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2006: Breeze becomes Commonwealth Champion

Over the past few weeks, we have been delving into some of the classic Home Nation Commonwealth moments from recent history and today we are looking back at Michaela Breeze's Gold medal win for Wales at the 2006 Games in Manchester.



Breeze won Wales' first Gold in any sport at the 2006 Commonwealth Games when she put in a record-breaking series of lifts to win the Women's 63kg competition.

The 26-year-old, who won Silver in Manchester four years prior managed to edge out Canada's Christine Girard and Miel McGerrigle.

She set three Games records in the Snatch and one in the Clean & Jerk for a 220kg total, which saw her beat Girard by 8kg.

McGerrigle ended the competition on a combined total of 190kg.

England's Annette Campbell finished in sixth place.



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Breeze had never lifted the record 100kg weight in the Snatch before, even in training,

Speaking after the event she said: "I feel absolutely brilliant.

"This has made all those years of training and all the pain I've been through worthwhile because it's the one I've been waiting for.

"I'm so happy to have broken the Commonwealth record for the Snatch and the overall score.

"I had a knee operation just before Christmas so I'm just so grateful to all the people back home who have helped fix me up and get me to this point."

Breeze, who taught PE and Weightlifting at Ivybridge Community College in Devon at the time, added: "It's not easy balancing a full-time teaching job with full-time training.

"But I'm so happy I feel like I could lift Wales right now. Bring it on!"

Breeze's coach and 1986 Welsh Gold Medallist Ray Williams said: "This win is a catalyst for a brighter tomorrow for Welsh Weightlifting.

"Michaela's made a small nation very proud. The effort and dedication she's put in has paid off tonight."