Having joined an athletics club at 11, the sport has been part of my life for over 50 years. From club athletics, I progressed to winning national championships to then competing internationally as a junior, before gaining my first senior British vest at 18.

Having graduated from Loughborough University with a degree in English, I was a full time athlete for 10 years, winning medals at both national and global level; World Road Gold, Commonwealth silver, European indoor bronze and Olympic silver.

Injury forced early retirement, and I started a career in publishing, progressing to senior roles at several large global publishing companies.

In 2006 I joined the UKA mentoring scheme, this lead to Cross Country team management which I did until 2019, managing teams at both European and World Cross Country's.

In 2011 I became a Board member for England Athletics. This brought me closer to the grass roots of the sport and the current status in coach, officials clubs are facing in the 21st Century.

In 2015 I became managing Director of AW and in the last 8 years I have developed a great network amongst the sports influencers. In 2015 I was also awarded an MBE for services to athletics.

In early 2022 I joined the Board of UKA. As a very active member of the Board, I am aware of the many challenges the sport faces in the UK.

I am also on the European Road Running Commission.