



BURLEIGH TRAVEL

THE SPORTS TOUR SPECIALISTS

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Rugby and Northampton Athletics Club



Club Spotlight



"This training camp was exactly what we were looking for and Burleigh Travel did everything asked of them to ensure we got the most out of our camp in Portugal"





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Club Spotlight

Barrow and Furness Striders A.C.

SECRETARY

Stephen Cheers
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Barrow in Furness

CHAIRMAN

Les Middleton
18 Holbeck Park Avenue
Barrow in Furness

TREASURER

Caroline McDowell
108 Oxford Street
Barrow-in Furness

Hi,

Firstly I would like to say a big thank you from the entire group, it is the very first time the club have ever done anything like this before and it was brilliant, everybody in the group really enjoyed the whole experience.

The facilities were top notch, the hotel was great and even the girls got in abbit of sun bathing (beach is fantastic, can get a good steady hour run on it).

We ate out as one big group every night and found the local restaurants great, with Indian, Italian, Chinese and Portuguese there is something for everybody.

The flight from Blackpool was great and found the airport really good and easy to get too, will defiantly use it again. No problem with the transfer to Monte Gordo from Faro airport and the Hotel was fine and the staff very welcoming.

A lot of the group were training twice a day, we were getting up at 6.30am to run for 7.00am (usually running 1 hour in the morning) and then we were fitting a second session in at about 3.30pm (track, conditioning or some tempo runs, trails were great for this).

The track facility was great and staff were very friendly and helpful, we did two big track sessions the week we were out there but also used the centre grass area for a conditioning session, using hurdles and medicine balls.

One of the highlights of the trip was the warmdown, we would jog back from the track to Monte Gordo (2 miles) and then go and cool off in the Ocean and it really refreshed the legs after a hard session, even a few of us went for a swim.

The whole group at this moment want to go back next year and some were even asking if we could stay longer next year because they had enjoyed the whole trip so much.

Once again a bit thank you from all the group for such a fantastic trip and attached a few photo's of the guys.

Pat. Miller Barrow & Furness S.A.C

Don't just take our word for it..

2009:

"It was the very first time the club have ever done anything like this and it was brilliant, everybody in the group really enjoyed the whole experience"

2010:

"Yet another excellent tour; even better than last year. The service from Burleigh Travel was again faultless and we'll definitely go back again"

Barrow & Furness
Striders Athletics Club