

Welsh Fencing

Fencing Training Day – Sunday 19th July 09

A full day of fencing training at all weapons. Games, fitness, footwork, skill training & sparring. Suitable for all competitive fencers who are 13 or over. Please note: there are a limited number of places which will be allocated on a first come basis!

Venue: Welsh Institute of Sport (WIS), Sophia Gardens, Cardiff, CF11 9SW

Time: 9:30am-4:30pm. Cost £15.

Equipment: You will need full fencing equipment including electric kit. You should bring running shoes & fencing shoes.

Food / drink: Bring a packed lunch & plenty to drink / refillable water bottle.

Complete & return this form to

Neale Thomas
8 Melvinshaw
Leatherhead
Surrey KT22 8SX

Name:

Address:

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Post code:

Home tel:

Mobile tel:

Email address:

Signature:

Date:

Date of Birth (if U18 on 19th July 09):

Signature of parent or guardian if U18:

Name of parent or guardian

Cheque enclosed: £_____ (Cheques payable to Welsh Fencing)