



Zoe Newson



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Club / Gym Suffolk Spartans

DOB 24.03.1992

Hometown East Bergholt

Category Women's up to 41kg

How did you originally get involved in the sport?

When I was at high school my old coach was there to give a talk about the army. Looking around the school at lunchtime I was playing badminton and he said because of my height I would be good at it. I went to Suffolk Spartans which was the club he was setting up and I enjoyed it.

What do you enjoy most about Para Powerlifting?

Travelling the World.

What is the best competition you have competed in so far and why?



London 2012 Paralympics, my friends and family came and watched me. Some hadn't seen me compete live. It was nice - the atmosphere and winning bronze at my first Games.

What are your long-term sporting goals?

Doing the best I can do.

What is your main motivation?

Support from my family and friends.

What music / artists do you like listening to?

Old type of music.

Which sports teams or athletes do you follow / support outside of Para Powerlifting?

Arsenal FC.

What are is your TV show / film?

EastEnders and Adam Sandler movies.

What is your favourite food?

KFC and McDonald's.

What is your favourite animal?

Dogs.

What are your favourite hobbies and interests?

Football, going out with my family, spending time with my son. Spending time with family.

If you could describe yourself in three words, what would they be?

Dopey, Happy, Fun.

Career Highlights

 Gold European Championships (2018)

 Gold Tbilisi World Cup (2021)

 Gold Manchester World Cup (2020)

 Gold Dubai World Cup (2021)



**BRITISH
WEIGHT
LIFTING**

-  Silver European Championships (2016)
 -  Bronze Paralympic Games (2012 & 2016)
 -  Bronze World Championships (2017)
 -  Bronze Commonwealth Games (2018)
 -  Bronze Manchester World Cup (2021)
- 3x Paralympian (2012, 2016 & 2021)