

## AVR Coaches etc. database

<u>Names</u>	<u>LiRf/Level 1</u>	<u>CiRf/Level 2</u>
Alan Hayes		yes
Andy Hoddinott		yes
Bob Ellis		yes
Carl Davies	yes	studying
Chris Atkinson	yes	
Darren Wrintmore		yes
Ian Isaacs	yes	studying
Jo Mumford	yes	
Julia Drewitt		yes
Kathy Kinsey	yes	
Linda Ladner	yes	
Mike Pace	applying	
Richard Ayling (Head Coach)		Yes
Richard Newman	yes	
Richard Southgate	yes	applying
Sarah Jewers	yes	
Sarah Sims	yes	yes
Steve Williams	yes	studying
Sue MacGregor	applying	
LiRF - Leader in Running Fitness		
CiRF - Coach in Running Fitness		