



**BRITISH
WEIGHT
LIFTING**

Natalie Blake

European Medallist

Commonwealth Medallist

World Medallist



Natalie Blake won medals at the Commonwealth Games, World Championships & European Championships in a career that spanned 20 years.

Having started out as the youngest athlete to compete at the Sydney 2000 Olympics – female Para-Powerlifting’s inaugural competition, Natalie went on to represent her country at five further Paralympics, securing a brilliant fourth place finish at Athens in 2004.

She won silver medals at the World Championships in Malaysia in 2002 and for England at the 2014 Commonwealth Games in Glasgow.

Having participated in over 80 competitions over her career Natalie has set a number of British records as well as two European records.