

Spring/Summer Monday Night Training/Racing 2016

Date	Activity	Sign On Time	Start Time	Duration	Notes	Cost
4th April	Coach Led Racing #1	18:00	18:30	1 hour		£5
18th April	Coach Led Racing #2	18:00	18:30	1 hour		£5
25th April	Coach Led Racing #3	18:00	18:30	1 hour		£5
2nd May	Round #1	18:00 - 18:20 C/D/E 18:00 - 18:50 A/B	18:30 C/D/E 19:00 A/B	25 Min C/D/E 45 min A/B		£6
16th May	Round #2	18:00 - 18:20 C/D/E 18:00 - 18:50 A/B	18:30 C/D/E 19:00 A/B	25 Min C/D/E 45 min A/B		£6
23rd May	Round #3	18:00 - 18:20 C/D/E 18:00 - 18:50 A/B	18:30 C/D/E 19:00 A/B	25 Min C/D/E 45 min A/B		£6
30th May	Round #4	18:00 - 18:20 C/D/E 18:00 - 18:50 A/B	18:30 C/D/E 19:00 A/B	25 Min C/D/E 45 min A/B		£6
13th June	Go-Ride Skills	18:00 - 18:20	18:30	20 min		£2
13th June	Round #5	18:00 - 18:50 C/D/E 18:00 - 19:20 A/B	19:00 C/D/E 19:40 A/B	30 Min C/D/E 50 min A/B		£6
20th June	Go-Ride Team Relay	18:00 - 18:20	18:30	20 min		£2
20th June	Round #6	18:00 - 18:50 C/D/E 18:00 - 19:20 A/B	19:00 C/D/E 19:40 A/B	30 Min C/D/E 50 min A/B		£6
4th July	Go Ride Time Trial (4.8 mile)	18:00 - 18:20	18:30	20 min		£2
4th July	Round #7	18:00 - 18:50 C/D/E 18:00 - 19:20 A/B	19:00 C/D/E 19:40 A/B	30 Min C/D/E 50 min A/B		£6
11th July	Go-Ride Sprint Knockout	18:00 - 18:20	18:30	20 min		£2
11th July	Round #8	18:00 - 18:50 C/D/E 18:00 - 19:20 A/B	19:00 C/D/E 19:40 A/B	30 Min C/D/E 50 min A/B		£6
18th July	Go-Ride Handicap Race	18:00 - 18:20	18:30	20 min		£2
18th July	Round #9	18:00 - 18:50 C/D/E 18:00 - 19:20 A/B	19:00 C/D/E 19:40 A/B	30 Min C/D/E 50 min A/B		£6
25th July	Go-Ride Scratch Race	18:00 - 18:20	18:30	20 min	Go-Ride Series Prize Giving	£2
25th July	Round #10	18:00 - 18:50 C/D/E 18:00 - 19:20 A/B	19:00 C/D/E 19:40 A/B	30 Min C/D/E 50 min A/B		£6
8th August	Round #11	18:00 - 18:20 C/D/E 18:00 - 18:50 A/B	18:30 C/D/E 19:00 A/B	25 Min C/D/E 45 min A/B		£6
15th August	Round #12	18:00 - 18:20 C/D/E 18:00 - 18:50 A/B	18:30 C/D/E 19:00 A/B	25 Min C/D/E 45 min A/B		£6
22nd August	Round #13	18:00 - 18:20 C/D/E 18:00 - 18:50 A/B	18:30 C/D/E 19:00 A/B	25 Min C/D/E 45 min A/B	Series Prize Giving	£6
29th August	Round #14	18:00 - 18:20 C/D/E 18:00 - 18:50 A/B	18:30 C/D/E 19:00 A/B	25 Min C/D/E 45 min A/B		£6

GB Cycling Team CORE Principles



- **Commitment** – committing yourself 100% to the task, doing nothing half hearted
- **Ownership** – taking ownership, being proactive, making things happen – no sitting back
- **Responsibility** – being responsible for your actions. No excuses. No blaming others.
- **Excellence** – doing your very best every day, never giving anything less than your Personal Best

