

# Prime Coaching



Counts towards Surrey League 4th Cat Accreditation



## RACE PREPARATION COACHING AND TRAINING AFTERNOON

**Saturday 4th March 2017, 1pm to 5pm**

**Saturday 15th April 2017, 1pm to 5pm**

**AT HILLINGDON CYCLE CIRCUIT**

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

**Open to 3<sup>rd</sup> & 4<sup>th</sup> 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.**

**Sprinting, Echelon, Fast Group Riding, and Cornering.**

**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.**

**£25 for the session**

**To register for the event or for further information contact**

**David Lambourne [Email: lambourne2@talktalk.net](mailto:lambourne2@talktalk.net)**

**[www.primecoaching.co.uk](http://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' Find us at [www.primecoaching.co.uk](http://www.primecoaching.co.uk)