

## **New Forest Running Camp 2020**

### **Coached by Olympic Marathon Runner, Liz Yelling PhD.**

Dear Runner,

Thank you so much for your interest in our running camp with Liz Yelling, Double Olympian and Commonwealth Games medalist.

The camp is put together by Vicky Unsworth who has previously been on camps with Liz at many venues since 2011. Please find enclosed all details including Terms and Conditions. Should you have any further questions outside of the information presented here, please feel free to email Vicky at [newforestruncamp@gmail.com](mailto:newforestruncamp@gmail.com)

We look forward to welcoming you the wonderful New Forest and putting you to work in your running shoes. Please don't delay in booking as this camp has limited numbers.

Yours in Running,  
Vicky & Liz

A day in the life of a camper goes something like this.....

We will all arrive on camp Friday from 11am. Myself and Liz will meet up with you and we will go for an easy social run to get to know each other and have a look at our location for the next few days. After this we can grab a coffee and sort out checking into the accommodation. Once we are settled we will have a welcome meeting then dinner at a local restaurant. Saturday we will start with parkrun, breakfast and a talk from Liz. In the afternoon there will be a second run with Liz then dinner. Sunday will be a long run after breakfast followed by a talk and an activity. The evening will be a walk around the area before sunset. Monday morning will be run. All running will be suitable for anyone who can run 10k, you can pick and choose what fits in to your plan. On previous camps we have had runners of all abilities, Liz coaches to meet the needs of everybody.

**Date of Camps 2020;**

Friday 6<sup>th</sup> March – Monday 9<sup>th</sup> March

Arrival at the accommodation will be by your own means. Once on the camp everything we do will be within walking distance, car share or a local bus ride away.

**Accommodation – Forest Park Country Hotel & Inn, Rhinefield Rd, Brockenhurts SO42 7ZG**

**Location;** New Forrest, Dorset

**Food;**

Breakfast; This will be included in the price.

Lunch; This will be at cost to yourself

Dinner; Each evening, we will go to a local pub and have dinner together. This will be at a cost to yourself.

Please be aware that this is the first time we have had a camp at the location. The price reflects this. The accommodation looks great and the location is amazing. We will try and do everything in our power to make your stay a good one. So, if you have any preference please just let us know and I will accommodate as best as I can.

**Training;**

Schedule to be confirmed. Session each morning with a recovery run in the evening. Further details to follow. Option to do Parkrun on Saturday morning.

**Price**

**£559 based on a single room**

**£399 based on sharing a twin room**

**£369 based on sharing a triple room**

**£359 based on sharing a quad room**

When booking please state your room preference and whether you have a friend to share with or you are solo happy to share.

**Payment Details -**

The cost of the camp is as mentioned above. **£100** is payable as a deposit immediately on booking to secure a space on the camp. This deposit is non-refundable. £100 is payable before November 15<sup>th</sup> 2019. The final balance is due no later than January 1<sup>st</sup> 2020. You will receive an email reminder a week or two before your final payment is due. Please note, cancellation of your place on the camp prior to the full payment deadline will result in a 50% refund of funds paid, (excluding deposit). Cancellation of your place after 1<sup>st</sup> January will result in a 25% refund of funds paid (excluding the deposit).

Payment plans are available if you prefer to pay monthly. This option will be non refundable. Please contact Vicky.