

Fancy Something NEW?

Awydd Her NEWYDD?



## Windsurf Open Race Training

# Hwylfyrddio - Hyfforddiant Rasio Agored

**Dates:** 15,16,17 February 27 /28 March **Dyddiadau:** 15,16,17 Chwef 27/28 Mawrth

**Where / Lleoliad:** Canolfan Plas Menai, National Watersports Centre

**Cost** £50 Own Board/Bwrdd eich hun £65 charter Board/siartro (Max 25 Places/Lle)

**5 Days Training** looking to build on core windsurf skills, harness work, improve tacking and gybing, and improving racing techniques

Hyfforddiant 5 diwrnod i gynyddu sgiliau hwylfyrddio, gwaith harness, gwella tacio a starn ogamu (jeibio) a gwella technegau rasio

Closing Date 8th February 2010 Dyddiad Cau 8 Chwefror 2010

**For further information contact:** [iwan.basten@welshsailing.org](mailto:iwan.basten@welshsailing.org) 07824990693  
**Am ragor o wybodaeth cysylltwch ag:**

Application forms can be downloaded from

[www.welshsailing.org](http://www.welshsailing.org)

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