



YORKSHIRE CLUSTER TRAINING

WHO

Open to youth A's and B's as well as junior riders (riders who become youth B's in 2015 are welcome) from Yorkshire.

WHEN

Every Wednesday evening from 15th October 2014 until April 2015, 6.30 - 8.30pm, sessions only stop for severe weather, snow, ice etc, we'll email by 4pm on the day if a session has to be cancelled.

WHERE

Closed road circuit at Richard Dunn Sports Centre, Bradford, Address: Rooley Avenue, Bradford BD6 1EZ.

COST

£2.50 per session payable on the night, you don't need to pre-enter.

WHAT

Progressive training sessions to prepare youth and junior riders to compete in circuit and road races in 2015. This includes physically developing riders but also includes developing the skills and tactical awareness to compete.

KIT

You will need a road bike in good working order. It will need to be equipped with mud guards but doesn't need lights. These sessions run right through the winter so ensure you come prepared for the weather conditions, this includes thick gloves, rain jacket and over shoes.

COACHES

The sessions are run by qualified British Cycling coaches as well as experienced racing cyclists.

CONTACT

For more information please contact Ian O'Brien on 07979 693401 or email on ian.obrien25@virginmedia.com