

Lennox Cato was adopted at the age of two months by a family of antique dealers in Brighton. This led to his interest in art and antiques, and in 1978 he established his own business in the Lanes in Brighton. He carried on expanding his business and in 1997 moved premises to the market town of Edenbridge, Kent, where he is currently situated.

Lennox is a member of the two leading antiques trade associations, the Association of Art & Antiques Dealers (LAPADA) and The British Antique Dealers' Association (BADA). He served on the BADA Council for 12 years.

As a member of the National Association of Valuers and Auctioneers (NAVA), he has carried out many high-profile valuations and appraisals, including being appointed by PricewaterhouseCoopers (PwC) as primary valuer of Lehman Brothers.

Lennox has worked as a vetter of furniture at many London and regional antiques fairs. He has spoken at various venues, including The Guildhall and the Victoria & Albert Museum.

He is a liveryman of The Worshipful Company of Art Scholars and a Freeman of The City of London.

Since 2004 Lennox has been a regular contributor on the BBC 1's Antiques Roadshow.

In 2020 Lennox was appointed a Deputy Lieutenant of Kent. He is also part of the MEUM Group as an art and luxury asset consultant.