

## **KATIE SANDERS**

- I'm a former elite triathlete, national swimmer and club runner with a background in middle distance, cross country and road racing.
- I joined Royal Sutton Coldfield Athletics Club as a teenager and experienced first hand the rewards of training and competing in an athletic environment.
- I've been lucky enough to receive world class coaching in a number of sporting disciplines and I am keen to now share my knowledge and experience to develop girls in this age group to realise their potential and gain the enjoyment and life skills that athletics offers.