

Zoe Smith

Commonwealth Champion

European Medallist

Olympian



Zoe Smith has stood on every step of the podium at the Commonwealth Games representing England and is also a multiple European Medallist.

Starting out as a gymnast, Zoe first participated in weightlifting aged 12 after being asked to make up the numbers for the Greenwich team at the London Youth Games.

She trained at Europa under Andrew Callard and was named BOA Athlete of the Year in 2008 after winning gold at the Commonwealth Youth Games. Two years later she became the first English Women to medal at the Commonwealth Games when she won Bronze at the age of 16.

At London 2012 she broke the British clean and jerk record en route to a tenth place finish.

Smith followed this feat by winning a spectacular gold medal at Glasgow 2014, but surgery on a dislocated shoulder prevented her from making her second Olympics at Rio 2016.

She made her third Commonwealth Games appearance in 2018 on the Gold Coast and won a silver medal in the women's 63kg weightlifting event despite a back injury.

Smith has also twice won overall medals at the European Championships taking bronze in 2014 & 2019.

In 2021, Smith competed at the delayed Tokyo Olympics finishing in eighth place in the women's 59kg category, an improvement of two positions on her London 2012 result.