

# **FREE Track Session**

**For all\* South Region Youth riders**

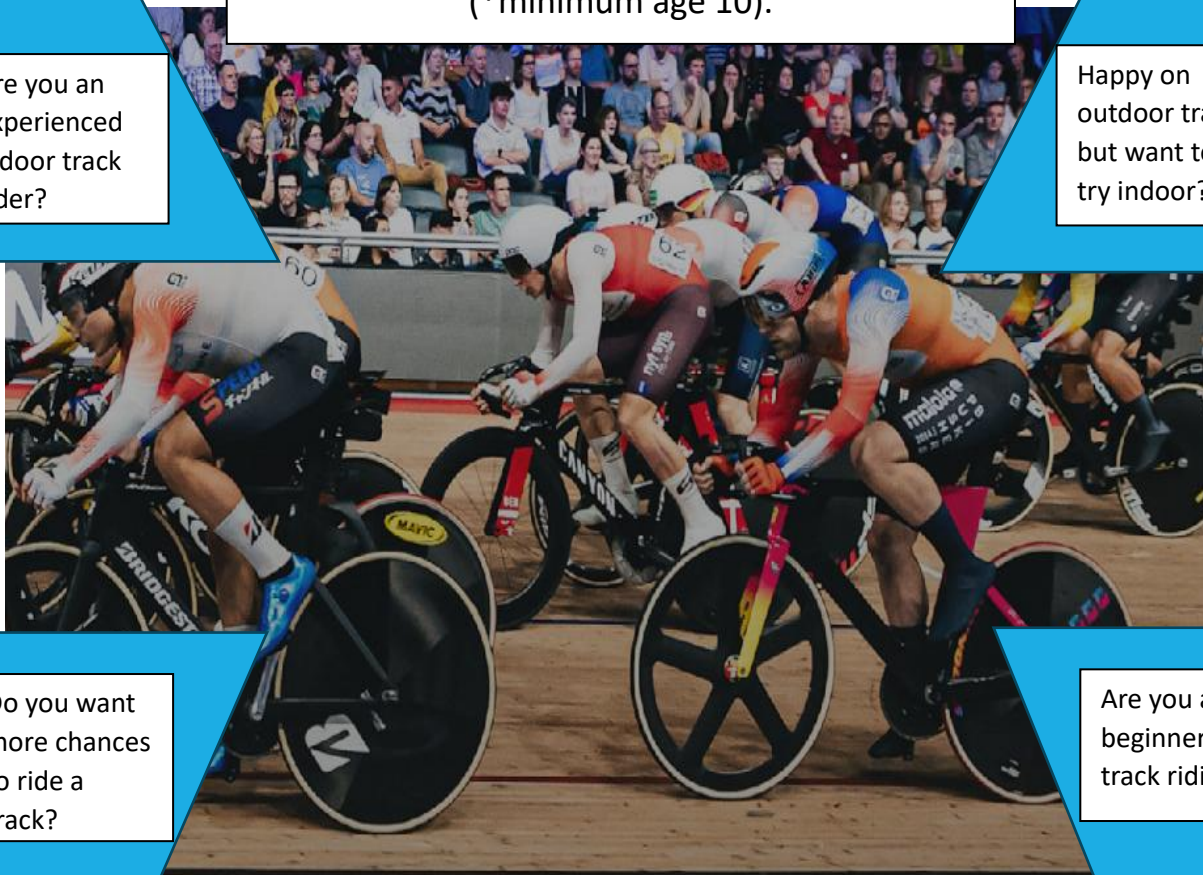
(\*minimum age 10).

Are you an  
experienced  
indoor track  
rider?

Happy on  
outdoor tracks  
but want to  
try indoor?

Do you want  
more chances  
to ride a  
track?

Are you a  
beginner at  
track riding?



## **Then this session is for you!**

**Saturday, 01<sup>st</sup> November 2025.**

**5.30pm to 8.00pm.**

**At Geraint Thomas National  
Velodrome of Wales. NP19 4RA.**

You can use your own track bike if it is suitable for use on an indoor velodrome or bikes (with shoes that match their pedals) can be borrowed from the velodrome.

**This session is provided by South  
Region and is coached by experienced  
Track Coaches from South Region.**

Any questions or to let us know you are coming then please email: [dpmarshall@hotmail.co.uk](mailto:dpmarshall@hotmail.co.uk).