

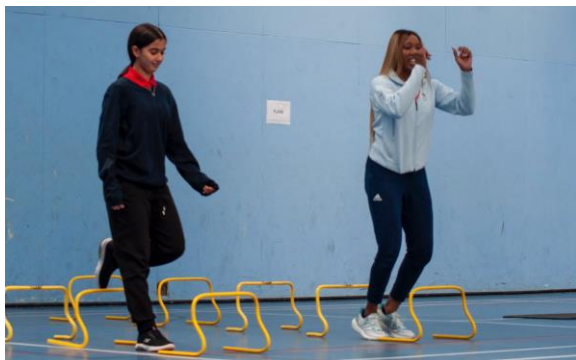
## MONTELL DOUGLAS VISITS HENDON SCHOOL



ON THE 8TH OF MARCH Montell 'Monty' Douglas joined and led female students from Hendon School in years 7, 8, and 9 in group circuits and talks. Douglas is a former sprinter and ex-British record holder for the women's 100 metres. However, in 2017 she took up bobsleigh and became part of Great Britain women's two-woman bobsleigh team.

Douglas works for Sports for Champions (CIC), a non-profit organisation that collaborates with pro athletes and Team GB Olympians, who work with youths across the nation to inspire and educate the next generation of athletes.

Participants say Douglas was 'down to earth' and 'easy to talk to', as she led fitness circuits and engaged with the children every step of the way which in turn helped keep everybody positive and engaged. During the talk, the Olympian discussed her upbringing in a sporty family and how she developed her love for all things track, until her High Jump days came to an end with a bulged disc in her back at age 14. She went on to spread light on what it was like growing up in a world where she saw very little representation of people of colour in sports, which pushed her to achieve her goals even more.



In 2008, the day before Douglas was set to graduate from Brunel university, she set a new record as the fastest British woman ever. She described it as a surreal experience and recalls being 'swamped by the press' at her graduation. Douglas' achievement of graduating university led and inspired other family members of her to follow in her footsteps and also attend higher education.

Montell Douglas is an inspiration, and her perseverance against the many challenges and setbacks she has faced show her resilience and passion for sports. She will always be welcome at Hendon School and her visit was a once in a lifetime experience for all the participants!

