



Phil Caira

2 x Commonwealth Champion



Phil Caira represented Scotland at five Commonwealth Games between 1954 and 1970 and was crowned a champion twice.

While still a pupil at Kirkcaldy High School he won Scottish and British senior titles, earning him the nickname 'Scotland's Wonder Boy'.

He recorded a top-five finish on his Commonwealth debut in 1954 and repeated the position at the Olympics one year later for Great Britain.

Caira competed in international events around the world.

He won a silver medal at the Moscow Prize competition in Russia before going on to win Commonwealth gold in 1958.

He had retired following the Games due to a knee injury but was persuaded to make a comeback for the 1960 Rome Olympics where he finished fifteenth.

He returned for the 1962 Games where he won gold for the second time. The result made him Scotland's most successful Commonwealth Games weightlifter to date. Caira failed to record a total at the 1966 Commonwealth Games but finished tenth on his swansong four years later.