

23rd Kendal Winter Training Camp

In the beautiful Lake District
Sunday 27th – Wednesday 30th December 2009
(Starting 11.00am Sunday to 1.00pm Wednesday)

Programme

**Randori - Twice a
day
Log Races
Tyre Pulls
Fell/Hill Running
Barney Rubble /
Rock Circuits**



Prepare for 2010

Age limited to +14 to U99 years



Craig Fallon

Price

£65 Camp

£65 Youth Hostel B&B.

**Further accommodation
at Kendal Tourist
Information.**

**on 01539 725758 or
Google B&B in Kendal.**

90+ Players at the 2008 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