

# NEWSLETTER

MARCH 2010



**Hickling Windsurfing Club**  
[www.hicklingbroad.co.uk](http://www.hicklingbroad.co.uk)

At last, the long winter is over and unless you've been lucky enough to go abroad for your 'fix', your frustrations should now be over. To my knowledge only one member braved the January conditions on Hickling Broad but it turns out Paul Graves was on ice skates!!

Plans to upgrade the web site and increase publicity are part of our celebration of 25 years as a windsurfing club. Lots of events throughout the year beginning with a sponsored sail in aid of Cancer Research. So dust off your kit and get yourself fit, and I'll see you on the water...

## WINDSURFING FOR CANCER RESEARCH

*SUNRISE TO SUNSET 2010*  
SUNDAY 2nd MAY



**W4CR** was initiated by David Tuttlebee a windsurfer from the South Coast who had been diagnosed with a return of the cancer he first suffered in 2006. The charity formed by windsurfers raised some £25,000 last year, contributing to cancer research, education and support. The trustees objective is to try and double that amount this year.

Sunrise to Sunset is again taking place at numerous sites around the country and we are hosting one of the events here at Hickling Broad. Well known windsurfers such as Nick Dempsey, Ross Williams and Dave White are acting as ambassadors to help promote the event to all windsurfing enthusiasts.

Visitors taking part in fundraising will be made very welcome to use our facilities free of charge and it is hoped there will be action on the water from 5.30am until dusk. I strongly urge you all to consider actively taking part if only for an hour or two at any time during the day.

For more information visit the web site **[www.W4CR.org](http://www.W4CR.org)** or google 'W4CR' and get yourself registered.

This event coincides with our first skills training session so what better way of improving your ability on the water knowing you are raising money for this worthwhile charity.

### **SECURITY LOCKS NEW NUMBER**



During this month the combination will be changed to ##### Please ensure the changing room doors and gates are closed behind you and the gate locks are scrambled at all times.

### **SKILLS TRAINING SESSIONS**

**SUNDAY 2nd MAY**

**SATURDAY JULY/AUG TBC.**

Whether you are new to the sport and in need of some guidance or struggling in more advanced techniques these skills training sessions are not to be missed. Ben and Gareth are offering their valuable coaching services free so do take advantage and come along to one or both of these sessions. If you are coming don't forget to persuade friends and family to sponsor you in the Sunrise to Sunset event and raise money for Cancer Research at the same time.



It's never too late to learn. (L plate optional!)