



## Judy Oakes

**2 x European Champion**

**World Medallist**



**Judy Oakes won two European Weightlifting titles for Great Britain & was a World medallist.**

In 1987 Oakes won a clean & jerk bronze medal at the first Women's World Championships in Daytona.

Two years later she secured bronze in the snatch & finished third overall.

She also won the European Championship in 1989 as well and repeated the feat again in 1990.

With women's weightlifting not being on the Olympic & Commonwealth programme in the 20<sup>th</sup> century she competed in shotput.

Oakes represented England at six Commonwealth Games between 1978-1998 and medalled at every one, winning three gold, two silver & one bronze.

Oakes also represented Great Britain at four Olympics in shotput.

She was given an OBE by the Queen in 1999.