



Born on September 29, 1956, in London, Sebastian Coe, also known as Lord Coe, is a track and field legend whose extraordinary career as a middle-distance runner has left an enduring impact on the world of athletics.

Coe's love for running ignited at an early age, and his talent quickly became evident on the track.

Representing Great Britain, he burst onto the international scene in the late 1970s, specializing in the middle-distance events of 800 meters and 1500 meters.

The defining moment in Coe's career came at the 1980 Moscow Olympics.

In a fierce rivalry with his fellow countryman, Steve Ovett, Coe secured gold in the 1500 meters, setting a world record in the process.

Four years later, at the Los Angeles Olympics, Coe defended his title, cementing his status as one of the greatest middle-distance runners in history.

Coe's running style was marked by his smooth stride and unwavering focus.

His ability to accelerate in the final stretch of races, often referred to as the "Coe Kick," became the stuff of legend and set him apart from his competitors.

Beyond his individual accomplishments, Coe contributed to numerous relay victories for Great Britain, showcasing his commitment to team success.

His leadership and sportsmanship made him a respected figure both on and off the track.

Post-retirement, Coe transitioned seamlessly into sports administration.

Serving as the chairman of the London Organizing Committee for the 2012 Olympics, he played a pivotal role in delivering a memorable and successful Olympic Games in his hometown.

His running shoes are proudly displayed on the wall at Carmarthen Athletic Rugby Club.