

**Coaching Rota – Jan 2010 – April 2010**

**Hill TRAINING**

**Track TRAINING**

Date	Coach		Date	Coach	
January			January		
04/01	GD		06/01	GD	
11/01	JR		13/01	JR	
18/01	RF		20/01	RF	
25/01	SG		27/01	SG	
February			February		
01/02	GD		03/02	GD	
08/02	JR		10/02	JR	
15/02	RF		17/02	RF	
22/02	SG		24/02	SG	
March			March		
01/03	GD		03/03	GD	
08/03	JR		10/03	JR	
15/03	RF		17/03	RF	
22/03	SG		24/03	SG	
29/03	GD		31/03	GD	
April			April		
05/04	JR		07/04	JR	
12/04	RF		14/04	RF	
19/04	SG		21/04	SG	
26/04	GD		28 / 04	GD	
<b>Coaches</b>			<b>Session</b>		
RF	Richard Fawthrop		GD	Trooper Lane	
SG	Susan Gledhill		JR	Salterhebble Hill	
GD	Gavin Dodd		RF	Hunger Hill	
JR	Jess Riley		SG	Skirk Green/Albert Prom.	