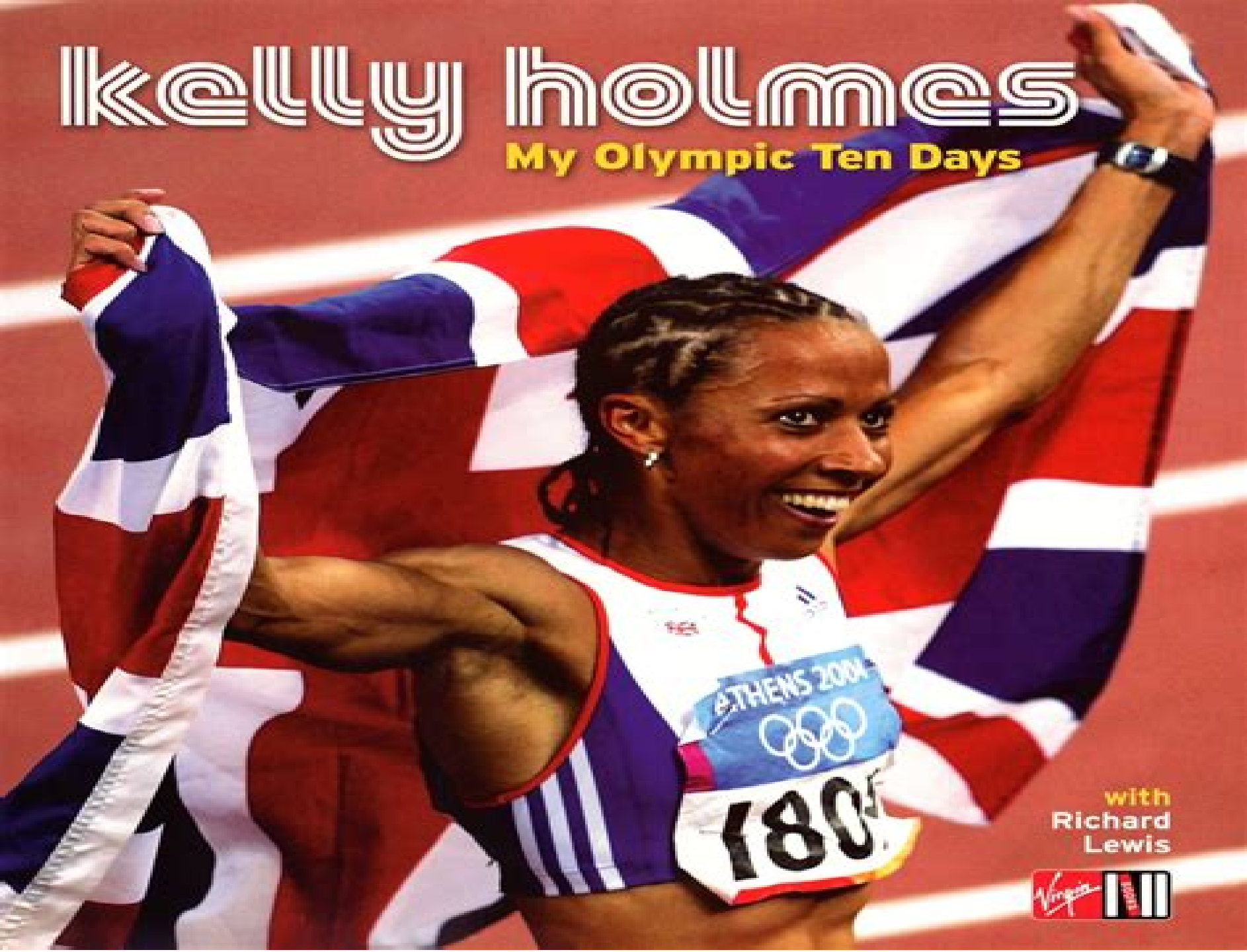


# Kelly Holmes

My Olympic Ten Days



with  
Richard  
Lewis



# Kelly Holmes My Olympic Ten Days

**Xiaolong Qi**



### **Kelly Holmes My Olympic Ten Days:**

Kelly Holmes Richard Lewis, Kelly Holmes, 2007-10-01 FOR TEN DAYS THE NATION WAS TRANSFIXED as Kelly Holmes stormed through the Olympic 800 metres and followed it by winning the 1 500 metres a double triumph that made history and captured our hearts But as we were excitedly glued to our television sets Kelly s mind was in overdrive Every night she recorded her most intimate thoughts on paper and produced an exhilarating step by step account of her extraordinary journey to the podium Kelly s Olympic diary takes you through the tension of the heats to the rituals beofre the race and the post race jubilant atmosphere It is a unique insight into the tremendous strength of one of our greatest athletes and the emotions that fuelled her on the track to glory How did she stay focused How did she keep her body going under the punishing schedule How did it feel to achieve her lifelong dream twice Placing this amazing feat in Olympic history Kelly s story is a celebration of one woman s ultimate achievement and the overwhelming joy she shared with the whole of Great Britain

**Kelly Holmes** Kelly Holmes, 2011-05-31 Kelly Holmes made history when she brought home double gold in the 2004 Olympics becoming a 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 Now in her staggeringly honest updated autobiography she reveals the times she fought back tears to battle against injury and win gold plus the emotional decision she made to retire from athletics Including details of her unsettled childhood trials in the army and a struggle with self harm Kelly s amazing determination carries through to make this inspirational and powerful autobiography a tale of triumph over adversity and a model for readers of all ages and backgrounds

Research Methods for Sports Performance Analysis Peter O'Donoghue, 2009-12-16 Sports performance analysis is an important tool for any serious practitioner in sport and as a result performance analysis has become a key component of degree programmes in sport science and sports coaching This book explains how to undertake a research project in performance analysis of sport from selecting a research topic to gathering and analyzing data to writing up results

**Black Passports** Stephanie Y. Evans, 2014-05-14 In this resource guide for fostering youth empowerment Stephanie Y Evans offers creative commentary on two hundred autobiographies that contain African American travel memoirs of places around the world The narratives are by such well known figures as Frederick Douglass W E B Du Bois Billie Holiday Maya Angelou Malcolm X James Baldwin Muhammad Ali Richard Pryor Angela Davis Condoleezza Rice and President Barack Obama as well as by many lesser known travelers The book addresses a variety of issues related to mentoring and curriculum development It serves as a tool for literary mentoring where students of all ages can gain knowledge and wisdom from texts in the same way achieved by one on one mentoring and it also provides ideas for incorporating these memoirs into lessons on history geography vocabulary and writing Focusing on four main mentoring themes life school work and cultural exchange Evans encourages readers to comb the texts for models of how to manage

attitudes behaviors and choices in order to be successful in transnational settings      **Born to Perform** Gerard Hartmann,2011-10-24 Since 1991 Gerard Hartmann has worked as a physical therapist with many of the world s greatest athletes including Sonia O Sullivan Kelly Holmes and Paula Radcliffe as well as with a number of Irish rugby athletic and GAA stars Before a serious injury halted his career as an athlete Hartmann was among Ireland s first triathlon champions winning seven national championships from 1984 to 1991 In **Born to Perform** Hartmann takes a look at his experiences in sport both as a competitor and a physical therapist and how it has helped and healed his life      **The Wisden Collector's Guide** Jonathan Rice,Andrew Renshaw,2011-11-01 The Wisden Collector s Guide is the definitive companion to one of the world s most important sporting publications It begins with an overview of Wisden Cricketers Almanack introducing the original John Wisden and describing the history of the publication The next section contains highlights and information from each of the 147 editions including bibliographic details page extent price reprints etc excerpts from the best articles cricketers of the year obituaries and noteworthy events and matches There is also additional information of interest to collectors and historical context in the form of news headlines from each year The guide concludes with a section dedicated to the serious collector Covering everything from reprints to rebinds and from pagination to publishers it is a vital resource for collectors Affording a glimpse of the cricketing and historical landscape of the last 147 years this is an accessible and fascinating volume for cricketing fans generally and a must have item for Wisden collectors      Book Dealers' Weekly ,1926

**Spirit of the Times and the New York Sportsman** ,1868      **Normal Instructor and Teachers World** ,1911      The 1961-1970: American Film Institute Catalog of Motion Pictures Produced in the United States American Film Institute,1997 Back in print after more than fifteen years this American Film Institute Catalog covers the decade of the sixties This was the era in which films began to challenge the taboos on sex and violence and treated social issues in a new light Included in this volume are *The Wild Bunch* *Bonnie and Clyde* *Guess Who s Coming to Dinner* and *Who s Afraid of Virginia Woolf* The decade also produced such all time classics as *The Sound of Music* *To Kill a Mockingbird* and *The Graduate*      **The Illustrated sporting & dramatic news** ,1877      The Encyclopedia of Fantastic Film R. G. Young,2000-04 Thirty five years in the making and destined to be the last word in fanta film references This incredible 1 017 page resource provides vital credits on over 9 000 films 1896 1999 of horror fantasy mystery science fiction heavy melodrama and film noir Comprehensive cast lists include directors writers cinematographers and composers Also includes plot synopses critiques re title translation information running times photographs and several cross referenced indexes by artist year song etc Paperback      **The New York Dramatic Mirror** ,1909      **"The" Illustrated London News** ,1848      **The Guardian Index** ,1998      New York Magazine ,1990-07-16 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to

reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea     **Dramatic Mirror of the Stage and Motion Pictures** ,1917     *Focus on Africa* ,2005     *The Commercial and Financial Chronicle* ,1926     **Princeton Alumni Weekly** ,1967

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