



**BRITISH
WEIGHT
LIFTING**

Michaela Breeze (MBE)

Commonwealth Champion

European Medallist



Michaela Breeze won overall gold at the 2006 Commonwealth Games and also medalled in 2002, 2010 & 2014. She represented Great Britain at two Olympic Games and won European Bronze in 2003.

Breeze showed immediate promise at international junior events in 1999 winning the European title in Poland as well as a World bronze medal in the USA.

Breeze snatched gold at the 2002 Commonwealth Games in Manchester but had to settle for silver overall.

Four years later she claimed the crown outright in Melbourne.

After taking silver at the 2010 Commonwealth Games, Breeze retired from the sport and opened a gym in Aberdare.

However, she made a comeback for the 2014 Commonwealth Games, motivated by a desire to push athletes she was coaching towards qualifying for the Games themselves.

Breeze won a bronze medal in the 58 kg competition, setting a new Commonwealth Games snatch record and subsequently announced her second retirement.