

## **Kelly Holmes Black White Gold My Autobiography**

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

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## **Amazon.com: Kelly Holmes: Black, White & Gold - My ...**

Kelly Holmes is the author of Black, White And Gold (3.81 avg rating, 151 ratings, 10 reviews, published 2005), Running Life (3.71 avg rating, 76 ratings...

## **Kelly Holmes (Author of Black, White And Gold)**

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

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

In Black, White and Gold, her autobiography Kelly Holmes shares her inspirational story of growing up mixed-race in Kent, of not knowing her real father, of being a woman in the male-dominated army and of fighting a host of injuries to bring home not one but two gold medals for her country.

## **Black, White & Gold:Intermix.org.uk:Mixed-Race Books**

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Winner of both gold medals in 800 and 1500 m in Athens 2004, the up and down of her career is narrated by herself as a proof of sincerity, honesty and effort.

### **Kelly Holmes: Black, White & Gold - My Autobiography ...**

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 ...

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and win gold, and the emotional decision she made to retire from athletics.

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Dame Kelly Holmes is one of Britain's most recognizable and admired athletes. She has won Olympic, World, Commonwealth and European medals, and added the ultimate sporting trophy to her cabinet at the Athens Olympic Games - Double Olympic Gold.

### **Kelly Holmes - Double Olympic Gold Winner & Athlet ...**

One of Britain's most successful and celebrated female athletes, Kelly Holmes won Gold in both the 800 and 1500 metre event at the 2004 Athens Olympic Games. Having entered sport after a successful career in the army, her dedication and drive were key to her Olympic victory, making her a role model to sportspeople of all ages and abilities ...