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active



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Trans-Wales 2006 (Cover Story)
Getting High in the Totems
Canoeing, Diving, Hockey and more!

Winter 2006

On the cover

Trans-Wales 2006...see page 20.
Photography: Sac Andy Holmes
(Team Photographer)
www.rafcycling.org.uk

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Have you ever wondered why we do AT? Here's the answer from the top. Show it to your boss next time you need a bit more persuasive muscle!

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