



# 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



Still competing today, Jo's athletic career spans decades and is testament to her resilience and strong determination. She serves as an inspiration to mums everywhere as she juggles family life and training, never letting age or pressure be a barrier to her incredible achievements. From domestic teenage prodigy to becoming the oldest ever European Champion, Jo has won the hearts of the British public and she was awarded 3rd in the BBC Sports Personality of the Year awards 2014.

Jo is preparing to make her sixth Olympic appearance in Tokyo 2021, at the age of 47, another all-time record for the British track athlete. She remains a keen advocate for healthy family life and launched the Fit For Sport Activity Challenge during the UK's COVID-19 lockdown, to inspire families to get moving. Jo aims to make daily activity fun and improve the UK's physical and mental health during the pandemic and beyond. She published the highly acclaimed book, 'This Mum Runs' in 2016 and often campaigns alongside Public Health England.

## Contact

office@mtc-uk.com

020 7935 8000