



**BRITISH  
WEIGHT  
LIFTING**

## Sir Ben Helfgott

**2 x British Olympic Team Captain**

**Commonwealth Bronze Medallist**

**3 x Maccabiah Games Gold**

**Motivational speaker for 2012 GB Weightlifting Squad**



**Sir Ben Helfgott is a two-time British Olympic weightlifting Team Captain who received a Knighthood in 2018 in recognition of his contribution to services to Holocaust remembrance and education.**

Helfgott was born in Poland on November 22, 1929. His parents and younger sister were killed during the Holocaust and he was brought to England aged just 15 after surviving the Buchenwald concentration camp and being liberated from Theresienstadt.

He won three gold medals for Great Britain at the Maccabiah Games in the lightweight division, triumphing in 1950, 1953 and 1957 and also secured bronze for Team England at the 1958 Commonwealth Games in Cardiff.

He was appointed captain of the British Olympic weightlifting team in 1956 for the Melbourne Olympics and then achieved the same feat four years later in Rome lifting alongside four-time World Champion Louis Martin.

Helfgott was a motivational Speaker for British Olympic Team ahead of the 2012 London Olympics.

He has received a Pride of Britain Award in 2020 and been inducted into the Jewish Sports Hall of Fame.