

Open Formula Training at Pwllheli

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Lucy Horwood and Dan Ellis, with the help of Pwllheli Sailing club, will be running a Formula Racing Clinic on Friday (29th April) preceding the Welsh Racing Cup. Much like our previous open training we will be concentrating on the important aspects of racing that will move you up the fleet.

We will also be offering the opportunity to email us any specific problem areas you have, so that we can concentrate on those and tailor the training to your specific needs. To further sharpen you up for the weekend part of the training will be running practice races, so you can put it all together in a low pressure situation.

During the day we will be getting Video Footage of each sailor which we will go through during the evening debrief in the sailing club. It will also be possible to get dinner in the sailing club, but it would be best to let us know when you book.

Cost for the day is £30. Please book a place via email to gbr52@yahoo.co.uk  BY 22nd APRIL, as we need to get an idea of numbers.