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## Throwback Thursday 2010: Silver for Scotland's Kirkbride

Each week are reflecting on some of the strongest Home Nation Commonwealth performances from the last 20 years and today we are highlighting Peter Kirkbride's Silver medal for Scotland at Delhi 2010.



At 22-years-old, Kilmarnock Weightlifting club member Kirkbride lifted 144kg in the Snatch and 189kg in the Clean & Jerk for a combined total of 333kg.

That was enough to give him the Silver behind Samoan Faavae Faauliuli who lifted 142kg and 192kg for an overall 334kg take the Gold by just a single kilo.

Speaking after the event Kirkbride said "It wasn't my best performance ever but I'm ecstatic. I don't know what to say, it's amazing to have a Commonwealth medal.



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"I didn't expect it at all. I take everything day by day, step by step. I came here with no expectations and left with a medal.

"The atmosphere in the stadium was a big help to me, I was getting power from the crowd. The entire GB team are all really close and they were here to watch me just as I watched them."

"I was only one kilo from the Gold, and I'm only 22. I've got a few years left in me yet. The only way is up."

Kirkbride had to wait for his first lift, with other competitors coming in at lower lifts.

But after 45 minutes he took to the stage and opened on 140kg and ending with 144kg and second spot heading into the Clean & Jerk.

After a comfortable opening lift of 182kg, Kirkbride moved up to 186kg and then on to 189kg for a personal best by four kilos, a final total of 333kg and the lead.

However, Samoan Faavae Faauliuli managed to edge in front, lifting 192kg with his last attempt to push Kirkbride into second spot.