

# COLIN JACKSON

World record-breaking athlete

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## Topics

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Without a doubt one of the greatest athletes that Great Britain has ever produced, Colin Jackson called time on his outstanding athletics career in front of an adoring home crowd at the World Indoor Championships in Birmingham in 2003. After more than a decade spent at the very pinnacle of his sport, it was a fitting end to a glittering career.

110m hurdler Colin Jackson ranked in the world top 10 for 16 years, was World No.1 from 1992-1994 and, for the last 7 years of his career, was never out of the world's top 3 and since setting a European junior record of 13.44 in 1986, went on to set 7 European, 8 Commonwealth and 9 UK records at 110mh. Colin still holds the World Record over 60mh indoors (7.30, Sindelfingen 1994) and, has only recently been robbed of his 13years World Record over 110mh outdoors (12.91, World Title, Stuttgart 1993).

On retirement, Colin Jackson was a natural choice to become one of the key members of the BBC's sports production team and he continues to cover all of their Athletics output as a BBC pundit and presenter. Covering the Athens Olympics was obviously a highlight early in his broadcasting career and 2006 saw him covering the Torino Winter Olympics and European championships.

Colin recently co presented the Sunday BBC1 live morning show Sunday Life. He is a regular reporter for The One Show BBC1 and this year he filmed The Truth About You BBC1 a documentary looking at the science behind his body, brain and success. Last year Colin traced his roots in a moving episode of BBC1's highly acclaimed, Who Do You Think You Are. He dazzled us all with his dancing skills on Strictly Come Dancing and was thrilled to make it, by public vote, into the final.

Colin works extensively with the BBC Wales award nominated sport website Raise your Game, which, with the help of celebrity interviews and invaluable advice, encourages children to be ambitious in sport and life in general. Colin uses his travels around the world, working as both producer and presenter, to produce an interactive website which includes video clips, interviews, and diaries the determination needed by sports men and women to achieve their goals and ambitions.

Colin Jackson's personable, yet professional approach, combined with his high profile, mean that he is in constant demand from the commercial sector. 2006 saw him team up with Ariel to support their Ariel Tennis Ace Events as well as his integral role in Flora's Flora pro.activ Test the Nation campaign to raise awareness of the importance of good heart health. 2007 then saw him sign a one year deal to be the face of Pain Ease Micro-Current therapy wraps, promoting the products in the media to raise the profile of this type of therapy.

In line with his on screen presenting and commentary Colin is a confident and charismatic conference/awards host and a high level motivational speaker. With an

unprecedented competitive career behind him coupled with his fresh-faced charm and friendly warmth he has been extremely well received by numerous audiences including IT Conventions and Business Forums.

In 2012 Jackson launched the Red Shoes Academy in which Olympic & Paralympic sports personalities deliver a presentation to whole school assemblies in order to motivate youngsters to find the 'Champion Within'.

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