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Olympic bid and became a superstar on the red carpet as well as a much acclaimed and consulted professional in the sporting world.

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revealing story, we see

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why she will always
keep her head on her
shoulders and her feet
on the ...

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In her autobiography
“Black, White and
Gold” Holmes
estimated that she had
suffered 37 major
injuries in the previous
decade, including
ruptures, tears and
stress fractures.

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**On this day: Born
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Dame Kelly Holmes DBE (born 19 April 1970) is a retired British middle distance athlete.. Holmes specialised in the 800 metres and 1500 metres events and won a gold medal for both distances at the 2004 Summer Olympics in Athens. She set British records in numerous

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events and still holds the records over the 600, 800 and 1000 metre distances..

Inspired by a number of successful British middle ...

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winner supports a
campaign that insists
women ...

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Olympic gold medallist
Dame Kelly Holmes
revealed at an event in
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while struggling to
cope with injuries that
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career.

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Dame Kelly Holmes is a retired English middle distance athlete. She won gold medals in the 800 metres and the 1500 metres at the 2004 Summer Olympics. Today she is National School Sport Champion and the face of Sainsbury's Keep Kids Active campaign

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and is committed to leading Britain towards a healthier lifestyle.

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Dame Kelly Holmes' story In 2005 I wrote my autobiography called Black, White and Gold. I called it Black, White and Gold as the gold was the obvious bit, the black and white because I am mixed race but also because there is black and

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white in sport: you win
or you lose. My Autobiography

**Dame Kelly Holmes:
The workplace
needs to understand**

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Holmes made history
when she brought
home double gold in
the 2004 Olympics,
becoming a national
hero. She won Sports
Personality of the Year,

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was given a
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backed London's
successful 2012
Olympic bid and
became a superstar on
the red carpet as well
as a much acclaimed
and consulted
professional in the
sporting world.

**10 must-read books
for Black History
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In her autobiography

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“Black, White and Gold” Holmes estimated that she had suffered 37 major injuries in the previous decade, including ruptures, tears and stress fractures.

Whenever she managed to drag her battered body to the start line, Holmes then faced the further challenge of going up against an Eastern European doping culture on the one

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hand and testosterone-
fueled intersex ...

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**On this day...Born
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Holmes, British ...**

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Holmes has become a household name in the UK. She stole the nation's hearts when she won gold in both the 800m and the 1500m at the Athens

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Olympic games in
2004. But that isn't all
there is to this young
mixed-race woman.

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