



BRITISH
WEIGHT
LIFTING

2014: Bronze for Breeze after retirement comeback

Welsh weightlifting legend Michaela Breeze claimed a Bronze medal on her Commonwealth Games comeback in Glasgow.



The legendary Welsh Weightlifter Snatched Gold at Manchester 2002 and swept the board in Melbourne at Melbourne in 2006 before retiring with Silver in 2010.

However, after setting up a gym in Aberdare, Breeze decided to come out of retirement and make a comeback in Glasgow as a way to inspire her pupils.

Those efforts were rewarded with a Bronze medal after an epic showdown in the Women's 58kg class with eventual English winner Zoe Smith runner-up.



The Commonwealth Games record was broken three times in the Snatch where Breeze lead at the interval with 93kg under her belt. Smith was second in 92kg while Nigerian Ndidi stood on 90kg at the interval.

When it came to the Clean & Jerk Breeze opened on 108kg and followed this up with 109kg although she failed in her final attempt at 113kg.

The Welsh lifter was relegated to third by Ndidi but hung onto Bronze at the finish. Smith set a new Commonwealth Games record to take the win.

“I am never doing this again and I mean it this time,” said Breeze after the event.

“I know people question that after what I said four years ago but that is it this time. I have given it my best and I have no regrets or excuses.

“It has been a while since I have been on that kind of stage and I am still shaking now.

“I have gone out on a high. I managed to set a new Commonwealth Games Snatch record and it will give Zoe something to chase next time around.

“I enjoyed it but am just glad it’s over.

“It has been one heck of a comeback and I never thought I would be back at this level.

“My main motivation last year to start lifting again was to try and push my athletes so they could qualify themselves.

“They managed to do that, and Christie Williams competed here in the B group, so I am a very proud coach.

Breeze’s protégé Williams finished fourth in the B group.

“Christie has come here for experience and there was never going to be any rivalry between us,” added Breeze,

“She has qualified in less than 18 months and represented Wales and we have had two people from Breeze’s Gym at the Commonwealth Games.”