

22nd Kendal Winter Training Camp

In the beautiful Lake District
Saturday 27th – Tuesday 30th December 2008
(Starting 11.00am Saturday to 1.00pm Tuesday)

Programme

Randori – twice a day
Log Races
Tyre Pulls
Fell/Hill Running
Barney Rubble / Rock
Circuits



Prepare for 2009

Age limited to +14 to U99 years



Craig Fallon

Price

£65 Camp
£60 Youth Hostel B&B.

Further accommodation
at Kendal Tourist
Information.
on 01539 725758 or
Google B&B in Kendal.
Travelodge is 3 miles
from Club.
0871 9846327

90+ Players at the 2007 Camp including
Craig Fallon World Champion 2005
Winston Gordon – European Medallist
Euan Burton – World Medallist
Sarah Clark - European Medallist
Sally Conway – Junior World Medallist

Contact

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BOOK NOW TO SECURE A PLACE- LIMITED AVAILABILITY
IF YOU ARE NOT PREPARED FOR HARD TRAINING DON'T COME