

**Total Coastal 50k Coach**  
**Alphabetical by first name**

Aidan Hicks  
andrew vincent  
Andy North  
Andy Westwood  
Arvin Panes  
Ben Camm  
Ben King  
Bryan Elliott  
CHARLIE HAYWOOD  
Chris Martin  
Christopher Pugh  
Eddie Kingdom  
Ellis De Joode  
Emma Smith  
Gary Cruwys  
Gavin Nicholls  
Gavin Winterborn  
Gemma Foley  
Grace McClean  
Helen Clark  
Henry Graham  
Iain Squires  
Jakub Muszynski  
James Alexander  
James Beaver  
james hawker  
Jason Stevens  
Kayleigh Cruwys-Jones  
Lee Pester  
Lee Wood  
Louise Dalton  
Lucy Wells  
luke shere  
Luke Sokolowski  
Mark Nowak  
Marsh Pullen  
Matt Phillips  
Melanie J Nile  
Michael Widger  
Naomi Greenwood  
olivier Martinez  
Paul Cross  
Richard Bickham  
Rob Kempster  
Robert Tester  
Ronan Yeo  
Ryan Fawden

Ryan Hawker  
Sam Dixon  
Sam Low  
Sandra Haynes  
Stephen Goodman  
Stuart Bown  
Timothy Collingwood  
Tom Snaith  
Victor Yeo  
Virginie Lapendry  
Virginie Morris  
Yuri Van Berkum