



BRITISH
WEIGHT
LIFTING

A photograph of weightlifter Zoe Newson in a celebratory pose. She is wearing a dark blue singlet with the Adidas logo and the British Weight Lifting logo, over a white t-shirt. Her arms are raised in triumph, and she has a determined expression. She is sitting on a blue padded bench with a barbell across her lap. The background is a solid blue wall with red diagonal stripes in the top right corner.

**Zoe
Newson:
Athlete
Profile**

Zoe Newson

What year did you first get involved in Para Powerlifting?

2007

How did you get involved in the sport?

I was playing badminton at my high school and my old coach was there doing a talk about the Army. He came up and said because of my height I could be good at Para Powerlifting and he was setting up a club

What do you enjoy most about Para Powerlifting?

I get to travel the world

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

The London 2012 and the Rio 2016 Paralympics. London was good because I had lots of family and friends there, and Rio was good because it was my second games

What are your long-term sporting goals?

To try to improve every competition

What keeps you motivated?

Support from friends and family and my son

Who is your sporting hero?

Lionel Messi

What do you like to do outside of training?

Shopping, supporting Arsenal and spending time with family

Career highlights

- 2012 Paralympics Bronze medal
- 2016 Paralympics Bronze medal
- 2017 World Championships Bronze medal
- 2018 Commonwealth Games Bronze medal
- 2018 European Championships Gold medal
- 2020 Manchester World Cup Gold medal
- 2021 Manchester World Cup Bronze medal
- 2021 Tbilisi World Cup Gold medal
- 2021 Dubai World Cup Gold medal
- 2020 Paralympian
- 2021 World Championships Silver medal

Favourite accessory exercise?

None lol

Favourite snack?

KFC and McDonalds

Describe yourself in 3 words...

Short, dopey, mum



Keep up with Zoe and her training on Instagram! @Zoenewson7