



## Zoe Newson

**2 x Paralympic Bronze Medallist**

**World Medallist**

**Commonwealth Medallist**

**European Champion**



**Zoe Newson is a double Paralympic bronze medallist and has also medalled at the World Championships.**

She began powerlifting at her local club in 2007, before winning her first competition in 2008.

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. This helped her 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 round.

Newson won Bronze at the World Championships in 2017 and repeated the result at the 2018 Commonwealth to complete a medal treble in major Para Powerlifting events.

At the 2019 World Para Powerlifting World Cup, Newson took gold in the first session of the event, lifting 88 kg on her third lift to secure first place.



**BRITISH  
WEIGHT  
LIFTING**

Zoe competed at the Manchester 2021 World Para Powerlifting World Cup, showcasing her skills by winning Bronze for Great Britain in Wythenshawe lifting 88kg in the Women's up to 41kg class.

At the Paralympic Games Zoe finished in a strong fourth place in the women's up to 41kg category.

Later that year at the World Para Powerlifting Championships, Zoe secured her podium place on her second lift of 94kg clinching silver from Nigeria who missed her final lift.