

## **Robert Ashwood Memorial Fund**

The Robert Ashwood Memorial Fund (RAMF) was setup after the death of Robert (Bob) Ashwood in August 2013 to continue Bob's prolific work in supporting and developing British Junior and U23 Middle and Long Distance Athletes.

Bob was a well-respected and well known coach achieving great success in his short life. He started coaching athletes when he was just 16 years old and continued until his aggressive illness brought his time to an end. He was a man of many skills. He taught enthusiastically a range of subjects but his love was Maths and he instilled this love of numbers to hundreds of teenage students at a Birmingham Secondary School until his retirement. Years later he was asked back to a presentation evening where he thought he was just there to hand out a few awards but he wasn't, he was named as the pupils and ex-pupils all-time favourite teacher at St Michaels!

His phenomenal coaching skills lead him to be a coach in various sports including triathlon, various local rugby clubs and was even a member of the coaching staff at Kidderminster Harriers Football Club! But athletics was his favoured sport.

He coached all ages and levels and was instrumental in bringing huge success to his local athletics club in Worcestershire with the Senior Men Team, along with numerous successes with local junior athletes. He nurtured and developed athletes from the U17 age group into the Senior ranks to become some of the top athletes in Britain; some winning medals nationally and internationally. He was also part of the Great Britain Athletics coaching staff. Here he was a National Event Coach for Cross Country and spent time travelling the World helping endurance athletes at World and European Championships. Supporting athletes to achieve their potential including some great successes at World level including athletes such as Paula Radcliffe, Mo Farah, Liz Yelling, Jon Brown, etc.

He was always looking for a new challenge and with his long term friend and coaching ally Bub Baldaro he started a successful stint at Birmingham University. He was involved in numerous events and competitions and took charge of athletes travelling and competing in America at prestigious events. This fund will help to continue his work and has only been made possible with the generous donations of his friends and family, something that we must all applaud and be thankful for. Bob was a great man and someone who is sorely missed but will not be forgotten and his legacy will continue.