



RACE PREPARATION COACHING AND TRAINING AFTERNOON

SATURDAY, 10th APRIL 2010, 1.30 PM to 5.30 PM

**AT HILLINGDON CYCLE CIRCUIT
Minet Park, Springfield Road,
Hayes, Middlesex, UB4 0LF**

**Open to 3rd & 4th Category & Novice Male & Female Riders.
BC membership/licence not required**

**An ideal opportunity for riders who are planning to compete in
Road or Circuit races, or Team Time Trials.**

**NB. The BC West Thames summer race series at Hillingdon starts on
Tuesday 6th April and continues until mid August**

**Sprinting, Echelon, Fast Group Riding, and Team Time Trialling
Specific Fitness Sessions
Short talks on race related subjects**

Content will be chosen to suit the majority of riders attending.

Provided by BC QUALIFIED COACHES

Light refreshments available

Helmets must be worn, no mudguards or tri-bars.

Fee £12

(A limited number of places will be available for youths 12 -16 yrs at £8)

To register for the event or for further information

Contact David Lambourne

Telephone 01628 638984

Email lambourne2@talktalk.net

www.primecoaching.co.uk