



Jo Pavey MBE.

5 x Olympian & European Champion in 10,000m

Birth Date: 20/09/1973

Born: Devon, UK

Lives: Devon, UK

Records / Achievements

5 x Olympian

6 x 5,000m British Champion

2006 – 5,000m Commonwealth Games
Silver Medallist

2012 – 10,000m European Championships
Silver Medallist

2014 – 3rd in BBC Sports Personality of the
Year, behind Lewis Hamilton & Rory
McIlroy

2014 – 5,000m Commonwealth Bronze
Medallist

2014 – 10,000m European Champion

2016 - First British Track and Field athlete to
compete at 5 Olympic Games.



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. From domestic teenage prodigy to becoming the oldest ever European Champion at 40 years and 325 days, it has not been an easy story for the mother of two. Multiple injuries, juggling family life and training, Jo has overcome all to prove all of her doubters wrong.

Still competing, she serves as an inspiration to mums everywhere as she embarks on her next goal, Tokyo 2020. 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.

Contact.

office@mtc-uk.com

020 7935 8000