

TOOMEY SHOWS SHE'S AT HER BEST AHEAD OF OLYMPIC DEBUT

It's not unusual for athletes to put themselves through a tough final preparation on the eve of an Olympic Games.

But it's unlikely many athletes competing in Rio next month will have had the lead-up that Australian weightlifter, Tia-Clair Toomey, has had.

Toomey has just competed in the gruelling World Crossfit Games in California, finishing second to earn the unofficial title of "second fittest woman in the world".

Toomey came to weightlifting from a crossfit background, and has managed to successfully combine the two passions.

So when the 2016 Crossfit Games were scheduled a month before the Rio Olympics, it presented a conundrum for the 23-year-old from Gladstone.

But she never had any doubts what she would do.

"I was always going to compete at the Crossfit games and never once did I consider pulling out," Toomey said.

"Crossfit and weightlifting complement each other, and there was never a time where I felt as though my weightlifting suffered because I was also training for the Crossfit Games.

"Ever since I decided to take crossfit and weightlifting to the next level, I always wanted to compete at the Olympics and Crossfit Games in the same year."

Toomey was leading the competition heading into the final day, but couldn't quite hold on, with Iceland's defending champion Katrin Davidsdottir snatching the title by just 11 points.

"I am a little disappointed that I just missed out on the top spot, but I am so honoured to be back on the podium again this year," Toomey said.

"It has fired me up represent my country at my very best. The past six weeks have been amazing.

"I have enjoyed training so much. I'm so excited to experience the Olympics, it has made training really fun."

Toomey will be Australia's only female lifter in Rio, and will compete in the 58kg division.