

## **22 (Sandy) Squadron Air Training Corps**

*Bedfordshire and Cambridgeshire Wing*

The ATC/ACF Cadet Centre, Alnwick Close,  
Sandy, Beds. SG19 1UA

Tel: 01767 691681

Website: [www.sandy-aircadets.org.uk](http://www.sandy-aircadets.org.uk)

Email: [info@sandy-aircadets.org.uk](mailto:info@sandy-aircadets.org.uk)



Date: 10 August 2010

### Press Release

#### **Sandy cadets on the pedals**

On Saturday 8<sup>th</sup> August, a group of Air Cadets and staff from 22 (Sandy) Squadron undertook an 18 mile cycle ride, as part of their summer training program.

The day took the cadets from Sandy to Priory Park in Bedford, and up to Cardington, then back onto the cycle path to Sandy. The cadets were tested throughout the day on their map reading and navigation skills, in preparation for their upcoming Duke of Edinburgh's Award expeditions.

Cadet Adam Holloway (15) said "It was a really fun day and good exercise. Map reading while cycle was a new experience, as you can't look at the map on the move. Luckily we only got lost once. Definitely want to do this again".

If you would like information on how to join as a Cadet, a member of Staff or Civilian Committee member please call 01767 691681, email [info@sandy-aircadets.org.uk](mailto:info@sandy-aircadets.org.uk) or visit our website at [www.sandy-aircadets.org.uk](http://www.sandy-aircadets.org.uk).

By Civilian Instructor Jeffrey Henshaw, Squadron MCO - 22 (Sandy) Sqn

>>END>>



The ATC/ACF Cadet Centre, Alnwick Close, Sandy, Beds. SG19 1UA

Charity Exemption W182/00



INVESTOR IN PEOPLE



The ATC/ACF Cadet Centre, Alwick Close, Sandy, Beds. SG19 1UA

Charity Exemption W182/00



INVESTOR IN PEOPLE

**Notes to Editor:**

**Included photographs:**

All photographs are subject to crown copyright

Photo 1 – **L to R:** Cadet William Phoenix (14), Cadet Corporal James Day (17), Cadet Adam Holloway (15),  
Cadet James Rout (13), Cadet Sam Keeble (13)

Photo 2 – **L to R:** Cadet Adam Holloway (15), Cadet James Rout (13), Cadet Sam Keeble (13)

**For more information, please contact CI Jeffrey Henshaw, Squadron Media Communications Officer**

**Email: [Jeffrey.Henshaw@sandy-aircadets.org.uk](mailto:Jeffrey.Henshaw@sandy-aircadets.org.uk)**

**Mob: 07812432116**



The ATC/ACF Cadet Centre, Alwick Close, Sandy, Beds. SG19 1UA

Charity Exemption W182/00



INVESTOR IN PEOPLE