

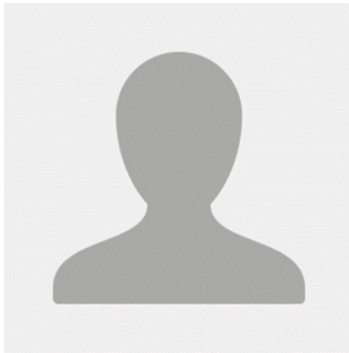


**BRITISH
WEIGHT
LIFTING**

Tom Palmer

Paralympic Gold Medallist

Paralympic Silver Medallist



Tom Palmer was Paralympic Gold and Silver Medallist.

At Japan 1964 he won silver on his Paralympic Games debut in the Paralympic Weightlifting Middleweight Category lifting 140kg.

Palmer went on to become champion four years later in Tel Aviv Israel. He once again competed as a Middleweight but managed to add 12.5kg to his previous benchmark.

His lift of 152.5kg was enough for him to see off France's Brifoulliere & Jensen of the USA who both finished 2.5kg adrift.

As well as Paralympic weightlifting he also competed in athletics & basketball.