

# Pathway Talks

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NAVIGATE YOUR JOURNEY AS A FEMALE SAILOR  
NIKKI BONIFACE, EX BRITISH SAILING TEAM, ATHENA PATHWAY



WEATHER FORECASTING METHODS AND TOOLS FOR DINGHY SAILING  
SIMON ROWELL, METEOROLOGIST BRITISH SAILING TEAM



FOOD OR SUPPLEMENTS - WHICH IS BEST? 100% ME  
DR DEBBIE COUGHLIN, SPORTS NUTRITION



INTRODUCTION TO NUTRITION AND HYDRATION  
DR DEBBIE COUGHLIN, SPORTS NUTRITION



DECISION MAKING - INSTINCT VS DEVELOPED PROCESSING  
MARK RUSHALL, BRITISH SAILING TEAM COACH & RYA AUTHOR

