



Para Powerlifter

ERI YAMAMOTO

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Profile

Birth date: May 17th, 1983

Birth place: Kobe City, Hyogo Prefecture

Born with the impairments on the legs due to congenital spina bifida. Since 9 years old, she started to participate in the Para swimming events, both local and national, including the Japan Championships. She encountered with Para ice hockey at 29 years old during her study in Canada, and had opportunities to play together with the members of Canadian team, one of the sport's powerhouses. After studying the Para sports at the graduate school in Canada, she decided to come back to Japan at 32 years old and work for the Tokyo 2020 Paralympic Games that takes place in her home country. Since 2015, she's been working at

Nippon Foundation Paralympic Support Center. In May 2016, she put her hands on the powerlifting for the first time at the tryout event organized by Tokyo Metropolitan Office. That experience made her contemplate in which way she could enjoy her life more, with or without powerlifting, and then she chose to follow her heart again, and to challenge for Tokyo 2020 as an athlete. She's currently competing at the competitions in Japan and abroad while engaged in the projects at Nippon Foundation Paralympic Support Center to promote the awareness for the impaired people.

Record

2017	6th in Women up to 55kg, at FAZZA World Cup in Dubai
2018	6th in Women up to 55kg, at Bogota 2018 US championships
2019	Gold in Women up to 55kg, at All Japan Championships
2019	12th in Women up to 55kg, at Nur-Sultan 2019 World Championships in Kazakhstan As of August 21st, 2019

As of July 1st, 2019

Media Coverage

July 9th, 2019	Web TOKYO HEADLINE WEB, "Concentrate On A Moment; Smile and Mentality of Para Powerlifter Eri Yamamoto"
July 1st, 2019	Web THE SANKEI NEWS, "Backstage Staff Pursuing Dream Stage; Para Powerlifter Eri Yamamoto"
May 29th, 2019	Web d menu sports, "Seeking For "Personal Best in Quality": Eri Yamamoto Wishes To "Return Favor" By Challenging Tokyo 2020 As Para Powerlifter"
March 29th, 2019	TV CM Panasonic, "Tokyo 2020 Powered Wear feat. Para Powerlifting"
November 30th, 2018	Web JTB Travel & Life web magazine, "Eri Yamamoto of MacDonald Talks About Charm Of Para Powerlifting and Hometown Kobe"
March 29th, 2018	Web "Exhibition Para Athletes featuring LUMIX at the photography expo 'CP +2018'"
April 5th, 2017	TV Fuji Television, "PARA☆DO!"

Reference On Our Website

May 30th, 2019	"The More Struggling As Athlete, The More Committed As Backoffice Staff: Eri Yamamoto, Nippon Foundation Paralympic Support Center"
May 29th, 2019	"Eri Yamamoto Wants To Show Examples Of "i enjoy!" To Promote Inclusive Society"
February 7th, 2019	"Japan Excited With New National Records! Winners of All Japan Para Powerlifting Championships"
May 23rd, 2018	SUPER☆DRAGON Faces On Reality of Impaired People at Challenge For Tomorrow! Academy
March 28th, 2018	How To Become "Considerate Beauty": What Female College Students Find Out at Challenge For Tomorrow! Academy

15 Things To Know About Her

Q1 How are you called by friends?
And why?

“Mac,” because I always devote myself on everything at maximum!

Q2 What did you major in at the university?

I majored in Psychology at the Department of Cultural History of the Faculty of Letters, studying the effects of laughter.

Q3 What is your personal goal for Tokyo 2020?

I aim to compete at the Paralympics as the first Japanese female Para Powerlifter, and to be remembered for my performance rather than the records.

Q4 What do you like most about Para Powerlifting?

To carry out the heavyweights so gracefully.

Q5 What do you think is your strength?

To be able to sleep anywhere. Once I can get some sleep, I can recover so quickly.

Q6 What do you like most about the competition uniform, so called “i enjoy suit?”

Its flamboyance. I also wear something orange with it, my favorite color, to boost my motivation!

Q7 What do you keep in mind ahead of the competition? What mindset do you try to achieve?

To take one step at a time. Concentrate on every practice.

Q8 What is your “fortune” food wishing for the victory?

Horse meat and liver.

Q9 What is your must-have items on the road?

I always take my own mattress and rice cooker.

Q10 What is your philosophy at the workplace?

To equilibrate input and output. I also try to be actively conscious of the how Japanese society view the Paralympic Games and the impaired people.

Q11 What is your recent boom or favorite pastime?

I love to collect candles. I'm so hooked in staring at the frames of fragrant candles in the dark room. My favorite pastime is to go to musicals, although I haven't much these days...

Q12 What is your “indulging” food after the competition?

Liver and ginger ale.

Q13 What is the phrase inscribed in your heart?

“Where there is a will, there is a way.”

Q14 What makes you feel honored?

The fact that I'm privileged to live the life that I fully enjoy.

Q15 Any message for Japanese audience?

I'll be so happy if you acknowledge every tiny bit of Eri Yamamoto as a person, and cheer up the sport of Para Powerlifting. Just come out and meet “Mac” for once!