

My favourite things...

Dame Kelly Holmes

The Olympic gold medalist reveals which room in her house she loves most

Dame Kelly Holmes was the first female British athlete to win two Olympic gold medals. Following her success at the 2004 Olympic Games, she set up the Dame Kelly Legacy Trust (dkhlegacytrust.org), to help disadvantaged young people fulfil their potential through a workforce of elite sports performers.

'My kitchen is the place I like most in my home at the moment. I like the fact that I actually co-designed it. It was done about a year ago but it is still a work in progress as I change my mind quite regularly. The kitchen is modern with straight lines. There's quite a lot of chrome, it's all very sleek with white walls and is quite minimalist. I chose black units with cream limestone worktops. It's open plan with loads of cookers. I've got an Aga in there which is just amazing. As it's permanently on, it's lovely in the winter. In summer, the kitchen is an entertaining space. I can open up the doors and it's so social. If I have people over we tend to stand around in the kitchen.

Originally everything in the house was oak and quite dark, so I opened up the back and put in big open windows to lighten it up.

I enjoy looking at design and seeing what new ideas are out there and happening. I've become friends with interior designer Kelly Hoppen. I like the luxurious feel to her work and the neutral palette. I can see how driven she is – it's quite incredible what she can come up with – the looks, feel and furniture. I've been in this house for five years but whenever I look at Kelly's book I just want to change everything again!

Kelly's new book, *Just Go For It!* is published by Hay House, £10.99, or visit her at [twitter@damekellyholmes](https://twitter.com/damekellyholmes).



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