



Cambridge Harriers Athletics Club
Based in South East London

GIRLS MIDDLE DISTANCE SQUAD



Do you love the thrill of running fast over middle and long distances?
Are you aged 14-20 and want to take your running to the next level?
Are you looking for a supportive team and a chance to push your limits?

Our training group targets female athletes aged 14+, who want to improve their performances over middle and long distances

What We Will Offer:

- **Expert Coaching:** Work with coaches who understand the art of middle-distance running
- **Tailored Training Plans:** Workouts designed to enhance speed, stamina and tactics to help you reach your full potential
- **Competitive Edge:** Access to races and events to showcase your talent and compete with the Cambridge Harriers team
- **Team Spirit:** working with a close-knit group who have fun and motivate each other



We meet every Tuesday and Thursday 6:30pm – 8pm
Sutcliffe Park Track, SE9 5LW

For more information or to arrange a taster session, contact:

Katie Sanders:

katiesandersruns@gmail.com

Louise Knight:

louiseknightcoaching@gmail.com

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COACH BIOGRAPHIES



Katie Sanders

UK Athletics Licensed
Coach

[katiesandersruns@
gmail.com](mailto:katiesandersruns@gmail.com)

- 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.



Louise Knight

UK Athletics Licensed Coach

[louiseknightcoaching@
gmail.com](mailto:louiseknightcoaching@gmail.com)

- 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

Our performance squad will provide a structured training programme tailored to the needs of individuals in the group to achieve their athletic goals.