



**BRITISH
WEIGHT
LIFTING**

John McNiven (MBE)

2 x Commonwealth medallist

14 World Masters Titles

Scottish Sports Hall of Fame

Scottish Weightlifting Role



John McNiven MBE competed at six Commonwealth Games in the 56kg category, winning two bronze medals for Scotland.

He made his Commonwealth debut in 1966 with a seventh place in Kingston.

McNiven then went on to win bronze at the 1970 and 1974 editions. During his career McNiven won twenty-five Scottish National championships.

He has also competed in 18 World Masters events, winning gold in 14 of them.

McNiven was the first weightlifter to receive the World Masters Hall of Fame Award in 1993.

He was awarded an MBE in 1993 for services to the sport of Weightlifting and was inducted into the Scottish Sports Hall of Fame in 2003.

Today he still remains an active technical official, often sitting on the Jury at British Championships.