

MARK NEWELL

I joined Cambridge harriers in May 1988 after moving to the area from Windsor.

When I joined, I was originally a road runner but soon got involved in cross country, fell and track running. I have even had a go at some of the field events such as hammer, long jumps and triple jump to secure points for the club.

I started coaching in the mid 1990's and have been an active coach ever since. Over the years, what started out as a once-a-week session, has gradually progressed to three times a week. Being a coach has not just been about turning up at the track for training sessions, but also about travelling to various competitions to support the young athletes from the training group.

I have been fortunate to coach young athletes of all abilities, including many who have achieved county and national standards in both track and cross country.

What I like about coaching is seeing young athletes turn up at the track and enjoy the social side of training whilst at the same time working hard to improve their performances in track and cross country running.