

## HAMPTON CANOE CLUB: IMPROVERS SESSIONS 2014

For paddlers with One Star skills but needing to gain experience, stamina and confidence

Date	Leader	Leader's email
Sun 22 June	Peter	<a href="mailto:Pjmcbride12@virginmedia.com">Pjmcbride12@virginmedia.com</a>
Sun 29 June	Emily	<a href="mailto:Emily@longlifetraining.co.uk">Emily@longlifetraining.co.uk</a>
Sun 6 July	-	One star course all weekend
13 July	Andy	<a href="mailto:awgarbett@blueyonder.co.uk">awgarbett@blueyonder.co.uk</a>
Sat 19 July	Adam	<a href="mailto:Adam@recognitionmidsurrey.co.uk">Adam@recognitionmidsurrey.co.uk</a>
Sun 27 July	Stephen & Sarah	<a href="mailto:smc@freeuk.com">smc@freeuk.com</a>
4 Aug (Mon)	Andy	<a href="mailto:awgarbett@blueyonder.co.uk">awgarbett@blueyonder.co.uk</a>
10 Aug	Charles	<a href="mailto:latin@gmx.co.uk">latin@gmx.co.uk</a>
Sun 17 Aug	Stephen & Sarah	<a href="mailto:smc@freeuk.com">smc@freeuk.com</a>
24 Aug		
30 Aug	Derek Heath	<a href="mailto:itoracc@hotmail.com">itoracc@hotmail.com</a>
7 Sept		
14 Sep	Mark	<a href="mailto:uk.mlewis@gmail.com">uk.mlewis@gmail.com</a>
21 Sep	Tony Leworthy	<a href="mailto:tonyleworthy@hotmail.com">tonyleworthy@hotmail.com</a>
28 Sep		
5 Oct		
12 Oct	Richard	<a href="mailto:RIKFISH@aol.com">RIKFISH@aol.com</a>
19 Oct	Tony Leworthy	<a href="mailto:tonyleworthy@hotmail.com">tonyleworthy@hotmail.com</a>
26 Oct	Peter	<a href="mailto:Pjmcbride12@virginmedia.com">Pjmcbride12@virginmedia.com</a>
2 Nov		
9 Nov	Peter	<a href="mailto:Pjmcbride12@virginmedia.com">Pjmcbride12@virginmedia.com</a>
16 Nov	Sarah	<a href="mailto:smc@freeuk.com">smc@freeuk.com</a>
23 Nov	Derek	<a href="mailto:itoracc@hotmail.com">itoracc@hotmail.com</a>
30 Nov	Dan	<a href="mailto:djbownds@googlemail.com">djbownds@googlemail.com</a>
7 Dec	Andy	<a href="mailto:awgarbett@blueyonder.co.uk">awgarbett@blueyonder.co.uk</a>
14 Dec	Dan	<a href="mailto:djbownds@googlemail.com">djbownds@googlemail.com</a>
21 Dec	Charles	<a href="mailto:latin@gmx.co.uk">latin@gmx.co.uk</a>