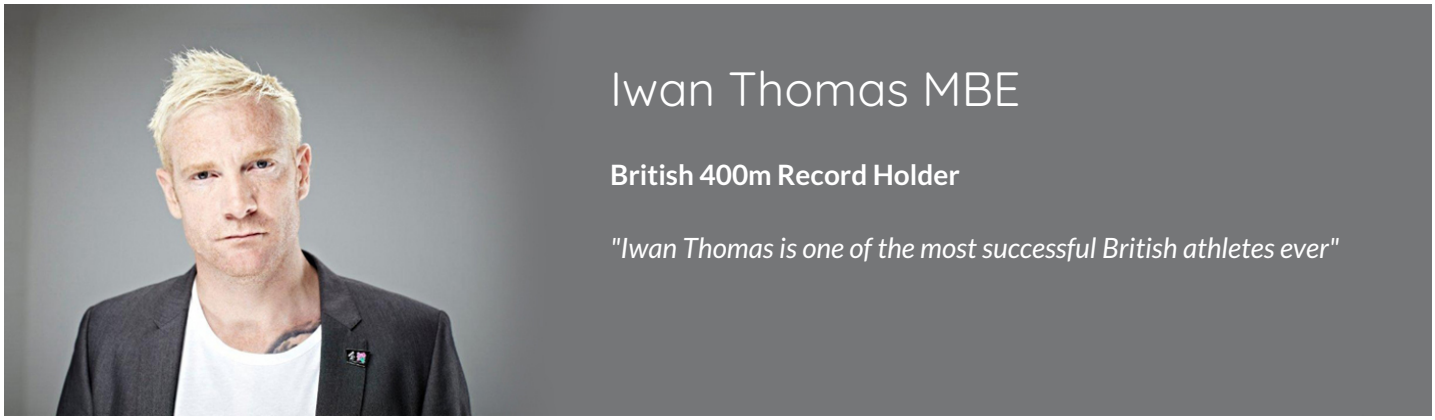


Iwan Thomas MBE

British 400m Record Holder

"Iwan Thomas is one of the most successful British athletes ever"

Iwan Thomas is without doubt one of the finest 400m runners that Britain has ever seen, and has held the British 400m record for a number of years. Iwan is also a talented BMXer, at one time ranked 4th in Europe. Since retiring Iwan has become a regular TV presenter and sports commentator.

TOPICS:

- Host
- Awards
- After Dinner
- Motivation
- Inspiration
- Teamwork
- Goal Setting

LANGUAGES:

He presents in English.

IN DETAIL:

Iwan started his athletics career in 1992 when he represented the British 4x400m relay team at the World Junior Championships. At the age of 22 he came 5th in the final of the 400m and won a silver medal in the 4x400m. In 1997 he claimed his first UK Championship title. As a presenter, Iwan was one of the main faces of the Channel 4 Bafta award winning team for the Paralympics. He also presented *The One Show* on BBC and BT Sports *Moto GP*, co-presented the Olympic & Paralympic Athlete's parade alongside Clare Balding and the iconic BBC show *Superstars* in the Christmas 2012 special amongst others.

WHAT HE OFFERS YOU:

Iwan's presentations recount his journey from the start of his career to becoming an elite athlete and Olympic rostrum. He also highlights the importance of good role models and goal setting to be successful in the personal and business environment. In addition, Iwan is an established host and presenter who connects naturally with his audiences.

HOW HE PRESENTS:

Speaking and presenting in a relaxed yet confident style, Iwan engages his audiences and meets anyone's objectives. His charisma, approachable manner and experience make him perfect for any event.