

## **Sarah Davies: “Let’s show the world what Team GB can do!”**

**European & Commonwealth Medallist Sarah Davies is determined to “show the world what Team GB can do!” following the announcement that she has been selected as one of the three British Olympic Weightlifters selected to represent Team GB at the Tokyo 2020 Olympic Games this summer.**

Speaking about the selection Davies said: “After a long qualification process and lots of ups and downs during that time it is super exciting to be selected for my first Olympic Games.

“The opportunity to represent Great Britain on the biggest sporting stage is truly an honour and I am so excited to get out onto that big stage.

This is the latest step on a decade long weightlifting journey for Davies. She showed promise early in her career by representing Team England at the Commonwealth Games at Glasgow 2014, finishing a strong seventh on her debut in Scotland.

The following year Davies built on the solid foundations by winning the European U23 Championships in 2015 alongside the English Senior Title. It was a sign of things to come on the domestic scene with Davies going on to take further English titles in 2017, 2019 and 2021.

Davies won her first British Senior title in 2017 which she would retain the following year and between those two triumphs she finished sixth at the World Championships in Houston which at the time was the best British result in fifteen years.

The Barbell Queen also won bronze at the 2017 Commonwealth Championships at the Gold Coast which would prove to be perfect preparation for the Commonwealth Games held in the same venue one year later where she would go on to win silver.

“I’ve been competing in weightlifting for ten years and to be able to showcase all those years of hard work will be incredible,” said Davies.

“To be a part of an elite group of people who get to call themselves “Olympians” is something not many get to do, but now I get to join that family! Let’s show the world what Team GB can do!

Davies started her Tokyo 2020 qualification campaign at the 2018 World Championships in Ashgabat lifting 217kg.

She followed that with a fourth-place finish at the European Championships at Batumi in 2019 lifting 223kg.

She then broke the British snatch record at the Ricoh Arena competing at the 2019 British International Open in Coventry and totalled 224kg to take silver overall.

Davies lifted 222kg at the 2019 World Championships in Pattaya to finish eighth. She secured Bronze in the Snatch at the Tianjin World Cup in China but was unable to set a total on that occasion.

A training base move to Atlas Gym has seen her transform her technique under the tutelage of experienced national coach Dave Sawyer and weightlifting coaching veteran Cyril Martin.

She bounced back at the Rome World Cup with a fifth place finish in January 2020 lifting 217kg which was the last event before the COVID-19 pandemic halted international weightlifting competitions.

During the period without events Davies worked hard in her role as chair of the International Weightlifting Federation (IWF) Athlete Commission, fighting for better representation and securing athlete voting rights on the IWF Executive Board to give lifters a better say in the future of direction of the sport.

Once competitions resumed Davies produced a sensational performance at the European Championships, in Russia setting a record British total of 230kg.

She was successful in all six of her lifts to win three silver medals for Great Britain in the Women's 64kg class after battling against World Number one Loredana Toma who is set to miss Tokyo.

British Weight Lifting would like to congratulate Sarah on her selection and look forward to supporting her in Tokyo.