

MARK LANCASTER

Mark is a UK Athletics Level 4 sprints and hurdles coach with over 20 years of experience.

He also has a BSc degree in Sports and Exercise Science (Performance Analysis)

Mark gave up a promising career in Civil Engineering to pursue his passion for Athletics coaching and has various levels of success with coaching Cambridge Harriers Athletes to Club, county, and national champions.

Mark was a secondary school track star himself and during his coaching profession enjoyed coaching his son Marley Lancaster to top 10 sprinter in the country as a junior athlete.

Mark has coached in various Caribbean countries as part of his professional development and still has mentors from that region and America who he seeks continuous guidance from.

Goals -

Mark plans to achieve high benchmarks with his coaching and in his lifetime to make an impact and leave a legacy by producing Olympians.