

Jay was introduced to weightlifting over 30 years ago in Western Australia, by Curtin Athletics Coach, Matt Barber. As an athlete Jay was British and Australian Champion multiple times, competing for Australia at three World Championships (1993, 1994, 1999) and for Great Britain once in Thailand in 1997. Jay also had the privilege of competing for Australia and Great Britain in multiple European, European Union, Oceania and Commonwealth Championships during her career. Jay was also the reserve lifter for the Australian Team for the Sydney 2000 Olympics. Between 1996 and 2000, Jay was based in Oxford, England, and assisted Andy Saxton with the running of the Morris Motors Weightlifting Club. During that time, in addition to her own lifting, Jay was also instrumental in assisting the younger athletes in the club achieve Divisional and National awards. Jay returned to Western Australia at the start of 2000 and continued her preparation to make the Australian Weightlifting Team for the Sydney Olympics. In the early 2000's, Jay co-founded the garage gym, the Shelley Weightlifting Club, that soon became the Ox Weightlifting Club. In her capacity as Ox WLC coach and program coordinator, Jay who is a NCAS Level 2 Weightlifting Coach, has guided many of her athletes to medal at State, National and International competitions. Jay is currently the AWF High Performance Manager for WA and South Australia, and has also been the Western Australian Honorary Secretary for the past six years. During her time as Secretary, Jay has been instrumental in the process of developing and renewing WWA policies, and was also part of the team that wrote the new WWA Constitution that was approved by the membership earlier this year. In conjunction with Bowen Stewart from the AWF, Jay was also instrumental in setting up the on-line membership portal and also the on-line competition registrations for all WWA approved competitions. Jay was the Team Manager for this years WWA Senior Team that travelled to Canberra for the National Championships, and has been the Team Manager for the U15 & Youth State Team for the past five years. Jay was also the competition secretary for the successful 2018 National U15 & Youth Championships that were held at Guildford Grammar School, Western Australia.

