



**BRITISH
WEIGHT
LIFTING**

Keith Bell

Paralympic Bronze Medal

European Champion

Keith Bell is a Paralympic Medallist and a former British and European Champion.

Bell won a bronze medal at the 1984 Paralympics in Los Angeles, lifting 95 kilos.

Four years later at the European Championships in Sweden, he lifted 135 kilos, a European record at the time for people with cerebral palsy.

During the last two decades Bell was worked as a gym instructor and sports masseur for people living with specific health conditions and disabilities

One of his facilities, The Broome Manor Golf Complex, was nominated for a National Fitness award in 2013.