

Masai Russell put the world on notice at 2024 Olympic Trials, where she ran one of the fastest 100m hurdle times in history with a 12.25 and a win that sealed her trip to the Paris Olympics.

She was able to back it up in her first Olympic appearance when she won the gold medal in the 100m hurdles, a triumphant moment after a season that had seen many ups and downs.

A standout star at University of Kentucky, where she holds the 100mh NCAA record, Masai struggled in her first year out of college, including hitting a hurdle in the 2023 World Championship semi-finals that ended her season.

A year later, she found herself on top of the world in Paris, proving that hard work and relentless self-belief pays off.