

Prime Coaching



TURBO TRAINING SESSIONS In The Clubhouse

AT HILLINGDON CYCLE CIRCUIT

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

**Thursday Evenings 7:30 –8:30 pm
from October 24th 2013**

**Bring a bike, turbo trainer & towel
Set up from 7pm**

£5

Light refreshments available

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

Fee £20

For more information contact Steve May

Email: stevemay@dircon.co.uk or telephone: 07732501613

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'