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Throwback Thursday 2018: Evans Strikes Gold for Wales

Each week we are exploring some of the best Home Nation Commonwealth performances from the modern era and today we are focusing on Gareth Evans medal for Wales at the 2018 Commonwealth Games.



Evans posted a total of 299kg in the Men's 69kg class to win Wales's first medal in any sport at the Gold Coast Games.

The London 2012 Olympian was successful in all three of his Snatch attempts hitting a best lift of 136kg to tie for second place at the interval.

In the Clean & Jerk he produced good efforts of 160kg and 163kg to put himself in a great position. Evans missed out on 165kg but held the lead heading into the closing stages.



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The final few moments were tense as 4th placed Vaipava loane attempted an all or nothing 175kg on the last lift of the competition which would have been enough to take Gold by 1kg.

However, the effort was unsuccessful, and Evans held on to the win with a 3kg cushion over Silver medallist Indika Dissanayake Mudiyanse of Sri Lanka.

Bronze went to India's Deepak Lather who finished a further 2kg adrift.

Speaking after the event Evans said: "It was hard not to get a bit teary, if I'm being completely honest. Like every Welshman, I'm ridiculously proud," said Evans after the event.

"To stand up there with the Gold medal is special. I dread to think what's going on at my mum and dad's house at the moment."

The London Olympian was fifth in the 62kg category at Glasgow 2014 having made his Commonwealth Games debut in Delhi in 2010.

"I missed out on a medal in Glasgow and vowed I would never miss a medal again. I have let that spur me on for the past four years," he added.

"I don't know what the future holds to be honest, I have done everything I set out to do as a weightlifter."