

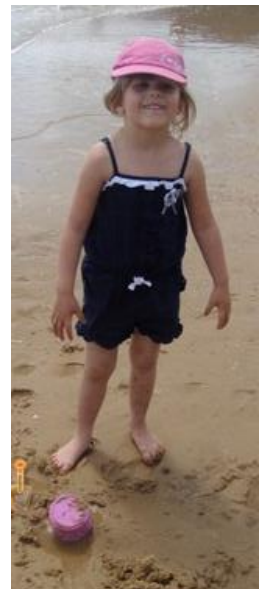


Frinton-on-Sea 2011

Time for some lunch -
And then a bit of practise
digging.



Everyone was very brave and managed a swim in the sea.



Lots of digging and fun in the sand. A great day out.