

**Southport Cycling Club**  
**Manchester Velodrome Sunday 8th July 2012**  
**12-00 noon till 3-00pm**  
**British Cycling coaching session**

Starters	Bike size	This session	Transport	Group
1 Charlie Chritchley	54	Yes	Own Transport	3
2 Tom Stewart	44	Yes	Own Transport	2
3 Joe Stewart	39	Yes	Own Transport	1
4 Adam Townson	56	Yes	Ralph Chritchley	3
5 Jared Murphy	54	Yes	Ralph Critchley	3
6 Joel Price	39	Yes	Gil Taylor	1
7				
8				
9				
10				
11				

Session Starts 12-00 noon. Riders need to be ready by 11-45

Please note ALL RIDERS MUST USE TRACK MITTS. Don't forget your crash hat. If you need to hire shoes cost is about £5. If you are on LOOK pedals you will be OK .

Go M58 M6 M62 M602 M57M then follow signs for Sport city. Sat Nav M114DQ. Off A6010. If you are lost ask for Manchester City FC,. The track is across the road behind McDonalds and ASDA.

Next sessions 8th July & 16th September. No BC Licence Needed. Please bring your lunch and a drink. Please give your driver £5 for petrol

RIDERS MUST PAY £7 EACH TO RIDE. This includes bike hire. Please confirm to Ken your attendance at this event with a frame size by 27th June so we can make transport arrangements.  
 Ken Beck 01704 228968 ; [kenbeck18@btinternet.com](mailto:kenbeck18@btinternet.com) ; Please contact Ken if you have any problems