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Kelly Holmes made history when she brought home double gold in the 2004

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Get this from a library! Kelly Holmes : black, white & gold : my autobiography. [Kelly Holmes; Fanny Blake] -- From the running track to the red carpet, Kelly's world has been turned upside down, but in this, her revealing story, we see 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

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suffered 37 major injuries in the previous decade, including ruptures, tears and stress fractures.

On this day: Born April 19 1970: Kelly Holmes, British ...

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 events and still holds the records over the 600, 800 and 1000 metre distances.. Inspired by a number of successful British middle ...

Kelly Holmes - Wikipedia

Dame Kelly Holmes has become the latest star to be dragged into the row on transgender athletes competing in women's events. The Olympic gold medal winner supports a campaign that insists women ...

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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

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Champion and the face of Sainsbury's Keep Kids Active campaign and is committed to leading Britain towards a healthier lifestyle.

Kelly Holmes Black, White & Gold.: Holmes, Kelly ...

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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 white in sport: you win or you lose.

Dame Kelly Holmes: The workplace

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needs to understand ...

Kelly Holmes: Black White and Gold by Kelly Holmes Kelly Holmes made history when she brought home double gold in the 2004 Olympics, becoming a national hero. She won Sports Personality of the Year, was given a Damehood, fully 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.

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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. 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 hand and testosterone-fuelled intersex ...

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Kelly Holmes made history when she brought home double gold in the 2004 Olympics, becoming a national hero. She won Sports Personality of the Year, was given a Damehood, fully backed London's successful 2012 Olympic bid and became a superstar.

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suffered 37 major injuries in the previous decade, including ruptures, tears and stress fractures.

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On this day...Born April 19 1970: Kelly Holmes, British ...

Black, White & Gold Kelly Holmes.
Published by Virgin Price:£17.99 Kelly 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 Olympic games in 2004. But that isn't all there is to this young mixed-race woman.

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