

## **06/08/2011 – Under 23 Squad Report**

The U23s trained at Sandhurst this Saturday. We had members of our squad missing due to some pullers attending the Gaztedi club competition, work commitments and traffic chaos in the south of the country making it impossible for Dean ,Rob and Tom to get to us after being stuck in a traffic jam for hours.

We had a good training session and all the lads trained well and I am pleased with the squads progress. with the UKs this next weekend we hope to have two teams competing in the 600 kilo open so make sure that you inform the club that you pull for to let them know that you will be required for the U23s.

We would like to thank Sandhurst Tug Of War for the use of there training ground and to Wally and young Dan for setting it all up and giving their time for us. It is greatly appreciated.

Keep up the good work train hard.

Dave Knott.