



**BRITISH  
WEIGHT  
LIFTING**

## John Redgwick

### Paralympic Gold Medallist



**John Redgwick won Paralympic gold on his debut at Tokyo in 1964.**

He competed in the Men's Featherweight Weightlifting division and became champion after a closely fought contest with the legendary 4x multi-sport medallist Michael Dow of Australia.

Both lifted 95kg, but Redgwick took the title on a tiebreak. The image shows Dow competing while Redgwick is among the audience in the front row eagerly soaking in the spectacular showdown.

The pair finished ahead of Argentina's Hector Brandoni and O'Murphy of Ireland.

Redgwick also took part in athletics events in Tokyo as well.