



cyclopark

**Club Development Day Timetable
Saturday 3rd December 2011**

Time	Activity 1	Activity 2	Activity 3
10.00- 12.00	<p>Go Ride Session Organised by Luke Anderson British Cycling</p>	<p>Running Organised by Gravesend Road Runners Club – session will include guided runs both on the tarmac track and off road. Finishing with a time trial or speed session.</p>	
12.00-2.00	<p>Road Circuit A chance to ride the road circuit at your leisure. Organised by Eddie Land / Ben Wright -Club Cyclopark</p>	<p>Mountain Bike Trails Organised sessions by Jared Pace/ Billy Whenman</p>	<p>BMX session Organised Martin Baxter - Club Cyclopark</p>
2.00 – 3.30	<p>Super-Sprint Duathlon (Run 2.5K - Bike 14.5K - Run 2.5K) Organised by Team Outrageous - this event will be ideal for newcomers who are keen to try their hand at a multi-sport event, but is also suitable for experienced triathletes/duathletes.</p>		