



Kriss Akabusi

OLYMPIC ATHLETE · SPORTS PERSONALITY

TV presenter with a great athletics career behind him

Kriss Akabusi is as famous for his big personality as he is for his exceptional career in athletics. Rising to fame due to his success in athletics, he won the support of the nation due to his good nature and larger-than-life character. Renowned for his contagious enthusiasm and generosity of spirit, Kriss' work as a TV presenter only served to increase his popularity.

Kriss Akabusi's 2026 Biography

About Kriss Akabusi

Kriss Akabusi's charisma engages audiences of all sizes and his energy, humour and good spirits are contagious. Born to Nigerian parents, Akabusi grew up in London. When an adult, he joined the army, where his sporting ability became apparent and he moved to the Physical Training Corps. On leaving the army, it was a natural step for the talented sportsman to pursue his athletic ambitions.

Becoming a member of the 4x400 metre relay team, Kriss soon became a household name. In 1990, he famously broke the long standing British 400 metre hurdle record which had been set by David Hemery twenty-two years earlier. His athletic career went from strength to strength and he won gold for Britain at some of the worlds most prestigious sporting events.

Having become a successful athlete and a sporting celebrity, Kriss turned his attention to the television and began working on The Big Breakfast, Channel 4s popular light-hearted early morning show. An energetic and enthusiastic personality, he soon became well-liked among viewers and moved on to be a co-presenter of Record Breakers on the BBC. This was an ideal show for Kriss, who knew first-hand the thrill of breaking records. Record Breakers combined his love of television work with his sporting experiences.

Akabusi's energy and sense of fun have seen him appear on numerous television programs since, though he has not abandoned sport altogether; he is one of only four Hudson accredited UK coaches and is a dedicated golfer.

He currently works as an advocate and speaker through The Akabusi Company, roles for which he is very much in demand. As well as his inspirational work in the UK, Kriss has founded two organizations

AVAILABLE FOR

- After Dinner Engagement
- Speaking

KRISS'S SPEAKING THEMES

- Leadership
- Team Leadership

LANGUAGES: English

(including The Akabusi Charitable Trust (TACT)) to help families struggling in Nigeria.

Positions and Honours

- MBE, 1992
- Honorary degree from the University of Southampton (1992)
- Career Achievements
- 1984 Olympic Games (Los Angeles) Silver in the 4 x 400 metre relay
- 1987 World Championships (Rome) - Silver in the 4 x 400 metre relay
- 1990 Commonwealth Games (Auckland) Gold in the 400 metre hurdles
- 1990 European Championship (Split) Gold in the 4 x 400 metre relay
- 1990 European Championship (Split) Gold in the 400 metre hurdles
- 1991 World Championships (Tokyo) - Bronze in the 400 metre hurdles
- 1991 World Championships (Tokyo) Gold in the 4 x 400 metre relay
- 1992 Olympic Games (Barcelona) Bronze in the 400 metre hurdles
- 1992 Olympic Games (Barcelona) Bronze in the 4 x 400 metre relay
- Broke the long standing British 400 metre hurdle record in 1990
- Winner of Gold medals in the World Championships, European Championships, and Commonwealth Games.

Winner of an Olympic Silver medal and two Olympic Bronze medals

TV Personality known for presenting BBC 'Record Breakers'

Today, he is known for his work as a motivational speaker, inspiring others to achieve their best through workshops and speeches, as well as hosting awards ceremonies.

Kriss Akabusi's Videos

