



Jo Pavey MBE

**European Champion in 10,000m,
only British track & field athlete to
appear at five Olympic Games**

Birth Date: 20/09/1973

Born: Devon, UK

Lives: Devon, UK

Records / Achievements

5 x Olympian

Third place in BBC Sports Personality of the Year, behind Lewis Hamilton & Rory McIlroy

Commonwealth Games Silver and Bronze Medallist

6 x British Champion

European Champion in 10,000m

Bronze World Medallist



Whilst Jo has been a fixture of the athletics scene for many years, 2014 defied all odds, winning the hearts of the British public coming in 3rd at BBC Sports Personality of the Year. Her story so far has been one of resilience and determination. Spanning decades, Jo went from domestic teenage prodigy to becoming the oldest ever European Champion at 40 years and 325 days. She was finally awarded her upgraded 2007 World bronze in 2017 – but it wasn't always plain sailing for this mother of two. Multiple injuries, juggling family life and training, Jo has overcome all to prove her doubters wrong.

Still competing, she serves as an inspiration to mums everywhere as she embarks on her next goal: Tokyo 2020. She remains a keen advocate for healthy family life, campaigning alongside Public Health England, while also publishing her acclaimed book, 'This Mum Runs'.

Jo is able to captivate audiences with her wisdom cultivated over years of hard competition. With such an inspirational and engaging story, Jo has received acclaim from a wide range of corporate audiences.

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