

PRESS RELEASE

September 2011



Sunday Times Travel Magazine Readers' Awards 2010
Favourite UK Spa

Zest's Best Spa 2011

Best for Great Value

Mumsnet Best Spa in the UK

Great for a girls day out

Conde Nast Traveller Readers' Spa Awards 2011

Runner Up Favourite UK Spa Retreat

Good Spa Guide

Five Bubbles

Natural Health Spa Awards 2011

Best for Weight Loss

Ragdale Hall's MD wins Triathlon World Championships SILVER medal!

David Hamdorff has quite a challenging day job heading up one of the UK's top health spas but he is also a very talented and committed athlete in his chosen sport of Triathlon.

For the second time last weekend he represented Team GB in the Age Group World Championships, he previously achieved a wonderful fifth place in Hamburg four years ago.

On Saturday 10th September he won the Silver medal on the Olympic course in Beijing.



David beat all other British competitors in the race and was only beaten by an Australian ex professional triathlete.

All at Ragdale are very proud of David's very special achievement.



For further information please contact:

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