

Prime Coaching



TRACK COACHING SESSIONS AT WELWYN For Novice, Intermediate and Experienced Riders On Sunday 8th May and 5th June, 2011

From 10.00 am to 12.00 noon

At Welwyn Track, Gosling Sports Park, Stanborough Road, Welwyn Garden City, Hertfordshire, AL8 6XE

Riders should arrive by 9.30 am for Briefing and Warming-up.

Bring your own track bike, which must be in a good, safe condition, or hire a track bike.

Helmets must be worn.

Coaching by Qualified Coaches.

Refreshments available on site.

Adults (18 years plus) £15 per session

Under 18s (10 to 17 years old) £8 per session

Entry and payment on the day – you can just turn up and ride, but it would be help us to know the numbers in advance.

To register or for further information contact:

Tony Woodford

Email anthony.woodford1@ntlworld.com

Telephone 0795 119 1620



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' Find us at www.primecoaching.co.uk