

Devizes Westminster

February half term training camp
at Longridge, Marlow



16 to 17 February 2009

Sunday 15 – Waterside A

details at <http://www.watersides.fsnet.co.uk/>

Monday 16 – Newbury to Reading

Tuesday 17 – WCC to Longridge

Back by popular demand our two day training course after **Waterside A** helps prepare paddlers for the race and covers day 2 of the four day event. The course is staffed by Ian White, Ollie Harding and Sarah Hannon. Some of the top junior crews will be at this training camp. Senior paddlers are welcome too.



Sunday Waterside A please note entries are limited to 400, enter early



Sunday evening

A look at paddling equipment from the budget to goretex.



Monday

Newbury to Reading



Evening

training schedule – how to train and how to prepare
slide show – beyond DW



Tuesday

Wokingham Waterside Centre to Longridge, Marlow
1600 course closes

£30.00 plus accommodation

Postal Address: Longridge, Quarry Wood Road, Marlow, Bucks SL7 1RE

Simple dormitory accommodation £8.00 a night

Contact Ollie Harding 07886 010288 ollieharding@mac.com

online booking <http://gonepaddling.wufoo.com/forms/dw-training-camp/>