

Prime Coaching



RACE PREPARATION COACHING AND TRAINING AFTERNOON SATURDAY, 23rd Nov 2013, 1.00 PM to 5.00 PM AT HILLINGDON CYCLE CIRCUIT

Minet Park, Springfield Road, Hayes, Middlesex, UB4 0LF

Open to 3rd & 4th Category & Novice Male & Female Riders.

A British Cycling membership or licence is NOT required

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

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

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

Coaching provided by BC QUALIFIED COACHES

Light refreshments available

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

Fee £20

(A limited number of places will be available for youths 12 -16 yrs at £15)

To register for the event or for further information contact David Lambourne

Telephone: 01628 638984, Email: lambourne2@talktalk.net

www.primecoaching.co.uk



Prime Coaching is a voluntary organisation committed to raising the standards of coaching and cycle racing in British Cycling Central Division. Membership of Prime Coaching is available to members of cycling clubs in the Central Division who wish to be active in achieving 'The Aims of Prime Coaching'