

Kitrina Douglas

A Brief Biography:

Kitrina started playing golf in 1977 at the age of 17 - within 5 years she had accumulated one of the most impressive amateur records in women's golf in the UK:

She won 5 County Championships in succession, the Scottish Girls, Portuguese Ladies and British Amateur Championships. She represented England in over twenty internationals winning Gold Medal at the European U23's Team Championships and Silver Medal at the Ladies European Team Championships. She represented Great Britain in the Curtis Cup and Vagliano Trophy.

After turning pro in May 1984 Kitrina made history by winning the first tournament she entered, the Ford Ladies Classic at Woburn. Winning a pro event at the first attempt had been a record held solely by Ben Crenshaw. Among her dozen wins on the tour are two European Masters Championships and the English Open Championship. In 1992 she made history again this time contributing to Europe winning the Solheim Cup for the first time.

Alongside her golf Kitrina was a regular commentator with BBC radio 5 live for over a decade and during this time also became a presenter for the satellite channel Eurosport.

In conjunction with her media work she authored the book '100 tips for lady golfers' and as well as co authoring with Dr. David Carless, *Physical activity and sport for mental health* (published by Wiley/Blackwell, 2010) and eleven teaching and coaching books for the Professional Golfers Association (PGA) these included: *The Swing Manual, Fault Fixing and Analysis, Golf and Your Well-being, Teaching and Learning, The New PGA Coaching Manual and The Short Game and Putting Manual.*

Kitrina qualified as PGA professional while playing the tour and completed her NCF Coaching award while completing her first degree.

In 1998 she was invited by the PGA to initiate their CPD programme and to this end developed a number of seminars including: *Coaching children in golf, Personal Development, Psychology, Advanced Coaching and communication Skills.*

In 2006 the PGA awarded Kitrina 'Master Professional' for her contribution to learning in golf and she is the youngest professional to receive this award.

Kitrina has provided both psychology and performance advice/support to numerous individuals and groups including; The Dutch Golf Federation, The Ladies Golf Union GB, The English Golf Union, Gloucestershire Country, Somerset, Yorkshire and Cornwall County squads, and has taught and led lectures on mental well being in elite athletes at Universities in the UK and Europe.

She has a BSc. Honours degree in Exercise and Sport Science from the University of Exeter and in 2004 completed her doctorate from the University of Bristol.

She has been involved in numerous research projects within sport these have been conducted for UK Sport, exploring lifestyle issues among Olympic and Paralympic athletes and professionals in golf, rugby and cricket and the Women's Sport Foundation, exploring the physical activity experiences of older women in rural areas, and what motivates them to exercise.

In recent years Kitrina has been invited to Universities across the UK and Europe to share her research and teach about women's motivation and how to make research more accessible.

k.douglas@bristol.ac.uk