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2018: Hughes wins Bronze on Commonwealth debut

Every WEEK we take a look back at some of the best Home Nations Commonwealth moments and today we are looking at when Laura Hughes won Bronze on her Commonwealth debut for Wales at the Gold Coast in 2018.



The CrossFit competitor finished third in the Women's 75kg competition behind England's Emily Muskett and Canada's Marie-Eve Beauchemin-Nadeau.

Hughes aged 24 at the time, only took up Weightlifting three years prior to the event.



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Speaking after the competition she said: "There is a lot more to give in the next few years and I feel really happy with the Bronze and that performance..

"My background is in horse-riding and then I switched to CrossFit when I was about 21. I still do CrossFit, but Weightlifting is a very different sport and I'm still learning."

Beauchemin-Nadeau made a bad start, missing her opening Snatch, leaving her trailing Godley by 1kg at the end of the Snatch round, with Hughes just 4kg further back.

It looked like the Canadian would pull ahead in the Clean & Jerks when she started with the highest opening lift of the competition. But she faltered on her second Clean & Jerk of 126kg.

Attempting the same weight for the win, Godley made her sixth successful lift of the competition.

Hughes was unable to stay with the top two, but it was still an impressive display from the Welsh record holder who won the Commonwealth Championships in the same Gold Coast venue in September 2017.