

MEET OUR COACHES



Imogen Collins

A British Canoeing Performance Coach and **Lead Coach for the Junior Coulson Group.**

Immi has 20 years of paddling experience, and eight years as a coach. She is a Level 4 coach

As a RCC junior, she competed internationally, representing GB.

She races in Marathon Div 3 & Sprint Women's B.



Nigel Frankland

Lead Coach for Adult group (NITS) and Juniors Under 10. In winter, Nigel runs the **Ergo sessions** and **'On the Water'** sessions all year round.

He also provides mentoring for aspiring athletes.

Nigel has over 30 years of experience as a paddler and coach. He is a Level 2 coach.

He races in Marathon Div 3 & Sprint Masters C.

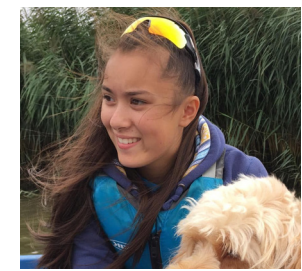


Brian Greenham

Lead coach for Junior Greenham Group, Brian also works with the Boatman Group and Schools.

Brian is a bit of a legend for the number of records he has broken for, including the K2 time for the 125-mile DW race, which he still holds. He is also the current European and World Marathon Masters Champion.

He is lead coach for the Club's winter circuit training too. Brian has nearly 60 years of paddling experience and is a Level 3 coach. He races in Marathon Div 3 & Sprint Masters C.



Phoebe Harbridge

Lead Coach for Boatman Group but also works with the **Under 10's.**

Phoebe has been paddling since the age of 8 and has been coaching for the last four years and is now a Level 3 coach.



Dave Sackman

Lead Coach for one of the faster Adult groups.

Dave has been paddling for the last 37 years, starting in slalom, then K1, C1 and C2, then back to K1.

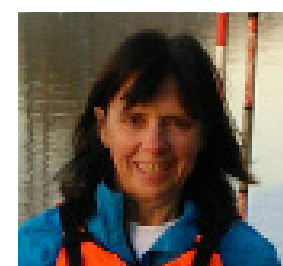
He has been coaching for the last 30 years, is a Level 3 coach and races in Div 4.



Balint Nagy

As well as being Club Chairman, Balint is a ski instructor and develops software for a living. He started kayaking as a child, paddled white-water for a while and is now assisting with coaching the juniors.

He races in Marathon div 4 and Sprint Masters C.



Miriam Mims-Graham

Miriam is the **Leader for the Paddler Improvers Group**

Miriam has 8 years of paddling experience and 6 years leading the Improvers Group.

She races in Div 6/ Women's Masters B and is a Level 1 coach.



Seumas Munro

Seumas is the **Lead Coach** for the **Adult Beginners courses.**

Seumas has had 14 years of paddling experience and 7 years of coaching.

He races in Marathon Division 6 and is Level 1 coach.

All our qualified coaches have completed: an appropriate level of aquatic first aid training, a foundation safety and rescue training course, a safeguarding course and been DBS checked, **When river boards are red (see the notice at the top of the stairs), you may only go out on the river in club boats with coaches that are Level 2 or above.**

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Jeremy Freeland

Jeremy runs some of the on-water Junior Performance Group training sessions. He has been paddling for 12 years and has been a qualified coach for six years, taking juniors from lightnings through to Div 2.

He has completed DW both in K1 and K2.

Jeremy races in Marathon Div 2 and Sprint Masters B and is a Level 2 coach.



Keith Simpson

Keith helps run our Adult Beginners sessions.

He races in Marathon Div 6 and is working towards his Level 1 coaching certificate.



Trevor Mills

Trevor helps with the Adult beginner courses and also with the **Improver Group sessions**.

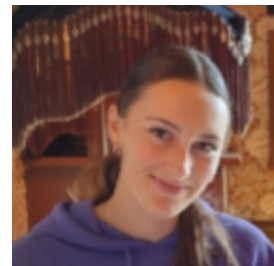
He has been paddling for ?? years, racing in Div 6 and is working towards his Level 1 coaching certificate.



Tamsin Phipps

Tamsin coaches our early bird sessions, for Div 7 paddlers and above, on Tuesdays and Thursdays.

She has over many decades of paddling experience, as well as over 40 years coaching, and has completed the Devizes to Westminster race 8.5 times (the half was when it was stopped due to bad conditions). She is a Level 2 coach.



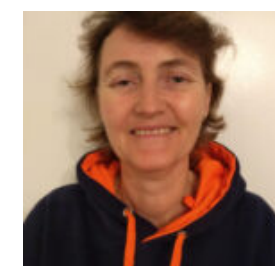
Alex Tonkin

Alex was one of our leading junior paddlers, until he left for university in September 2022. That summer, he also set up from scratch a series of week-long summer camps. We hope he will build on that success and run future camps as well.

Emily Neville

Emily is Lead Coach for the Slalom Group at all levels. She is also key to running the slalom sessions within our beginner courses and our annual half-term taster sessions.

She races Div 2 for Slalom.



Zoe Neville

Zoe is the slalom rep on the committee and key to running the Sunday afternoon slalom sessions. She also competes, racing in Div ? for Slalom and Div 7 for marathon.



Simon Gallop

Simon helps with **Adult Beginner Courses**.

Simon has 13 years of paddling experience, and for the last 6 years has helped coach the adult beginners course.

He has been teaching kung, however, for a lot longer ... 30 years!

Simon races Marathon Div 6.

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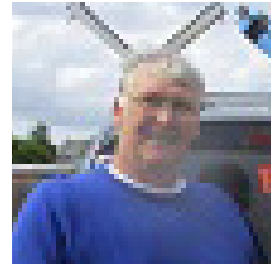


Peter Mainprize

Assistant coach for Adult on-the-water paddle sessions.

Peter has over 15 years of paddling experience and 14 years of coaching.

Races in Marathon Div 4 and Sprint Masters C.



Nick Daniels

Nick has done many decades of paddling, has completed the DW. a number of times . He is a Level 3 coach and is able to give advice on technique.



Andy Rawson

Our **guru on technique!** Andy tends to do 1-to-1 sessions, scrutinising technique.

Andy has over 40 years of paddling experience, as well as 40 years coaching, on the water and in the gym too.