



CELEBRATE

# BLACK

## HISTORY MONTH

5 Inspirational Black Female  
Athletes who made history.



# 1 Nicola Adams, OBE



The first female boxer to become an Olympic Champion in 2012. After that, Adams doubled down, winning a second gold medal at Rio 2016.



## 2 Denise Lewis, OBE



The first European to win an Olympic heptathlon, Lewis has been breaking barriers ever since. Most familiar now in her role as athletics presenter, before retirement Lewis took gold at the 2000 Sydney Olympics, was crowned twice the Commonwealth Games champion.

### 3 Tessa Sanderson, CBE



She's the first Black British woman to win an Olympic gold medal. Ever. A javelin thrower and heptathlete, Sanderson is a six-time Olympian, taking gold in 1984.

## 4 Serena Williams



As a former world No. 1, Serena Williams has shattered barriers throughout her career. With 23 Grand Slam titles and an astounding 319 weeks at the top, she holds the record for the most Grand Slam titles in singles, doubles, and mixed doubles combined. Her legacy in tennis is marked by an unparalleled pursuit of excellence.



## 5 Dina Asher-Smith



The fastest British woman in history, has a remarkable track record, including the 2019 200m World Championship, Olympic bronze in 2016, and gold at the 2018 Commonwealth Games and 2018 European Championships for the 4 x 100 meters relay. In 2015, she made history as the first British woman to run the 100 meters under 11 seconds.



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