

VeloPark April 2023 Track Timetable

The programme is subject to change with sessions added or cancelled at short notice.

This timetable shows session START TIMES. For session durations and full details please check our website:

https://www.better.org.uk/leisure-centre/lee-valley/velopark/track-cycling

Competitions are run by 3rd Party Organisers, please check website for contact details

Start Time	Monday 3rd April	Tuesday 4th April	Wednesday 5th April	Thursday 6th April	Friday 7th April Good Friday	Saturday 8th April	Sunday 9th April	Start Time
08:00 09:00								08:00 09:00
10:00						Drop in A	British Cycling Girls RSR	10:00
11:00 12:00	BC City Academy races		Track Attack!			Flying Lap Taster (11:10)	Taster	11:00 12:00
13:00		Over 40s and Women's Training (11:30)				VP EXP (13:15)	raster	13:00
14:00 15:00	Drop in U	Taster	Gates SQT	Drop in U	Full Gas Good Friday Racing	Shipp Low Toster (4.4.40)	Taster (13:45)	14:00 15:00
16:00	Taster (16:15)	Drop in 11 (15:20)				Flying Lap Taster (14:40) Club Slot	Flying Lap Taster (14:40)	16:00
17:00	A(1-2-2)	Drop in U (15:30)	Flying Lap Taster (16:30)	Track Taster (16:30)		Club Slot	Stage 4 (16:30)	17:00
18:00 19:00	After school track session (17:30)	Taster (17:45)	Club Slot	Flying Lap Taster (18:10)				18:00 19:00
20:00	Endurance SQT	Derny SQT	Club Slot	Women Training session				20:00
21:00								21:00
Start Time	Monday 10th April Easter Monday	Tuesday 11th April	Wednesday 12th April	Thursday 13th April	Friday 14th April	Saturday 15th April	Sunday 16th April	Start Time
08:00 09:00								08:00 09:00
10:00	Drop in U					Drop in A	Drop in U	10:00
11:00 12:00	Taster	Over 40s and Women's Training (11:30)				-	Flying Lap Taster (11:10)	11:00 12:00
13:00					Over 40s and Women's Training	Taster (13:40)	VP experience (13:15)	13:00
14:00 15:00	Flying Lap Taster (13:40) Taster	Taster	Sprint SQT	Drop in U		Flying Lap Taster (14:40)	Flying Lap Taster (14:40)	14:00 15:00
16:00	i dote.	Drop in U (15:30)			Drop in U (14:45)	Club Slot	Stage 1	16:00
17:00 18:00		Taster (17:45)	Flying Lap Taster (16:30)	Taster (16:30) Flying Lap taster (17:40)	Taster	Clab Slot	300gc 1	17:00 18:00
19:00		Gates SQT	Club Slot	Taster	Flying Lap Taster (18:10)			19:00
20:00 21:00		Gates 3Q1						20:00 21:00
	Monday 17th April	Tuesday 18th April	Wednesday 19th April	Thursday 20th April	Friday 21st April	Saturday 22nd April	Sunday 23rd April	Start Time
Start Time	Wonday 17th April	ruesday 16th April	wednesday 19th April	Thursday Zoth April	Friday 21st April	Saturday 22nd April	Sunday 25rd April	
08:00 09:00						Draw in A	Does in U	08:00 09:00
10:00						Drop in A	Drop in U	10:00
11:00 12:00		Over 40s and Women's Training (11:30)	Program II		O con 10 con di Wannanda Tarinina	Flying Lap Taster (11:10)	Flying Lap Taster (11:10)	11:00 12:00
13:00			Drop in U		Over 40s and Women's Training	Taster (13:15)	Taster (13:15)	13:00
14:00 15:00	Drop in U		Derny SQT	Track drop in U		Flying Lap Taster (14:40)	Flying Lap Taster (14:40)	14:00 15:00
16:00	Taster (16:15)		Taster		Drop in U (14:45)	- Club Slot	Stage 2 (16:30)	16:00
17:00 18:00	After school track session (17:30)	BC City Academies	Taster	Track Taster Track Flying lap Taster (18:10)	Taster Flying Lap Taster (18:10)		J , ,	17:00 18:00
19:00	Endurance SQT	Sprint SQT	Club Slot	, , , , , , , , , , , , , , , , , , , ,				19:00
20:00 21:00			Club Slot	Women Training session				20:00 21:00
Start Time	Monday 24th April	Tuesday 25th April	Wednesday 26th April	Thursday 27th April	Friday 28th April	Saturday 29th April	Sunday 30th April	Start Time
08:00								08:00
09:00						Drop in A	Drop in U	09:00
10:00 11:00				Dans in 11/11/20		Flying Lap Taster (11:10)	Flying Lap Taster (11:10)	10:00 11:00
12:00		Over 40s and Women's Training		Drop in U (11:30)	Over 40s and Women's Training			12:00
13:00 14:00						VP experience (13:30)	Taster (13:15)	13:00 14:00
15:00	Para-cycling	Drop in U (14:30)		Drop in U (14:30)	Drop in U (14:45)	,	Flying Lap Taster (14:40)	15:00
16:00 17:00		BC City Academies		Taster (16:45)	Taster	Club Slot	Stage 3	16:00 17:00
18:00	Stage 1 (16:30)	Taster	Drop in U	Taster				18:00
19:00 20:00	Endurance SQT	Derny SQT		BC track Cluster	Flying Lap Taster(19:40)	-		19:00 20:00
21:00			Club Slot					21:00