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national hero. She won Sports Personality of the Year, was given a Damehood, fully backed London's successful 2012 Olympic bid and became a superstar on the red carpet as well as a much acclaimed and consulted professional in the sporting world.

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Dame Kelly Holmes DBE (born 19 April 1970) is a retired British middle distance athlete. Holmes specialised in the 800 metres and 1500 metres events and won a gold medal for both distances at the 2004 Summer Olympics in Athens. She set British records in numerous events and still holds the records over the 600, 800 and 1000 metre distances.

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Dame Kelly Holmes was born in Pembury, Kent on 19 April 1970. She is a retired English middle distance athlete. She won gold medals in the 800 metres and the 1500 metres at the 2004 Summer Olympics. Today she is the face of Sainsbury's Keep Kids Active campaign and shows a great interest in leading Britain towards a healthier lifestyle.

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