

The P.J. Nolan Training Academy of Champions™



**RECORD BREAK
HOLDERS**



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" Practice like the Champions "

BOOKS



INTERNATIONAL LEVEL WORKBOOKS



1	ROUTINE NAME	PLAYERS NAME	COUNTRY	SCORE
1	THE ' WEXFORD ' RACK			
2	THE ' TYRONE ' RACK			
3	THE ' H ' RACK			
4	THE ' CROSS ' RACK			
5	THE ' IRELAND ' RACK			



2	ROUTINE NAME	PLAYERS NAME	COUNTRY	SCORE
6	THE ' CAVAN ' RACK			
7	THE ' DUBLIN ' RACK			
8	THE ' CARLOW ' RACK			
9	THE ' MAYO ' RACK			
10	THE ' GALWAY ' RACK			

BOOKS



COUNTY LEVEL WORKBOOKS



1	ROUTINE NAME	PLAYERS NAME	COUNTRY	SCORE
1	THE ' CLARE ' RACK			
2	THE ' DOWN ' RACK			
3	THE ' OFFALY ' RACK			
4	THE ' KILKENNY ' RACK			
5	THE ' SLIGO ' RACK			



2	ROUTINE NAME	PLAYERS NAME	COUNTRY	SCORE
6	THE ' ARMAGH ' RACK			
7	THE ' MEATH ' RACK			
8	THE ' CORK ' RACK			
9	THE ' LIMERICK ' RACK			
10	THE ' DONEGAL ' RACK			



THE P.J. NOLAN ACADEMY OF CHAMPIONS



TEST YOUR SKILL AND TAKE THE CHALLENGE - TO BOOK A LESSON - 086 8634507