



Colin Jackson CBE

**Great Britain's Legendary Hurdler,
Multiple Gold Medallist & World Record
Holder, Broadcaster**

Birth date: 18/02/1967

Born: Cardiff, UK

Lives: Cardiff, UK

Records / Achievements

- 1988 Olympic Silver Medallist - Seoul Olympic Games in 110m Hurdles
- 1993 & 1999 Gold Medallist - World Championships in 110m Hurdles
- Set 7 European, 8 Commonwealth, 9 UK records for 110m Hurdles
- Former World Record Holder 12.91 seconds in Stuttgart 1993 for 13 years
- Current World Indoor Record Holder 7.30 seconds in Sindelfingen 1994
- 2005 Finalist on Strictly Come Dancing, ITV1's Dancing on Ice Goes Gold
- 2013 Founded 'Go Dad Run' campaign for Prostate Cancer
- Current World Sport Director of Wings for Life Foundation



A World Record holder, much loved media personality and inspirational speaker, Colin Jackson is a national treasure and one of the most well-known athletes in Great Britain. When he retired from competing, his multi-medal career and infectious personality made him the natural choice to join the BBC's athletics commentary team. Over the last 16 years Colin has become an integral part of the team, covering the Rio Olympics in 2004 and all major athletic events since then, including the Olympic Games in London in 2012 and Rio de Janeiro in 2016.

Colin has also developed into a hugely important figurehead for diversity, inclusion and mental health over the last two years. His open and connectable honesty has captivated the media and live audiences alike, as he speaks from the heart about the stressful demands of competing at the highest level, as well as the impacts of anxiety, eating disorders and body dysmorphia. In Autumn 2020 Colin will present BBC's Panorama film *Athletes* discussing just this, and the darker side of being a professional athlete.

Passionate about learning, Colin became Schools Ambassador for Wey Education in 2019 and continues to work closely with the Online Learning partner today, assisting the brand navigate its way through the COVID-19 pandemic.

For the last three years, he's co-hosted the popular Sunday Morning radio show on BBC Radio Wales with his sister, Suzanne Packer. Colin reached the final of BBC's Strictly Come Dancing, and has also competed in Celebrity MasterChef where he reached the knockout week and many other credits include an outstanding "Who Do You think You Are".

Colin is a member of the steering panel for Sport Relief and is also an International Inspiration Ambassador for UNICEF, as well as founding and fronting the *Go Dad Run* campaign for Prostate Cancer. Since 2014, Colin has been the Sporting Director for the Wings for Life Red Bull charity.

At 50, Colin's arguably more relevant now than ever, his personable and professional approach, combined with his high profile, means that he is always in demand from the commercial sector. He is a confident and charismatic conference/awards host and a high-level motivational speaker.

Contact:

office@mtc-uk.com

020 7935 8000