

BRAT Coaching / Session Leader Rota SOUTH: Mar – Sept 2008

Week Begins on a Monday	Mon Run A	Mon Run B	Mon Run C	Wed Run A	Wed Run B	Bittell Observe 6pm/7pm	Bittell Boat 6pm/7pm	Bittell Guard 6pm/7pm	Sat am Run	Sat Juniors Run	Sun ride A	Sun ride B	Sun ride C	Tivvy Swim A 3pm/4pm	Tivvy Swim B 3pm/4pm	Tivvy Junior / Novice 3pm/4pm	Tivvy Swim guard
12 May		NI/STW		RB	GM	MS/RB	JJ	JJ	MH	KH/TG	SC	SF/LO	KH	DG/DG	DS/DG	AT/LG	DG
19 May	TS	NI/STW	DS	TS	GM	ET/JT	JM/HD	GMa/DG	MH	X	MH	STW	PR	GH/GH	GM/MJ	DS/ZL	GH
26 May	JT	NI/STW	DS	TS	GM	DS/TS	JJ	JJ	MH	X	MH	?	KH	MH/MH	LG/PR	PR/LG	PR
2 Jun	TS	NI/STW	DS	RB	GM	MS/RB	MA/SW	GMa/DG		AT/WE	STW	STW	PR	DG/DG	GH/GH	AT/LG	GH
9 Jun	JT	NI/STW	ET	RB	GM	MS/RB	JJ	JJ		X		?	KH	SW/SW	MA/JT	AT/SW	GMa
16 Jun		NI/STW		RB	GM	MS/RB	JM/HD	GMa/DG	MH	AT/SC	SC	STW	PR	GH/GH	GM/SF	AT/ZL	GH
23 Jun		NI/STW		RB	GM	DS/TS	JJ	JJ	TS	X	SC	SF	KH	DG/DG	DS/DG	AT/LO	DG
30 Jun	TS	NI/STW	DS	TS	GM	ET/JT	MA/SW	GMa/DG	TS	AT/KH	SC	STW	PR	DS/DS	GH/GH	AT/LG	GH
7 July	TS	NI/STW	DS	TS	GM	DS/TS	JJ	JJ	TS	X	SC	MA	KH	DS/DS	DS/SF	AT/MA	GMa
14 July	TS	NI/STW	DS	TS	GM	MS/RB	JM/HD	GMa/DG	TS	AT/SF	SC	STW	PR	GH/GH	GM/MJ	AT/LO	GH
21 July	TS	NI/STW	DS	TS	GM	ET/JT	JJ	JJ	TS	X	SC	SF	KH	DG/DG	DS/DG	AT/ZL	DG
28 July	TS	NI/STW	DS	TS	GM	DS/TS	MA/SW	GMa/DG	TS	X	SC	STW	PR	DS/DS	GH/GH	AT/LG	GH
4 Aug	TS	NI/STW	DS	TS	GM	DS/TS	JJ	JJ	TS	AT/SC	SC	SW	KH	DS/DS	DS/SF	DS/MA	GMa
11 Aug	TS	NI/STW	DS	TS	GM	MS/RB	JM/HD	GMa/DG	MH	AT/KH	MH	STW	PR	DG/DG	GM/DG	AT/LO	DG
18 Aug	JT	NI/STW	ET	RB	GM	ET/JT	JJ	JJ	MH	AT/LO	MH	SF	KH	MH/MH	MA/SW	AT/ZL	GMa
25 Aug	JT	NI/STW	ET	RB	GM	MS/RB	MA/SW	GMa/DG	TS	X	SC	STW	PR	DS/DS	GH/GH	AT/LG	GH
1 Sept	TS	NI/STW	DS	RB	GM	DS/TS	JJ	JJ	TS	AT/SF	SC	MA	KH	DG/DG	DS/DG	AT/MA	DG
8 Sept	TS	NI/STW	DS	RB	GM	ET/JT	JM/HD	GMa/DG	MH	X	SC	STW	PR	GH/GH	GM/SF	AT/LO	GH
15 Sept	TS	NI/STW	DS	RB	GM	MS/RB	JJ	JJ	TS	AT/LO	SC	SF	KH	DS/DS	DC/MJ	AT/ZL	GMa
22 Sept	JT	NI/STW	DS	RB	GM	DS/TS	MA/SW	GMa/DG	TS	AT/WE	SC	STW	PR	DS/DS	GH/GH	AT/LG	GH

Coaches/Session Leader names (initials)
BRATclub South

Paul Robertshaw (PR): C ride/Swim

Paul Kingscott (PK): C ride

Geoff Moyes (GM): Wed run/Swim

Dave Garner (DG): Sat Run/swim/life guard

Debbie Southwood (DS): swim/Mon run/junior

Toby Gosnall (TG): Wed run/B ride/junior

Mark Hirsch (MH): Sat run/bike

Michelle Jennings (MJ): swim

Wendy Easter (WE): juniors

Mark Easter (ME): juniors/bike
Steve Cock (SC): juniors/bike
Gary Humpage (GH – swimming)
Lucy Otto (LO): run/swim/bike
Stu Westwood (SW): swim/bike
Steve Faulkner (SF): swim/bike/juniors/W run
Tauny Southwood (TS): run/bike
Andy Teagle (AT): juniors
Mark Attwood (MA): swim/bike
Steve Washbourne (STW): bike/Mon run
Keith Hill (KH): juniors/bike
Zoltan Lanthaler (ZL): swim
Ellen Tune (ET): Mon run
John Tune (JT): run/bike
Dirk Cox (DC): swimming

Other run/ride leaders

Robin Biles (RB): run/bike
Nick Irons (NI): Mon run/Wed run
Ann-Marie Bathmaker (AMB): run/bike
Geoff Mann (GMA): Tivvy swim/life guard
Steve Wright: Sunday C ride leader
Megan Shields (MS) Bittell

Reserve Coaches

Amy Hibbert (AH)
Francois Li (FL)
Brian Tilley (BT): bike/run

Run sessions

1. Mon MAC: TS, DS, LO, SF, NI, STW, JT, ET, AMB
2. Wed Uni: TS, GM, RB, SF, NI, TG
3. Sat MAC: TS, MH, BT, RB, SW, DG
4. Sat Juniors: AT, SC, SF, WE, ME, TG

Bike sessions Sun Billesley:

1. STW, TS, BT, MA, MH, SC, JT
2. ME, DS, AMB, RB, TG (Worcs), SF, JT
3. PR, PK, KH, SW

Bittell Open Water Swimming

1. Observer: MS, RB, JT, ET, TS, DS
2. Boat: JJ, JM, MA, DG, GMa, SW, HD
3. Lifeguard JJ, HD, DG, GMa,

Swim sessions

1. Sun Tiverton: GH, DS, PR, GM, DG, MJ, LG, LO, (AH), SW, MA, ZL, Gma, DC
2. Life guards: GH, GMa, DG
3. Sun Juniors : AT, WE, ME, DS, (AH)

Coaching Rota Rules

1. Please note IN THE PINK that a week on the rota begins on a Monday and the dates in the Date column refer to the Mondays on which the week begins – this has been the source of some confusion.
2. If any coach is unable to cover a session, can they please contact other coaches (especially those that are covering the same sessions) to arrange a mutually convenient swap? The effectiveness of the rota relies heavily on you all to make it work!