

Essex Roads Cycling Club Cycling Festival Sunday 28th August 2011 Midday-5pm

Redbridge Cycling Centre, Forest Road, Hainault, IG6 3HP

Activities for cyclists of all ages, adults & children

- Go-ride training-under 16s
 - Criteriums
 - Mini time trials
- Hill climb competition
- Ladies only sessions
- Points competition
- Medals and spot prizes

Bike hire available at centre (at own cost)

Changing rooms, showers, toilets and café

Free entry to club members.

£5 to non-members

Timetable will be published on our website, www.essexroads.com nearer the time

To book a place email coach@essexroads.com