



# Cycle Training at Fowlmead

[www.fowlmead.co.uk](http://www.fowlmead.co.uk)

**Sunday Cycle Training** sessions take place at Fowlmead Country Park on Sunday mornings over the winter months. All day car parking is £1. No other charge. Café open for light refreshments. Minimum age for riders is 15. A "signing-on" form, located in the Fowlmead Visitor Centre, should be completed each week.

## *Dates On:*

- ✓ Sunday 25 November 09:30
- ✓ Sunday 02 December 09:30
- ✓ Sunday 09 December **10:30** (after Duathlon)
- ✓ Sunday 23 December 09:30
- ✓ Sunday 30 December 09:30
- ✓ Sunday 06 January 09:30
- ✓ Sunday 13 January **10:30** (after Duathlon)
- ✓ Sunday 27 January 09:30
- ✓ Sunday 03 February **10:30** (after Duathlon)
- ✓ Sunday 10 February 09:30
- ✓ Sunday 17 February 09:30
- ✓ Sunday 02 March 09:30
- ✓ Sunday 09 March **10:30** (after Duathlon)
- ✓ Sunday 23 March - Easter Sunday - 09:30
- ✓ Sunday 30 March 09:30 (clocks go forward) Last one of the series.

## *Dates Not On:*

- x Sunday 16 December (due to "Kent Christmas Cracker 5" event on the track).
- x Sunday 20 January (due to London Cyclocross League event)
- x Sunday 24 February (due to "Tim Sutton Fowlmead 5" 5-mile multi-terrain race)
- x Sunday 16 March (due to "Sainsbury's Sport Relief Mile" event)  
Fowlmead – much more than a walk in the park