

Energy Bars.

There are a number of Energy Bars on the market which we would recommend you take out onto the course.

Highly recommended is the 9 Bar. Please visit their web site:-

www.9-bar.co.uk

(if sufficient interest we can purchase direct from the manufacturer at a cheaper unit cost)

Information on the TREK energy bar & nakd bar range(100%fruit bar)

Can be found on www.naturalbalancefoods.co.uk

A good range of these products can be found at Holland & Barrett stores. Certain products can also be found at all the main supermarkets.

Food & drink intake during a round of golf is essential.

At least, Food every 1¼ hrs, Drink every 40 mins.