



# Sally Gunnell OBE.

**Olympic Gold Medallist in 400m Hurdles.**

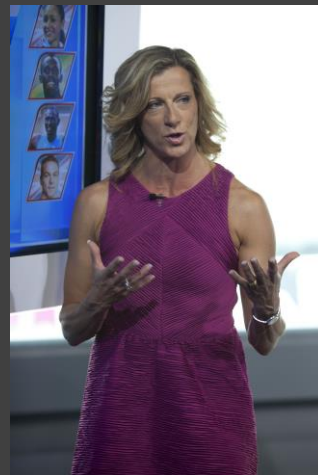
**Birth date:** 29/07/1966

**Born:** Chigwell, UK

**Lives:** West Sussex, UK

## Records / Achievements

- 1992 Gold Medallist - Barcelona Olympic Games in 400m Hurdles
- 1993 Awarded MBE followed by an OBE in 1998
- Only woman in history to have ever concurrently held all four major championship Gold Medals – Olympic, Commonwealth, European and World Record
- Has written four successful books on Fitness, Health, Self-fulfilment and Wellbeing
- Spearheads charity events such as Cancer research UK's Race for Life
- Figurehead for the British Heart Foundation



Despite winning her Olympic Gold medal nearly a quarter of a century ago, Sally remains one of the most recognised, respected, and loved females in British sport. She is the only woman in history to have ever concurrently held all four major championship Gold medals at the same time – Olympic, World, Commonwealth, European. She is one of only two women to have won the Olympic and World titles and broken the World Record.

She is now an authentic spokesperson of health and wellbeing particularly in the corporate workplace, and her unwavering motivation, dedication and self-belief ensured her on-track success now inspires audiences everywhere. Approachable and down-to-earth, she not only tells her own incredible story but she works with businesses to maximise the potential of their workforce – a formidable example of work/life balance.

## Contact.

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