



**BRITISH
WEIGHT
LIFTING**

Maggie Lynes

EEC / EU Champion

2x European Medallist (6 in total)

Commonwealth Competitor

England Team Manager 2010 & 2014



Maggie Lynes was one of the pioneers of women's competitive weightlifting.

She was a triple gold medallist at the first EEC weightlifting championships and went on to win a total of six European Championship medals, including two gold medals in the clean and jerk.

She narrowly missed a medal in the clean and jerk at the 1989 World championships, finishing fourth by virtue of a slightly heavier body-weight.

Lynes went on to compete for England in weightlifting at the 2002 Commonwealth Games where she finished sixth, becoming the first English athlete to compete in two different sports at the Commonwealth Games.

She was served as the England Weight Lifting Team Manager at the 2010 and 2014 Commonwealth Games and currently sits on the BWL England Sub-Committee.