



Iceni Group Training Day Saturday, 11 February 2012

Village Hall, Troston Road, Great Livermere, BSE, IP31 1JL

11:00 – 16:00 hrs

We would like to invite you all to a dis-mounted training day, which will pick up on the Endurance GB Training Idea! Tickets are £7.50, please return slip below to, P Sofley, The Old Vicarage Cottage, Metfield, Nr. Harleston, Norfolk IP20 0PG, so we can cater for the right numbers! Email: peggysofley@btinternet.com / phone ; 07796133825

Lovely Winter Hot Soup and Cake will be provided!



Speakers are :

- Debbie Carley from Thunderbrook Equestrian will enlighten us with her knowledge about equine nutrition www.thunderbrook.co.uk
- Ali Wakelin will share with us her views on the Rider's Posture and the importance of balanced riding www.aliwakelin.co.uk
- Brigid Fairman will talk to us about the importance of Ride-Day-Preparation and good planning! With some thoughts on Crewing and Map reading!
- Angie O'Brien: The importance of stretching!

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Name: Contact details:

..... No. Tickets at £ 7.50

Cheque Payable to EGB Iceni Group!