

DIRECTOR BIOGRAPHY

Stephanie Douglas



Stephanie is an 8x British Athletics sprints champion who competed in numerous major championships including two Olympic Games, three World Championships, two European Championships and two Commonwealth Games. She medalled at the European Championships and at both Commonwealth Games.

Several years after retirement and upon London's selection for the 2012 Olympic Games, Stephanie got the urge to "give back" to the sport she had represented for so many years. She volunteered her experience to Watford Athletics club, mentoring and training teenagers to maximise their sporting potential. This led to her becoming a UK Athletics Level 4 Performance Coach which gave her the opportunity to travel with the Great Britain Team to the 2007 Summer Universiade, supporting the sprints squad.

As part of her coaching responsibilities, Stephanie understood the need to take a holistic approach to her task, thus enrolling on a Sport and Remedial Massage course with NLSSM. The 2009 qualification enabled her, to assist her athletes with injury prevention. Recognising that her newly acquired skills were also effective and relevant for the general public, Stephanie started her own business (Gym & Tonic) providing a range of sports and remedial massage techniques to prevent and treat injuries resulting from exercise or everyday activities, optimising the healing process. Stephanie has also travelled with the Great Britain Medical Team to the 2017 European Masters Athletics Championship to provide treatment and spur on master athletes. To further her knowledge, she is currently studying for a Bachelor of Science degree in Sport and Exercise Rehabilitation. In 2021, Stephanie volunteered her service to NHS staff at UCLH to recognise their tireless work throughout the pandemic.

Stephanie is committed to contributing to the Board with her wealth of experience in the sporting arena and wellness industry