

Kelly Holmes



Kelly Holmes is an athlete who won 2 gold medals at the Olympic Games in Athens in 2004. Her autobiography "Black, White and Gold" was published in 2006.

She was born in 1970 in Penbury, Kent. Her father is Jamaican and her mother English. Kelly joined Tonbridge athletics club when she was 12, and went on to win the national schools 1500 metres event in her second season. Kelly joined the army when she was 18. Whilst she was in the army she continued to compete in athletics competitions. She also became the British army judo champion. Then in 1997 she obtained funding to become a full time athlete.

Kelly won a gold medal for England in the commonwealth games in 1994, and gold medals in the European cup for 800 metres in 1995 and for the 1500 metres 1997. She also won a 1500 metre gold medal at the commonwealth games in Manchester in 2002. In 2003 whilst training for the Olympics she suffered several leg injuries and was very depressed. However, by 2004 she had recovered from her injuries and was ready to compete once more.

In 2004 she became only the third woman history to win Olympic gold medals in both the 800 and the 1500 metre races in the same year and the first British woman to win two gold medals.

Kelly Holmes was made a Dame Commander of the order of the British Empire in 2005. She retired from athletics in December 2005

