

Two-time Paralympic medallist Newson has her sights set on Tokyo

Two-time Paralympic Medallist Zoe Newson is “looking forward” to travelling to Tokyo ahead of this Summer’s Paralympic Games. She is set to embark on her third Paralympic adventure having represented ParalympicsGB at London 2012 and Rio 2016.

She will be competing in the women’s up to 41kg class and aims to continue an outstanding career that has included medalling at the World Championships and Commonwealth Games.

Speaking about the prospect of competing Newson said: “I’m looking forward to going as I haven’t been to Tokyo, so I can add that to the list of countries I have been too.”

Having travelled all over the world, Newson’s sporting career originally started at the age of 14 when she was spotted by a local club coach who was delivering a talk at her high school and thought she would be suited to the sport.

After that encounter she began Para Powerlifting at Suffolk Spartans in 2007, entering her first competition the following year in Cardiff.

Since then, she has steadily progressed, setting a new personal best almost every year.

In 2010 Zoe competed at the IPC Powerlifting World Championships in Kuala Lumpur, finishing first in the junior event and fourth in the seniors.

Newson is one of many athletes supported by the Dwarf Sports Association who have helped to unearth talented future sports stars.

Their support combined with her own determination saw Newson qualify for the Paralympic Games in London, where she took bronze in the -40kg class.

A change in IPC classifications during 2014 meant the London 2012 bronze medallist was temporarily ruled out of the sport.

However, Zoe made her comeback at the 2015 IPC European Championships in Eger, Hungary in stunning style by taking silver with her second press of 90kg.

At Rio 2016 Zoe matched her achievement of London 2012 as she claimed bronze in the -45kg category. She successfully lifted 102kg to place third behind Nigeria’s silver medallist Latifat Tijani while China’s Paralympic champion Dandan Hu won with a lift of 107kg, later setting a new world record of 108kg in the bonus fourth round.

The following year she on went on to secure a World Championships medal in 2017 and stand on the Commonwealth Games podium representing England the following year to complete a clean sweep of medalling at all the major events.

Newson qualified third in the Tokyo rankings with a best lift of 95kg courtesy of a gold medal winning performance at the Tbilisi World Cup in Georgia earlier this year. That came off the back of lifting 88kg at the 2021 Manchester World Cup in Wythenshawe where she won bronze.

British Weight Lifting would like to wish Zoe and the rest of the team the best of luck on their journey towards Tokyo and beyond.