



**BRITISH  
WEIGHT  
LIFTING**

## Fred Mckenzie

**2 x Paralympic Bronze Medallist**



**Fred McKenzie took part in two Paralympic Games, winning two medals.**

He has been involved in the sport for 65 years and opened his first gym at the age of 18 in Newbiggin By Sea.

At New York in 1984 McKenzie won a bronze medal for Great Britain in the 85kg integrated class and he repeated the result four years later in Seoul after moving into the 90kg category.

He was the Para Powerlifting Team Manager and Coach from 1992 to 2000 and refereed at the 2002 Commonwealth Games in Manchester.

McKenzie currently serves as coaching secretary at the British Powerlifting Federation.