

LOUISE KNIGHT

- I'm an ex international athlete ready to turn my hand to middle and long-distance coaching for girls.
- I personally benefited and learnt from the guidance of 5 excellent coaches.
- I started at Medway & Maidstone Athletics Club, before moving on to Loughborough University and Stanford University and now finally Cambridge Harriers.
- I'm passionate about helping young female athletes realise their potential and keeping teenage and young women in athletics