

# Sonia O'Sullivan: One of Ireland's Greatest Sports Stars

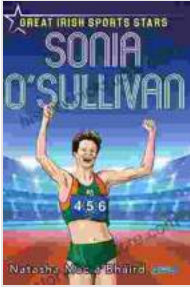


## Sonia O'Sullivan: Great Irish Sports Stars

by Natasha Mac a'Bháird

★★★★★ 5 out of 5

Language : English



File size	: 599 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 195 pages
Screen Reader	: Supported



Sonia O'Sullivan is one of Ireland's most successful and decorated athletes. She has won numerous medals at the Olympic Games, World Championships, and European Championships. O'Sullivan is also a former world record holder in the 5,000 meters.

O'Sullivan was born in Cobh, County Cork, Ireland, on November 21, 1972. She began running at a young age and quickly showed great promise. She won her first national title at the age of 15 and went on to win numerous national and international titles throughout her career.

O'Sullivan made her Olympic debut at the 1992 Barcelona Games. She finished 11th in the 1500 meters and 12th in the 3000 meters. She returned to the Olympics in 1996 and won a bronze medal in the 5,000 meters. She also competed in the 1500 meters and finished seventh.

O'Sullivan won her first world championship medal in 1995 when she finished third in the 5,000 meters. She went on to win the gold medal in the 5,000 meters at the 1997 World Championships and the silver medal in the 5,000 meters at the 1999 World Championships.

O'Sullivan also won numerous medals at the European Championships. She won the gold medal in the 5,000 meters in 1994, 1998, and 2002. She also won the silver medal in the 1500 meters in 1994 and the bronze medal in the 1500 meters in 1998.

O'Sullivan retired from competitive running in 2006. She is now a coach and mentor to young athletes. She is also a motivational speaker and has written several books about her running career.

O'Sullivan is one of Ireland's most successful and decorated athletes. She is a role model for young people and an inspiration to all who know her.

## **Career Highlights**

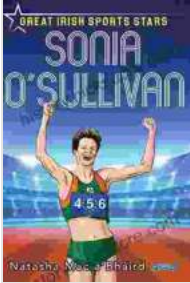
\* Olympic bronze medal in the 5,000 meters (1996) \* World champion in the 5,000 meters (1997) \* World silver medalist in the 5,000 meters (1999) \* European champion in the 5,000 meters (1994, 1998, 2002) \* European silver medalist in the 1500 meters (1994) \* European bronze medalist in the 1500 meters (1998) \* Former world record holder in the 5,000 meters (14:41.74)

## **Personal Life**

\* Born in Cobh, County Cork, Ireland, on November 21, 1972 \* Married to Nic Bideau since 2000 \* Has two children, Sophie and Max \* Lives in Australia

## **Legacy**

\* Sonia O'Sullivan is one of Ireland's most successful and decorated athletes. \* She is a role model for young people and an inspiration to all who know her. \* Her achievements on the track will never be forgotten.

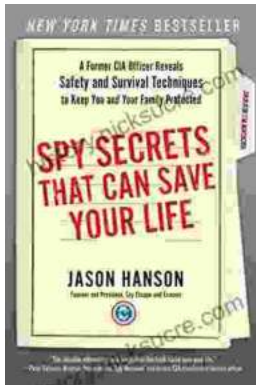


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