

Jessica Ennis-Hill

Name:

Jessica Ennis-Hill

Born:

28 January 1986 in Sheffield, England

Childhood

Jessica grew up in Sheffield with her father, her mother and her younger sister, Carmel. She came from a sporty background, with her parents both involved in athletics whilst at school. They introduced her to athletics by taking her to a local sports camp during the 1996 school summer holidays. Shortly after, she joined a local athletics club, which she still competes for today.

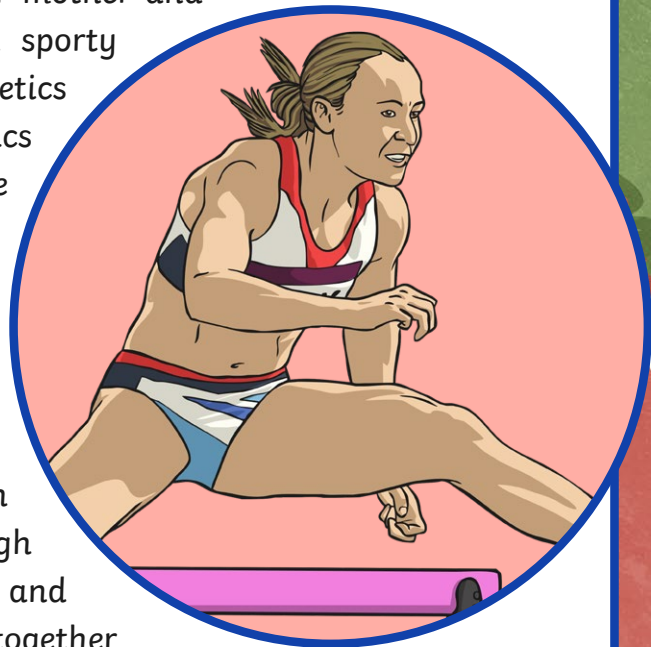
At the age of 13, she had her first coaching session with Toni Minichiello. They decided that she should take part in the heptathlon - seven events made up of the 100 metre hurdles, high jump, shot-put, 200 metres, long jump, javelin, and 800 metres. Toni and Jessica continued to work together right through her time at school and university. By 2004, Jessica was known as one of Britain's top junior athletes. Her trainer was extremely confident that she would go on to win a major event in the future.

Achievements

In 2008, Jessica was chosen to represent Team GB at the Olympic Games in Beijing. However, just three months before the Olympics were due to begin, Jessica broke her right foot. As a result, she had to miss the Olympic Games. Determined to make up for her disappointment, Jessica prepared for many years for the London 2012 Olympics. At the end of the first day of competition, Jessica had scored her highest ever first-day total. Then, on day two, she went on to win the 800 metres race, in front of thousands of cheering fans, to claim her gold medal. The night she won later

Olympic Games and Medals**2012 London Games:**

1 gold medal
(Women's heptathlon)



became known as 'Super Saturday'. After her big win, she was quoted as saying, "I told myself at the start that I'm only going to have one moment to do this in front of a crowd in London and I just wanted to give them a good show." She did!

Life after the Olympics

After London 2012, Jessica's gold medal was honoured in many ways including the placing of a gold post box in her hometown of Sheffield, being featured on a special postage stamp and receiving an MBE from Her Majesty, The Queen. In the 2016 Rio Olympics, Jessica was defending her title, but was beaten by Nafissatou Thiam of Belgium. She went on to be voted Sportswoman of the Year (British Ethnic Diversity Sports Awards). Later in the year, she announced her retirement from athletics.

Jessica has always tried to help a specific charity that is close to her heart, Sheffield Children's Hospital Fund. In 2016, she was voted Great Britain's favourite sporting hero in a poll conducted by Sport Relief.

Amazing Fact!

At just 5'4" tall, Jessica is one of the smallest competitors ever in the heptathlon. Her GB team-mate and long-time friend, Kelly Sotherton, nicknamed her 'tadpole' as she never grew!

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Childhood

Jessica grew up in Sheffield with her father, her mother and her younger sister, Carmel. She came from a sporty background with her father doing some sprinting at school and her mother participating in the high jump. They introduced her to athletics by taking her to a local sports camp at Sheffield's Don Valley Stadium during the 1996 school summer holidays. Shortly after, she joined the City of Sheffield Athletics Club, which she still represents today.

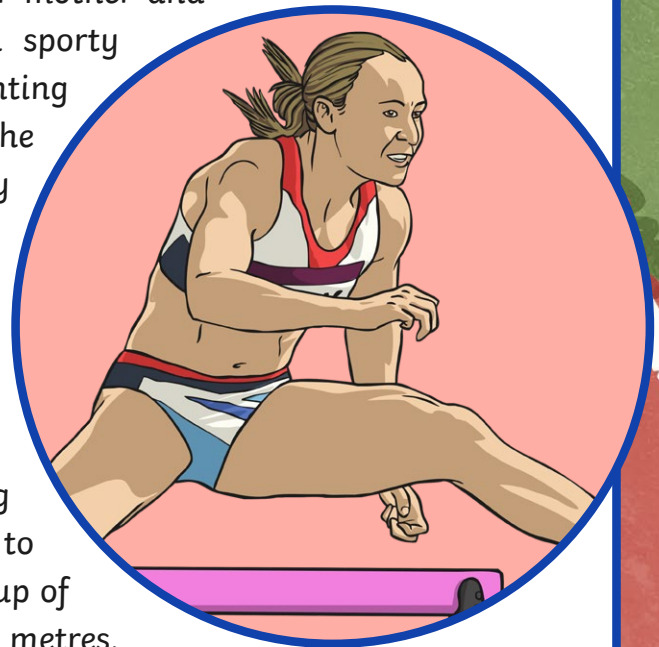
At the age of 13, she had her first coaching session with Toni Minichiello, who advised her to take part in the heptathlon - seven events made up of the 100 metre hurdles, high jump, shot-put, 200 metres, long jump, javelin, and 800 metres. Having formed a great relationship, Toni and Jessica continued to work together right through her schooling and time at university. By 2004, Jessica was known as one of Britain's top junior athletes with great potential for future success.


Achievements

In 2008, Jessica was chosen to represent Team GB at the Olympic Games in Beijing. However, in May 2008 (just three months before the Olympics were due to begin) Jessica had to withdraw from a heptathlon competition after fracturing her right foot. As a result, she missed the Olympic Games and the rest of the 2008 season. Determined to make up for her previous Olympic disappointment, Jessica prepared tirelessly for the London 2012 Olympics. At the end of the first day of competition,

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Jessica had scored her highest ever first-day total. Then, on day two, she achieved a lifetime best time for the 100 metre hurdles. Going into the final event of the 800 metres, she knew that she was virtually guaranteed the gold medal and went on to win the race in front of thousands of cheering fans. The night she won later became known as 'Super Saturday'. After her big win, she was quoted as saying, "I told myself at the start that I'm only going to have one moment to do this in front of a crowd in London and I just wanted to give them a good show." She certainly did - all the time being supported by the same trainer, Toni Minichiello!

Life after the Olympics

Jessica's Olympic achievement was honoured in many ways including the placing of a gold post box in her hometown of Sheffield, being featured on a special postage stamp and receiving an MBE from Her Majesty, The Queen. In the 2016 Rio Olympics, Jessica was defending her title, but was beaten by Nafissatou Thiam of Belgium. She went on to be voted Sportswoman of the Year (British Ethnic Diversity Sports Awards). Later in the year, she announced her retirement from athletics.

Jessica has always tried to help a specific charity that is close to her heart, Sheffield Children's Hospital Fund. With her huge talent and bubbly personality, in 2016, Jessica was voted Great Britain's favourite sporting hero in a poll conducted by Sport Relief.

Amazing Fact!

At just 5'4" tall, Jessica is one of the smallest competitors ever in the heptathlon. Her GB team-mate and long-time friend, Kelly Sotherton, nicknamed her 'tadpole' as she never grew!

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Born:

28 January 1986 in Sheffield, England

Childhood

Jessica grew up in Sheffield with her father, who was a self-employed painter and decorator, her mother, who was a social worker, and her younger sister, Carmel. She came from a sporty background with her father doing some sprinting at school, whilst her mother participated in the high jump. They introduced her to athletics by taking her to a local sports camp at Sheffield's Don Valley Stadium during the 1996 school summer holidays. Shortly after, she joined the City of Sheffield Athletics Club, which she still represents today.

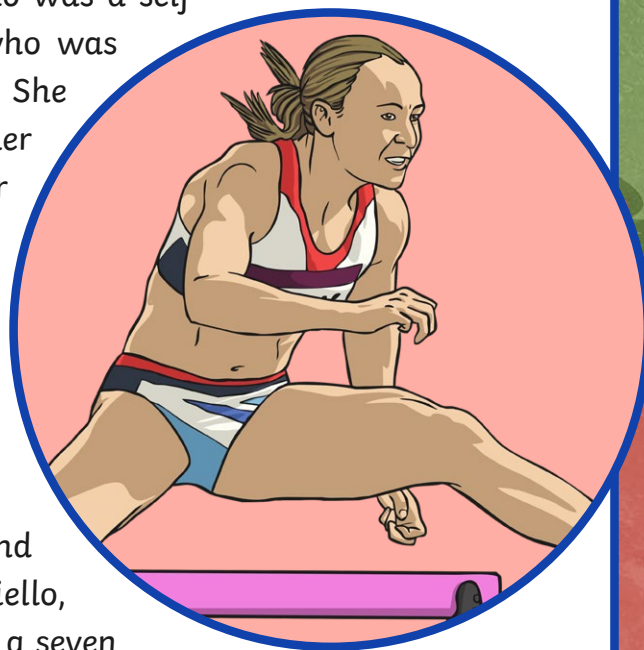
At the age of 13, her massive talent was evident and she had her first coaching session with Toni Minichiello, who advised her to specialise in the heptathlon - a seven discipline event comprising of the 100 metre hurdles, high jump, shot-put, 200 metres, long jump, javelin, and 800 metres. In November 2000, aged 14, she won the Sheffield Federation for School Sports Whitham Award for the best performance by a Sheffield athlete at the National Schools Championships, where she won the high jump competition. Having formed a great relationship, Toni and Jessica continued to work together right through her schooling and time at university. By 2004, Jessica had established herself as one of Britain's top junior athletes with great potential for future success.

Achievements

After many years of preparation, training and success, Jessica was chosen to represent Team GB at the 2008 Olympic Games in Beijing. However, in May 2008 (just three

Olympic Games and Medals**2012 London Games:**

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months before the Olympics were due to begin) Jessica had to withdraw from a heptathlon competition in Austria after the first day's events after complaining of a pain in her right foot. A scan later revealed that she had stress fractures within her right foot. As a consequence, she missed the Olympic Games and the rest of the 2008 season. Determined to make up for her previous Olympic disappointment, Jessica went on to cement herself into the history books during the London 2012 Olympics. At the end of the first day of competition, Jessica had scored her highest ever first-day total, and was 184 points ahead of her nearest competitor. On day two, she achieved a lifetime best time in the 100 metres and going into the final event of the 800 metres, she knew that she was virtually guaranteed the gold medal. In front of her home crowd, a resolute Jessica went on to win the 800 metres event on a night that later became known as 'Super Saturday'. After her momentous win, she was quoted as saying, "I told myself at the start that I'm only going to have one moment to do this in front of a crowd in London and I just wanted to give them a good show." She certainly did - all the time being supported by the same trainer, Toni Minichiello!

Life after the Olympics

Jessica's Olympic achievement was honoured in many ways including the placing of a gold post box in her hometown of Sheffield, being featured on a special Royal Mail commemorative postage stamp and receiving an MBE from Her Majesty, The Queen. In the 2016 Rio Olympics, Jessica was defending her title, but was beaten by Nafissatou Thiam of Belgium. She went on to be voted Sportswoman of the Year (British Ethnic Diversity Sports Awards). Later in the year, she announced her retirement from athletics.'

Jessica has always tried to use her fame and influence to help a specific charity that is close to her heart, Sheffield Children's Hospital Fund, for whom she is now a patron. With her huge talent and bubbly, infectious personality, in 2016, Jessica was voted Great Britain's favourite sporting hero in a poll conducted by Sport Relief.

Amazing Fact!

At just 5'4" tall, Jessica is one of the smallest competitors ever on the heptathlon circuit. Her GB team-mate and long-time friend, Kelly Sotherton, nicknamed her 'tadpole' as she never grew!