

GLYNIS PENNY

Coach Middle/Long distance

I have been a proud member of Cambridge Harriers for over 50 years

I competed in track, marathon and cross-country events at international level representing Great Britain and England. This included World Championships, European Championships, Commonwealth Games and World Cross Country Championships.

My career highlights include winning the English National Cross Country and placing 3rd in the London Marathon.

I now enjoy club coaching and helping athletes of all standards.