

CHRISTIAN MALCOLM

HERITAGE

Christian Malcolm was born in Newport to Jamaican parents; his mother from St Andrew's and his father from Negril.

Family life was central: large gatherings, strong discipline, good manners and responsibility.

Sport filled the household, and athletes like Linford Christie inspired him early.

WALES MEANS...

PRIDE CONNECTION HOME

Newport always felt like home, but representing Wales deepened that connection.

Winning silver at the 1998 Commonwealth Games showed him what it meant to people back home.

Wearing Welsh colours and returning to that pride made him realise he was competing for something bigger than himself.



ATHLETICS

CONTRIBUTION

Malcolm rose from a tough Newport school to world championship and Olympic finals, showing what was possible.

After retiring, he became a leading coach, guiding athletes to Olympic, World and European medals.

He later became Britain's first Black Olympic head athletics coach, opening doors while focusing simply on doing the work.

STRENGTHS & JOY

Competitive, patient and committed to helping others fulfil their potential. He finds joy in supporting young athletes to develop their talent.

“PEOPLE OFTEN SEE THE MEDALS,
NOT THE SACRIFICE.

DON'T BE AFRAID OF FAILURE.
YOU LEARN MORE FROM FAILURE
THAN YOU DO FROM SUCCESS. ”