
Chilean María Fernanda Valdés with More Experience to Lima 2019

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Chilean weightlifter María Fernanda Valdés assures that the experience accumulated in its previous Pan-American games will guide her in search of a gold medal in Lima 2019.

Winner of two silver medals in Guadalajara 2011 and Toronto 2015, María Fernanda is one of the surest medal winners to increase the number of medals for the Chilean delegation in the Pan-American Games of Lima whose to start next July 26th.

In statements to the press she assured that 'this far in my career I have matured enough in comparison with what I was before and now ponder things more but I don't overlook the real sense of sports that is to compete.'

'I will enjoy the Pan-American Games, and although I will seek a medal, the important thing is to have a good time, to enjoy the competition and keep all the experiences', said the athlete after a concentration in Colombia, she says to feel 'hundred percent bodily.'

María Fernanda remembered that in Guadalajara she was surprised at the result because she didn't think even of winning a medal, while in Toronto she was going through a bad psychological moment and she was in a slump to the point of considering retirement if she didn't reach a good result.

Now the story is different, because the Fernanda of the previous Pan-American Games was immature, says the 28 year-old athlete, competing in the under 75 kg in her record sheet appear

attendances to the Olympic Games of London 2012 and Rio de Janeiro 2016.
