



Jessica Ennis-Hill

Former heptathlon Olympic champion, three-time world champion, European champion and world indoor pentathlon champion

One of the stars of the London 2012 Olympics, Jessica Ennis-Hill was not just the 'poster girl' for the games, she also embodied the competitiveness, enthusiasm, determination and professionalism synonymous with the Olympic movement.

Jessica's biography

Jessica Ennis-Hill's background

The route to Olympic success for Dame Jessica Ennis-Hill DBE was not easy. Going into the 2008 Beijing games as a favourite in the heptathlon, she suffered a career-threatening injury forcing her out of the competition entirely. Distraught at being made to watch a competition she was expected to win from home, she determined to fight her way to recovery and regain her place amongst the international elite. She came back, won gold at the World Championships the following year as well as at the European Championships and was once again amongst the favourites when the 2012 games came.

Leading from the front in London, Jess won both the opening events; the 100m hurdles and high jump. Briefly slipping into second after the shot put, she regained the lead after the 200m. On the second day Jess extend her lead with extraordinary wins in the long jump and javelin. Entering the final day leading the field by 200 points, a top three place in the 800m, the final event would secure gold. With millions watching expectantly at home and a capacity crowd in the stadium, Jess overcame the pressure with a masterclass performance finishing first, emphatically claiming a triumphant gold and providing one of the most memorable moments of a phenomenal Olympics.

After taking a break from [athletics](#) to start a family, Jess returned to the Olympics in Rio, taking silver in the Women's heptathlon. As well as holding the British record in the heptathlon and the indoor pentathlon, Jess also has individual event records in the high jump and 100m. She announced her retirement in 2016.

Jess is an ambassador for the Jaguar Academy of Sport and a patron of both the Sheffield Children's

Hospital charity and Barrie Wells' sports foundation. She is a columnist for The Times newspaper

Honours

Jessica is named in Forbes list in its 30 most influential under 30's in Europe in 2016. She was appointed DBE in the 2017 New Year Honours.

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