



WHEN: Friday 27th August 2010 5.45pm (for approx 1hr)

WHAT: TRACK SESSION ADVICE - Get Some Speed!

Advice on how to use the track to gain speed endurance, plus tips on drills to improve your efficiency! If you want to take part trainers are essential

WHERE: JRS Ashford, TN24 9QX

WHO: Advice given by ATC track specialist Phil Heathfield

POST SESSION - 8pm ish - BEER & CURRY at the Little Raj, Ashford

Also coming up soon...

WHEN: SUNDAY 26th September 2010

WHAT: The windfarmer Standard and Sprint Distance Triathlon, Lydd (it's not too late to enter)

POST EVENT - 2pm ish - Pub Lunch!

WHERE: Pub nr Ashford - tbc