

# Powerlifting priest lifts weights in her garage

SHE is the powerlifting priest who has been pumping weights to help raise money for charity.

The Rev Deborah Curram, associate minister for Hayling Island, started lifting weights during the pandemic lockdown. She trains alongside her 17-year-old son Huw, who competed for Team GB in the World Powerlifting Championships in Poland in October - coming first in his age and weight category.

Huw helps to train Deborah in the gym they've created in their garage. She has raised £1,200 in sponsorship after lifting the total required to qualify for the world championships in her weight and age category.

The family moved from Gloucestershire in 2019, when Huw was already competing as a powerlifter. When the first lockdown started, it was tricky to keep up his regime. So the family converted their double garage into a gym and bought equipment on Ebay, to allow him to continue to train for anything up to four hours a day.

Huw helped Deborah to work towards powerlifting a total of 222.5kg across the three disciplines of squat, benchpress and deadlift. And the funds she raised will go towards the three C of E churches in Hayling Island and for charities supported by NHS Charities Together.

"I used to take Huw to the gym and competitions from the age of 14 onwards," Deborah said. "I'd often be sitting there in my dog collar, writing sermons on my computer



The Rev Deborah Curram and her son Huw in their garage

while he was training. I could see that the world of powerlifting is a real community - I was amazed at how much powerlifters care for each other.

"When we moved to Hayling and lockdown happened, we started to look for equipment online, so that Huw could continue his training at home. I started doing some powerlifting myself in February this year, to keep Huw company, and discovered I enjoyed it. If I was feeling a bit weary, this helped me to focus on something else.

"My husband works away from home a lot, so this was a good way of doing something practical with Huw. I also discovered it helped me with my core strength, and my back and hip issues have gone. Huw's a good coach, and I managed to lift my target weights, which was very exciting."

And Huw, who is also a student at South Downs College, said: "It's fantastic for me to have mum involved. If I train by myself, I can get sidetracked, but we can feed off each other's energy. Mum is also a good pupil. She does listen to what I tell her!"

"I'm currently studying to be a personal trainer, learning about nutrition and sports massage, and would love to study sports therapy at university. So this is really good practice as well."

Deborah, her husband Nic and Huw also plan to compete as a family in a charity powerlifting event in Birmingham in December - and she now hopes to qualify for the 2022 world championships herself.

To sponsor Deborah as part of her challenge, email her on [revdeborah01@gmail.com](mailto:revdeborah01@gmail.com)