



# Denise Lewis OBE

UK's Greatest All Round Female Heptathlete



CSA Celebrity Speakers Ltd

Denise Lewis OBE is a retired British athlete who specialised in the heptathlon and won the gold medal at the 2000 Sydney Olympics. She is one of the current "golden girls" of British athletics and has twice, in 1998 and 2000, been runner up in the BBC Sports Personality of the Year. In 1997 she took the World silver medal and in 1998 she won gold at both the European and Commonwealth Games. In 1999 she won the World silver medal with 6724 points, just 12 points short of her Commonwealth record.

**"It's been a battlefield for me out there. Every event has been uphill for me, so I'm really thankful and honoured that I made it through as Champion"**

## In detail

In 2009, Denise was a pundit for BBC Sport's coverage of the 2009 World Athletics Championships from Berlin and in 2010 BBC Sport's coverage of the 2010 Commonwealth Games from Delhi. A "good sport", Denise played on All Star Family Fortunes, broadcast in 2009. She went on to win £10,000 for her chosen charity, The African Caribbean Leukaemia Trust. She was awarded the MBE in the 1999 New Year Honours.

## What she offers you

A charismatic personality, Denise uses the lessons she learned in the highly competitive world of top class female athletics to inspire and motivate audiences to achieve their goals. As a winning heptathlete she also understands the importance of diversity and how this leads to overall success.

## How she presents

Highly entertaining and inspirational, Denise's presentations are always well received making her highly sought-after at events across the country.

## Topics

Teamwork  
Leadership  
Motivation  
Diversity

## Languages

Denise presents in English.

## Want to know more?

Give us a call or send us an e-mail to find out exactly what she could bring to your event.

## How to book her?

Simply phone, fax or e-mail us.

## Publications

### 2008

The Flat Tummy Book

### 2001

Personal Best