



Circuit Racing at Hog Hill

Sunday 22nd May 2011

VCC 1st claim Members only

Programme

8.30 Arrival

9.00 Sign on

9.30 Warm up

10.00 Bike control exercises:

Bunch riding at a comfortable pace, Cornering, Sprinting, Jumping across to a break, Riding in a break, following a wheel.

Racing

11.00	Handicap Race	all Groups	5 Laps lower circuit
11.30	Points Race	Group A	5 Laps Big Circuit
12.00	Points Race	Group B	Top Circuit 15 Mins.+3 Laps
12.20	Devil take the Hindmost	Group A	Top Circuit
12.40	Devil Take the Hindmost	Group B	Top Circuit
1.00	Prize Giving		

**Riders must wear a crash hat and cycling mitts
No Cycling shoes to be worn in the HQ**

Groups: 'A' Fast and Fast Mods 'B' Mods and Intermediates
Hog Hill is an excellent facility with Changing rooms, Showers, Tea, Coffee and snacks

**Objectives: Experience the intricacies of bunch riding
To have some Race experience
Have a great day out**

Redbridge Cycle Centre: Forest Rd, Hainault, Ilford IG6 3HP

**How to get there: M25 to J26 - A121 > (Loughton) R/A B172 -Theydon Bois & Abridge.
Right on A113 R/A Left on A1112 Cycle centre sign on Right & follow signs.
It will take 45 mins from St. Albans.**

**Further Details from. David Korson 01442 831716 info@davidkorson.demon.co.uk
Course details www.vision-rcl.org.uk**