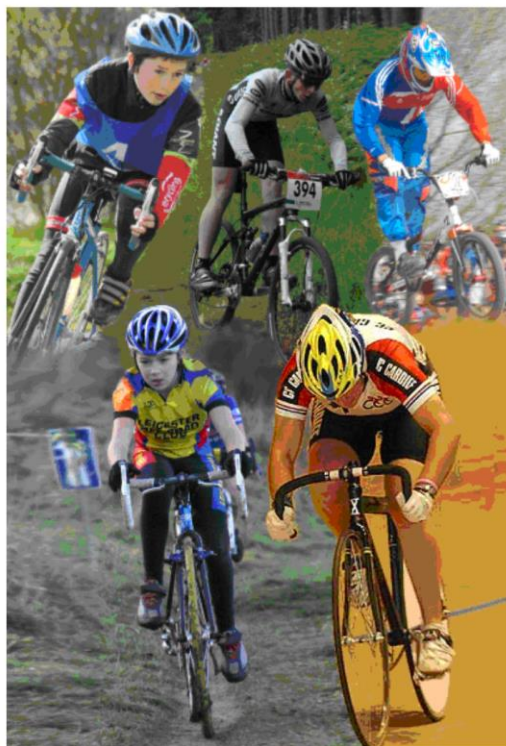


***Developing the Next Generation of Cyclists*****RIDER  
DEVELOPMENT  
SESSIONS**

[Hadleigh \(Essex\)](#) – Women & Girls  
[MTB morning](#) & [MTB afternoon](#)

[Redbridge \(Essex\)](#) - RDS

[Cyclopark \(Kent\)](#) – RDS

**SUMMER HOLIDAY  
SCHOOLS**

[Ashwell \(Herts\)](#) - Grass Track

[Bury St. Edmunds](#) – Multi cycle sport disciplines

[Bury St. Edmunds](#) – Cyclo-Cross

[Danbury \(Essex\)](#) - MTB 7-10 yrs

[Danbury \(Essex\)](#) - - MTB 9-14yrs

[Hadleigh \(Essex\)](#) –MTB

[Kings Lynn](#) - Multi cycle sport disciplines

[Peterborough](#) - MTB

[Royston](#) - BMX

[Redbridge \(Essex\)](#) - Road & Time Trial (Closed Road)

[Redbridge \(Essex\)](#) - Cyclo-Cross

**Summer Schools & advanced Rider Development Sessions (RDS)** are being run throughout East Anglia by the Regional Development Coaches. Check individual listings for exact details although most sessions are suitable for 7yrs+ plus except Rider Development sessions 14yrs+. Costs start from £3 per session / £10 per day. Most include FREE Bike & Helmet Hire subject to availability.

\*\*\* See individual listings for exact details & booking procedures \*\*\*

**For general information contact the Regional Development Coaches:**

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