



Kelly Holmes

AUTHOR · OLYMPIC ATHLETE · SPORTS PERSONALITY

Double Olympic Champion, Global Inspirational Speaker

Double Olympic Champion Col. Dame Kelly Holmes MBE (mil) is one of the UK's most popular athletes, respected throughout the world as a role model and an inspiration.

Kelly Holmes's 2026 Biography

Dame Kelly Holmes: Double Olympic Champion, Trailblazer, and Advocate for Empowerment

As we reflect on the remarkable journey of two-time Olympic Gold Medallist Dame Kelly Holmes, we celebrate not only her extraordinary achievements but also her lasting influence as a role model and inspiration across the globe.

Dame Kelly's journey began at just 17 when she joined the British Army, serving nearly a decade as a qualified HGV driver and Physical Training Instructor. Her dedication and service were recognised in 1998 when she received an MBE from the now King Charles, honouring her exceptional contribution to the armed forces.

Her illustrious athletic career spanned 12 years, during which she earned multiple medals at the Commonwealth, European, World, and Olympic levels. The highlight came at the 2004 Athens Olympic Games, where she made history as the first British woman to win two gold medals at a single Olympics, triumphing in both the 800m and 1500m events. In recognition of her monumental achievements, she was awarded a Damehood by the late Queen Elizabeth in 2005.

In 2008, Dame Kelly established the Dame Kelly Holmes Trust, a pioneering organisation that connects world-class athletes with disadvantaged young people, helping them unlock their potential. Her commitment to social impact has earned her numerous honours, including the Beacon Award for Philanthropy in 2017 and the Sport and Recreation Alliance's Arthur Bell Trophy in 2023.

From 2018 to 2024, Dame Kelly served as the Honorary Colonel of the Royal Armoured Corps Training Regiment, becoming the first person in history to be attached to a regular regiment in this capacity—an appointment personally approved by the late Queen Elizabeth.

AVAILABLE FOR

- After Dinner Engagement
- Awards Hosting
- Event Hosting
- Guest Appearance
- Speaking
- TV and Media

LANGUAGES: English

Dame Kelly's influence extends well beyond the track. In 2024, she received an Honorary Fellowship from the Royal College of Psychiatrists, adding to an impressive collection of 13 honorary degrees awarded since her retirement. Her acclaimed documentary, *Kelly Holmes: Being Me*, aired in June 2022, highlighting her journey toward authenticity and her advocacy for diversity and inclusion.

As a global motivational speaker for over 20 years, as well as a TV presenter and trained Mental Health First Aider, Dame Kelly continues to be a driving force for positive change. She embodies resilience, determination, and empowerment, serving as an inspiration to countless individuals and communities.

Dame Kelly Holmes—an icon of strength, a champion of transformation, and an unwavering advocate for those striving to achieve greatness.

Kelly Holmes's 2026 talks & topics

Have a goal and believe in your abilities

Helping others to achieve their goals

Peaking at the Age of 34

Kelly Holmes's Videos



What Kelly Holmes's clients say

Testimonial for Black, White & Gold: My Autobiography: 'An honest account of Kelly's emotional and physical rollercoaster to glory.

Mail on Sunday.

Testimonial for Black, White & Gold: My Autobiography: Readers will enjoy the access into her childhood and her years in the Army.

The Times