

22 (Sandy) Squadron Air Training Corps

Bedfordshire and Cambridgeshire Wing

The ATC/ACF Cadet Centre, Alnwick Close,
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Press Release

Sandy Cadets Go Adventuring

Air cadets and staff from 22 (Sandy) Squadron, recently returned from a week long adventure training camp at Llanbedr in Wales.

Cadet Haydn Rout (15) and Cadet Flight Sergeant Kim Coates (17), along with Flight lieutenant Mark Robinson, were among the 26 cadets and 7 staff attending the camp from across Bedfordshire and Cambridgeshire.

During the week, the cadets undertook a number of activities, such as gorge walking, rock climbing and abseiling. They also had the opportunity to test their confidence, and conquer any fear of heights on a high ropes course. One of the main activities of the week was a walk up Tryfan mountain, walking up to the top at an altitude of 3,010ft above sea level. From there the cadets got an amazing view of the local scenery.

Cadet Haydn Rout said "I really enjoyed the week, and I would definitely recommend it anyone should they get the opportunity, as it was one of the most fun weeks I've ever had".

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 or visit our website at www.sandy-aircadets.org.uk.

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



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

Charity Exemption W182/00



INVESTOR IN PEOPLE

Notes to Editor:

Included photographs:

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Photo 1 – Cadet Haydn Rout (15) at 3,010ft on Tryfan mountain in Snowdonia

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