Stella Bandu

I specialise in coaching middle and long distance running and steeplechase and have been coaching for over 18 years. I coach/advise athletes at club/county/national/international level and have Level 3 coaching awards.

My current roles in the sport include:

- Ashford AC head coach
- England Athletics Area Coach Mentor for endurance
- On Camp with Kelly (Dame Kelly Holmes athlete mentoring programme (**www.oncampwithkelly.co.uk**) role of supervisor
- Chair of Kent Athletics Network

I was a Great Britain cross country team coach between 2005 and 2008.

I am also a chartered Town and County Planner.

My slogan is:
"Aim to be better today than you were yesterday."