

TRAINING SESSION 11TH MAY 2010 - 7.30PM
RICKMANSWORTH

MEET OUTSIDE 'THE PENNSYLVANIAN' PUB AT
115-117 HIGH STREET RICKMANSWORTH.

PARKING IS AVAILABLE 100 YARDS AWAY AT
COUNCIL OFFICES IN 'NORTHWAY'.



TRAINING SESSION WILL BE ALONG CANAL AND
AROUND LAKES AT BATCHWORTH.

FOOD AVAILABLE AFTERWARDS UNTIL 10PM
AT WETHERSPOONS PUB (GOOD VALUE)!