10 as I walked onto the stage. In this situation most people would be panicking, but I'm extremely calm. It was enough time for me to do it. On the world's stage the spotlights are very bright. You cannot really see the clock, so cues from your coach are really important!

Favorite moment?

Winning my session of course! I stayed to watch the A Session, and was so proud to see my name listed as "previous group's best". My results also put me ahead of 4 lifters from that group, and 8th in the World!