VeloPark November 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 6th November	Tuesday 7th November	Wednesday 8th November	Thursday 9th November	Friday 10th November	Saturday 11th November	Sunday 12th November	Start Time
08:00								08:00
09:00								09:00
10:00								10:00
11:00								11:00
12:00		Over 40s and Women's Training						12:00
13:00								13:00
14:00	Para-cycling	Drop in U (14:30)						14:00
15:00								15:00
16:00		BC City Academies (16:30)						16:00
17:00	Stage 1 (16:30)							17:00
18:00		Drop in A						18:00
19:00	Endurance SQT	Track League						19:00
20:00								20:00
21:00								21:00

Start Time	Monday 13th November	Tuesday 14th November	Wednesday 15th November	Thursday 16th November	Friday 17th November	Saturday 18th November	Sunday 19th November	Start Time
08:00								08:00
09:00						Drop in A	BC RSR Boys	09:00
10:00								10:00
11:00						Flying Lap taster (11:10)		11:00
12:00		Over 40s and Women's Training			Over 40s and Women's Training			12:00
13:00						VP experience(13:15)	Taster (13:15)	13:00
14:00		Drop in U	Gates SQT					14:00
15:00					Drop in U (14:45)	Flying Lap taster (14:40)	Flying Lap taster (14:40)	15:00
16:00		BC City Academies (16:30)				Club Booking	Stage 3	16:00
17:00					Taster			17:00
18:00		Drop in A	Taster (18:30)		Flying Lap Taster (18:10)			18:00
19:00		Full Gas Track League						19:00
20:00			Club Booking					20:00
21:00								21:00

Start Time	Monday 20th November	Tuesday 21st November	Wednesday 22nd November	Thursday 23rd November	Friday 24th November	Saturday 25th November	Sunday 26th November	Start Time
08:00							BC RSR girls	08:00
09:00								09:00
10:00								10:00
11:00								11:00
12:00		Over 40s and Women's Training			Over 40s and Women's Training			12:00
13:00				Drop in U (12:30)		Taster(13:15)	VP experience (13:15)	13:00
14:00	Para-cycling	Drop in U (14:30)						14:00
15:00					Drop in U (14:45)	Flying Lap taster (14:40)	Flying Lap taster (14:40)	15:00
16:00		BC City Academies (16:30)		Taster (16:30)		Club Booking	Stage 4(16:30)	16:00
17:00	Stage 3 (16:30)		Taster		Taster			17:00
18:00		Drop in A	Club Booking	Drop in A				18:00
19:00	Endurance SQT	Full Gas Track League		Full Gas - track league				19:00
20:00			Club Booking					20:00
21:00								21:00

Start Time	Monday 27th November	Tuesday 28th November	Wednesday 29th November	Thursday 30th November	Friday 1st December	Saturday 2nd December	Sunday 3rd December	Start Time
08:00								08:00
09:00						Drop in A	Drop in U	09:00
10:00								10:00
11:00				Drop in U		Flying Lap taster (11:10)	Flying Lap taster (11:10)	11:00
12:00					Over 40s and Women's Training			12:00
13:00		Over 40s and Women's Training				VP experience(13:15)	Taster (13:15)	13:00
14:00	Drop in U		Sprint SQT					14:00
15:00		Taster (15:30)			Drop in U (14:45)	Flying Lap taster (14:40)	Flying Lap taster (14:40)	15:00
16:00	Taster (16:15)	BC City Academies (16:30)				Club Booking	Stage 1	16:00
17:00			Drop in U (16:30)		Taster			17:00
18:00	After school track Club (17:30)	Drop in A						18:00
19:00	Endurance SQT	Full Gas Track League	Taster (18:45)	Youth Track League	Flying Lap Taster (18:10)			19:00
20:00			Club Booking		Flying Lap Taster(19:40)			20:00
21:00								21:00