

## Zoe Smith: Second Olympics for Commonwealth Champion

**Zoe Smith is one of the most successful and well-known weightlifters in the county having medalled multiple times at the European Championships and Commonwealth Games, winning gold outright at the 2014 Commonwealth.**

**She forms part of a group of three weightlifters selected to represent Team GB at Tokyo 2020 and is set to compete in the Women's 59kg category.**

Born in London, Smith started her sporting journey at Europa Gymnastics Club where she was talent spotted by the affiliate weightlifting club of the same name who were recruiting new members to compete at the London Youth Games

Smith gave it a go and showed immediate promise from the outset. She developed her skills training under Europa Weightlifting Head Coach Andrew Callard, a former Commonwealth Champion and 1992 Barcelona Olympian.

Smith's talent saw her selected in national youth squads and she won gold for England at the 2008 Commonwealth Youth Games held in Pune, India. That performance contributed to her winning the British Olympic Association Athlete of the Year for Weightlifting.

In 2010 she became the first English woman to medal in Weightlifting at the Commonwealth Games at the age of 16 in Delhi and was nominated for the BBC's Young Sports Personality of the Year Award.

Her amazing rise through the ranks continued two years later as Smith was selected to represent Great Britain on home soil at London 2012 where she finished tenth setting a new British Clean & Jerk record before going on to win Commonwealth gold at Glasgow 2014.

Domestically Smith has won two English Senior titles (2010 & 2014) and has also been crowned British Champion on four occasions (2012, 2014, 2015, & 2019).

She has also been ever-present in European events, winning numerous medals across the continent in locations such as Tel-Aviv, Batumi and Fårde over the years while also overcoming injury to win Commonwealth silver at the gold Coast in 2018.

Smith took her first step towards Tokyo qualification at the 2018 World Championships in Ashgabat, Turkmenistan lifting 215kg in the Women's 64kg category.

She then went on to win silver at the European Championships at Batumi, Georgia in 2019 and gold at the British International Open in Coventry producing totals of 224kg and 225kg respectively.

To maximise her Olympic qualification chances, Smith switched to the 59kg category at the 2019 World Championships in Pattaya. She lifted 216kg en-route to the 2020 IWF World Cup in Rome where she finished seventh on 199kg.



After competitions resumed Smith finished sixth at the European Championships in Moscow, Russia earlier this year hitting a total of 200kg to secure her place at a second Olympic Games.

British Weight Lifting would like to congratulate Zoe on her selection and wish her all the best of luck in Tokyo.