



**BRITISH  
WEIGHT  
LIFTING**

## Weightlifter: Emily Campbell

**Olympic Silver Medallist**

**European Champion**

**World Champion**



Campbell won her first English Senior Championship in January 2017 competing in Milton Keynes. She would then go on to retain the title in 2018, 2019 and 2021.

The Nottingham based lifter has also enjoyed similar success at British level with a maiden title triumph in 2017 at the Ricoh Arena, in Coventry, followed by two more consecutive wins in the years that followed.

Campbell trains at the legendary Atlas gym in Alfreton working with national coach and former lifter Dave Sawyer and Cyril Martin, a coaching veteran with over 60 years' experience in the sport.

She finished fourth at the 2017 Commonwealth Championships which were held at the Gold Coast, Australia and served as a test event in preparation for the 2018 Commonwealth Games. The following year Campbell returned to the same venue and won bronze for Team England.

After announcing herself on the international arena with her Commonwealth medal success, Campbell started her Olympic qualification campaign at the World Championships in Ashgabat lifting 248kg to finish fourteenth.

She then won bronze in the Snatch, Clean & Jerk and total disciplines at the 2019 European Championships hitting 260kg, before lifting 255kg to medal at the British International Open in Coventry.

Campbell lifted 267kg at the 2019 World Championships in Pattaya, Thailand to take ninth and her last competition before the Covid-19 pandemic was the Tianjin World Cup where she medalled in the Snatch and finished fourth overall lifting a total of 271kg.



Those performances saw Campbell honoured with the Sportscover Weightlifter of the Year accolade at the latest BWL Annual Achievement Awards.

At the 2021 European Championships Campbell became the first British weightlifter to win a clean sweep of golds across all three disciplines at the European Championships since Marie Forteach in 1988. Hitting six out of six lifts, Campbell snatched 122kg to set a new British record and stormed to gold at the interval. She then managed to produce another British record to win Clean & Jerk gold lifting 154kg for a total of 276kg to wrap up the overall title as well. The Clean & Jerk performance also ensured she set a new Commonwealth record in that discipline and the overall total, beating the previous benchmarks of 151kg and 275kg set by Samoa's Feagaiga Stowers in 2019.

At the delayed 2020 Olympic Games in Tokyo, Emily Campbell became the first British woman in history to medal in weightlifting at the Olympic Games by clinching silver in the women's 87kg+ session which saw British and Commonwealth records broken.

She is only the sixth person in British Weight Lifting history to stand on the podium at the Olympic Games and the first since David Mercer in 1984, in an amazing display of strength and determination that inspired the nation. Campbell snatched 122kg to match the British Senior women's 87kg+ record and go into the interval in fourth place before hitting a British and Commonwealth Clean and Jerk record of 161kg to seal silver.

At the IWF World Championships in Tashkent, Uzbekistan at the end of 2021, Emily hit a solid 121kg snatch, just 1kg under her personal best to secure bronze in a tight contest with competitors from Thailand and South Korea. After a solid start Emily entered a close contest, lifting a huge 157kg on her second attempt to win silver in the clean & jerk and secure bronze in total with her second highest total of all time of 278kg.