



## DAME KELLY HOLMES MBE: DOUBLE OLYMPIC CHAMPION

Photo and text from: [www.kellyholmes.co.uk](http://www.kellyholmes.co.uk) (2020)

**Double Olympic Champion Col. Dame Kelly Holmes MBE (mil)** holds the British records in the 800m and 1000m.

Born in 1970, Kelly was raised by her mum on a council estate in Kent. She attended the local secondary school where, due to the belief and support of her PE teacher she pursued her talent at running.

Kelly is an Olympic, Commonwealth and European champion with seven Gold, eight Silver and four Bronze medals. This includes her double win in the 800m and 1500m at the 2004 Olympic Games, the first Briton in over 80 years to do this. Kelly has won BBC Sports Personality of the Year, European Athlete of the Year and was honoured with a Damehood from the Queen.

It was a tough journey for Kelly. Her running career was overshadowed with repeated injury and disappointment. Recurring physical injuries contributed to periods of clinical depression and self-harm that continued to affect her just one year before her Olympic double win.

Kelly later set up the Dame Kelly Holmes Trust. This charity helps guide disadvantaged young people, getting their lives back on track by using world class athletes to engage, enable and empower, attitudes they need to fulfil a positive life. She encourages the same philosophy that she lives by, "nothing is impossible".

"That's the greatest feat in the history of British distance running....surely we're going to call her a Dame after that?!"

Brendon Foster

**"You've won it, Kelly, yes, you've won it. Yes, you've won," screamed the commentator, Steve Cram**