



TRACK TRAINING SESSIONS

At the Calshot Velodrome, Calshot Spit, Fawley,

Southampton, Hampshire, SO45 1BR

17th October 2009 at 1.30 PM for 1.50 to 4.50 PM

21st November 2009 at 1.45 PM for 2.15 to 5 PM

16th January, 20th February & 20th March 2010

£15 for adults £7 for youths

Helmets must be worn

Bikes are available to hire at Calshot fitted with pedals with toe clips and straps that may not be changed, so please bring suitable trainers if you intend to hire a bike.

Numbers strictly limited

To reserve a place contact Keith Wilmot

By email at: Kwilmot117@aol.com

Or phone: 07540 770 819

Coaching by Qualified Coaches

www.primecoaching.co.uk