





HERNE HILL VELODROME TRAINING PROGRAMME 2009-10

Saturday - Track	<p>Open Track Training organised by the VC Londres 7 March 2009 to 31 October 2009</p> <p>Stage 1 - Induction 09:00 to 10:30. Adults £4, Juniors £2, Youth £2. Free bike hire! All abilities catered for as long as you can ride a bike! Please arrive by 08:45. Please note, once the induction session has commenced, it is not possible for latecomers to join in.</p> <p>Stage 2 - Novice & Youth 09:00 to 10:30. Adults £4, Juniors £2, Youth £2. Free bike hire! Gentle riding and skills for the Young and the less fit.</p> <p>Stage 3 - Skills & Fitness 10:30 to 13:00. Adults £6, Juniors £2. Free bike hire! Learn how to ride in a group. Exercises to improve speed & fitness.</p>
Saturday - MTB	<p>Herne Hill Youth CC Off-road sessions Sessions run all year round. See www.hhycc.com for more details.</p>
Sunday 	<p>Elite Training organised by the VC Londres 29 March 2009 to 1 November 2009 09:00 – 12:00. Adults £6, Juniors £2. Serious training for the serious track racer. All riders must have completed an induction. You must have your own bike (or a fuji). No hire bikes. No induction.</p>
Monday 	<p>Race Training organised by the VC Londres 6 April 2009 to 27 April 2009 18:00 – 20:00. Adults £5, Juniors £2, Youth £2. Free bike hire! 11 May 2009 to 17 August 2009 19:00 – 21:00. Adults £5, Juniors £2, Youth £2. Free bike hire! Come and learn the ins and outs of track racing. All riders must have completed an induction. Induction on Mondays are by appointment only, this will start 1 hour before session and will cost an additional £3. To book an induction email hernehillbookings@googlemail.com at least 2 days before. *** Race Training will not take place on bank holidays 13th April, 4th May & 25th May</p>
Tuesday	<p>Road Bike Training 7 April 2009 to 18 August 2009 18:00 to 20:00 (or until dark). Adults £4, Juniors £2, Youth £2.</p>
Wednesday	<p>Racing - See Programme of Events.</p>
Thursday	<p>Derny Paced Training (British Cycling members only due to insurance) 7 May 2009 to 20 August 2009 19:00 to 21:00 (or until dark). Adults £7, Juniors £3. All riders must have completed an induction. You must have your own bike (or a fuji). No hire bikes. No induction.</p>
Friday	<p>VC Londres Youth and Womens Track Sessions (Parents can join in these sessions) Come and Try It (Bring and ride your own bike) 10 April 2009 to 25 September 2009 16:30 to 17:00. Free!!!</p> <p>Novice Training 10 April 2009 to 25 September 2009 17:00 to 18:00. Members £1, Non-members £2. Free bike hire!</p> <p>Club Training (Members Only) 6 March 2009 to 3 April 2009 17:00 till dark. Members £1. Free bike hire! 10 April 2009 to 25 September 2009 18:00 to 19:00. Members £1. Free bike hire! 2 October 2009 to 30 October 2009 17:00 till dark. Members £1. Free bike hire!</p> <p>Race Training 10 April 2009 to 28 August 2009 19:00 to 20:00. Members £1, Non-members £2. Free bike hire!</p>

Any enquiries regarding the above Training Sessions, please email vclhernehill@hotmail.co.uk

The Café is open during Race meetings and Saturday training.

For private bookings & hire, School holiday Cycling activity days (Every School holiday, £7.50 per day), School visits (Why not arrange a visit for your class) & Birthday parties (Track riding or Mountain Biking).
Please email hernehillbookings@googlemail.com



HERNE HILL VELODROME PROGRAMME OF EVENTS 2009-10

Herne Hill Promoters Association Track League (under British Cycling regulations)

For information regarding these events or to contact the organiser go to www.britishcycling.org.uk

Spectators are free for all events except Good Friday.

Wednesdays 6 May 2009 to 19 August 2009 Youth 18:30, Seniors 19:00

Additional Race Meetings organised (under British Cycling regulations)

For information regarding these events or to contact the organiser go to www.britishcycling.org.uk

Spectators are free for all events except Good Friday.

Friday 10 April 2009	SCCU Good Friday International 10:30 For any enquiries about this event go to www.bristowevents.co.uk
Saturday 18 April 2009	HHPA Spring Omnium 1 13:30
Saturday 25 April 2009	HHPA Spring Omnium 2 13:30
Sunday 3 May 2009	HHPA Spring Omnium 3 13:30
Monday 25 May 2009	Brixton Cycles Super Track Madison Meet - Youth 10:00 Brixton Cycles Super Track Madison Meet – Seniors 12:00
Saturday 30 May 2009	BPA Womens Omnium & Derny Fest 13:30
Saturday 20 June 2009	SCCU Roadman's 25 Meeting 14:00
Saturday 18 July 2009	Brixton Testers Meeting 14:00
Saturday 5 September 2009	HH Track League Grand Finale 13:30
Sunday 6 September 2009	HHPA Autumn Omnium 1 13:00
Sunday 13 September 2009	HHPA Autumn Omnium 2 13:00
Sunday 20 September 2009	HHPA Autumn Omnium 3 13:00
Sunday 27 September 2009	HHPA Autumn Omnium 4 13:00
Wednesday 26 August 2009	HH Late Summer Off-Road Series 1 U10/U12 18.30 15 mins, S\J\V 19.00 1 hour, U14/U16 19.30 30 mins
Wednesday 2 September 2009	HH Late Summer Off-Road Series 2 U10/U12 18.30 15 mins, S\J\V 18:50 50 mins, U14/U16 19.10 30mins
Friday 1 January 2010	VC Londres Annual New Years Day Madison Cyclo-Cross 12:30

Other Events

For any enquiries or to book a pitch email w.happy@ntlworld.com

Saturday 2 May 2009	Herne Hill - Cycle Jumble 10:00
Sunday 7 June 2009	Veteran Cycle Club - Cycle Jumble 09:00 Veteran Cycle Club - Races 11:00
Saturday 3 October 2009	Herne Hill - Cycle Jumble 10:00
Friday 1 January 2010	VC Londres - Cycle Jumble 10:00

Additional events will be added to this list when details become available.

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