

**Willesden C C**  
**Olympic Velodrome**  
**Sunday 13<sup>th</sup> April 2014**

- 13.30      Group One A/B riders 20 mins progressive warm up**
- 13.50      Group Two A warm up 10 mins**
- 14.00      Group Two B warm up 10 mins**
- 14.10      Group One A and B riders lap taking 15 mins**
- 14.25      Group Two A riders line changes 16 mins**
- 14.41      Group Two B riders line changes 16 mins**
- 14.57      Group One A riders team pursuit 10 mins**
- 15.07      Group One B riders team pursuit 10 mins**
- 15 17      Group Two A riders follow the leader 12 mins**
- 15.29      Group Two B riders follow the leader 12 mins**
- 15.41      Group One Team pursuit A & B 10 mins**
- 15.51      Group One Team pursuit A & B 10 mins**
- 16.01      Group Two 15 mins**
- 16.16      Group One race tempo.**