

VeloPark October 2024 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 7th October	Tuesday 8th October	Wednesday 9th October	Thursday 10th October	Friday 11th October	Saturday 12th October	Sunday 13th October	Start Time
8:00 9:00							BC Cluster	8:00 9:00
10:00							BC Cluster	10:00
11:00							Flying Lap Taster (11:10)	11:00
12:00 13:00							Taster 12:45)	12:00 13:00
14:00	Descripti						Taster 12.43)	14:00
15:00	Drop in U							15:00
16:00 17:00	Taster (16:15)	BC City Academies					Stage 3	16:00 17:00
18:00	After School Club	be city reductines						18:00
19:00								19:00
20:00 21:00								20:00 21:00
Start Time	Monday 14th October	Tuesday 15th October	Wednesday 16th October	Thursday 17th October	Friday 18th October	Saturday 19th October	Sunday 20th October	Start Time
8:00								8:00
9:00 10:00						Drop in A	Drop in U	9:00 10:00
11:00						Flying Lap Taster (11:10)	Flying Lap Taster (11:10)	11:00
12:00					Track Over 40's and Womens plus Sprint		(12.12)	12:00
13:00 14:00						Taster (13:15)	VP experience (13:15)	13:00 14:00
15:00	Para		Drop in U		Drop in U (14:30)	Flying Lap Taster (14:40)	Flying Lap Taster (14:40)	15:00
16:00		20.00				Club Slot	Stage 4	16:00
17:00 18:00	Stage 3 (16:30)	BC City Academies Taster			Taster Flying Lap Taster (18:10)		-	17:00 18:00
19:00	Endurance SQT	Drop in A			11,1116 ESP 165(E. (2012))			19:00
20:00	Endurance SQ1	Diop III A						20:00
21:00								21:00
								a
Start Time	Monday 21st October	Tuesday 22nd October	Wednesday 23rd October	Thursday 24th October	Friday 25th october	Saturday 26th October	Sunday 27th October	Start Time
8:00	Monday 21st October	Tuesday 22nd October	Wednesday 23rd October	Thursday 24th October	Friday 25th october	Saturday 26th October	Sunday 27th October	8:00
	Monday 21st October	Tuesday 22nd October	Wednesday 23rd October	Thursday 24th October	Friday 25th october	Saturday 26th October	Sunday 27th October	
8:00 9:00 10:00 11:00	Monday 21st October	Tuesday 22nd October	Wednesday 23rd October	Thursday 24th October	Friday 25th october	Saturday 26th October	Sunday 27th October	8:00 9:00 10:00 11:00
8:00 9:00 10:00 11:00 12:00	Monday 21st October	Tuesday 22nd October Track Over 40's and Womens plus Sprint	Wednesday 23rd October	Thursday 24th October	Friday 25th october	Saturday 26th October	Sunday 27th October	8:00 9:00 10:00 11:00 12:00
8:00 9:00 10:00 11:00 12:00 13:00		·	Wednesday 23rd October	Thursday 24th October				8:00 9:00 10:00 11:00 12:00 13:00 14:00
8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00	Drop in U	·	Wednesday 23rd October Track drop in U (14:30)	Thursday 24th October Track drop in U (14:30)	Friday 25th october London 3 Day	Saturday 26th October London 3 Day	Sunday 27th October London 3 Day	8:00 9:00 10:00 11:00 12:00 13:00 14:00
8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00		Track Over 40's and Womens plus Sprint Drop in U (14:30)						8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00
8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00	Drop in U	Track Over 40's and Womens plus Sprint	Track drop in U (14:30)					8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00
8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00	Drop in U Taster (16:15)	Track Over 40's and Womens plus Sprint Drop in U (14:30) BC City Academies						8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00
8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00	Drop in U Taster (16:15) After School Club	Track Over 40's and Womens plus Sprint Drop in U (14:30) BC City Academies Taster	Track drop in U (14:30)					8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00
8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00	Drop in U Taster (16:15) After School Club	Track Over 40's and Womens plus Sprint Drop in U (14:30) BC City Academies Taster	Track drop in U (14:30)					8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00
8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 Start Time	Drop in U Taster (16:15) After School Club Endurance SQT	Track Over 40's and Womens plus Sprint Drop in U (14:30) BC City Academies Taster Gates SQT	Track drop in U (14:30) Club Slot	Track drop in U (14:30)	London 3 Day	London 3 Day	London 3 Day Sunday 3rd November	8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 Start Time
8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 Start Time 8:00 9:00	Drop in U Taster (16:15) After School Club Endurance SQT	Track Over 40's and Womens plus Sprint Drop in U (14:30) BC City Academies Taster Gates SQT	Track drop in U (14:30) Club Slot	Track drop in U (14:30)	London 3 Day	London 3 Day	London 3 Day	8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 Start Time
8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 Start Time 8:00 9:00 10:00 11:00	Drop in U Taster (16:15) After School Club Endurance SQT	Track Over 40's and Womens plus Sprint Drop in U (14:30) BC City Academies Taster Gates SQT Tuesday 29th October	Club Slot Wednesday 30th October	Track drop in U (14:30)	London 3 Day	London 3 Day Saturday 2nd November	London 3 Day Sunday 3rd November	8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 20:00 21:00 Start Time 8:00 9:00 10:00 11:00
8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 Start Time 8:00 9:00 10:00 11:00 12:00	Drop in U Taster (16:15) After School Club Endurance SQT	Track Over 40's and Womens plus Sprint Drop in U (14:30) BC City Academies Taster Gates SQT	Track drop in U (14:30) Club Slot	Track drop in U (14:30)	London 3 Day	Saturday 2nd November Drop in A Flying Lap Taster (11:10)	Sunday 3rd November BC Development centre Flying Lap Taster (11:10)	8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 20:00 21:00 Start Time 8:00 9:00 10:00 11:00 12:00
8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 Start Time 8:00 9:00 10:00 11:00 12:00 13:00	Drop in U Taster (16:15) After School Club Endurance SQT Monday 28th October	Track Over 40's and Womens plus Sprint Drop in U (14:30) BC City Academies Taster Gates SQT Tuesday 29th October Track Attack!	Club Slot Wednesday 30th October	Track drop in U (14:30)	London 3 Day Friday 1st November	London 3 Day Saturday 2nd November Drop in A	London 3 Day Sunday 3rd November BC Development centre	8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 20:00 21:00 Start Time 8:00 9:00 10:00 11:00 12:00 13:00
8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 Start Time 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00	Drop in U Taster (16:15) After School Club Endurance SQT	Track Over 40's and Womens plus Sprint Drop in U (14:30) BC City Academies Taster Gates SQT Tuesday 29th October Track Attack! Taster (13:30)	Club Slot Wednesday 30th October	Track drop in U (14:30)	Friday 1st November Track Over 40's and Womens plus Sprint	Saturday 2nd November Drop in A Flying Lap Taster (11:10)	Sunday 3rd November BC Development centre Flying Lap Taster (11:10)	8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 20:00 21:00 Start Time 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00
8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 Start Time 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00	Drop in U Taster (16:15) After School Club Endurance SQT Monday 28th October	Track Over 40's and Womens plus Sprint Drop in U (14:30) BC City Academies Taster Gates SQT Tuesday 29th October Track Attack! Taster (13:30) Drop in U (14:30)	Club Slot Wednesday 30th October	Track drop in U (14:30)	Friday 1st November Track Over 40's and Womens plus Sprint Drop in U (14:30)	London 3 Day Saturday 2nd November Drop in A Flying Lap Taster (11:10) Taster (13:15)	Sunday 3rd November BC Development centre Flying Lap Taster (11:10) VP experience (13:15)	8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 20:00 21:00 Start Time 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00
8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 Start Time 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00	Drop in U Taster (16:15) After School Club Endurance SQT Monday 28th October	Track Over 40's and Womens plus Sprint Drop in U (14:30) BC City Academies Taster Gates SQT Tuesday 29th October Track Attack! Taster (13:30) Drop in U (14:30) BC City Academies	Track drop in U (14:30) Club Slot Wednesday 30th October BC Cluster Track Drop in U	Track drop in U (14:30)	Friday 1st November Track Over 40's and Womens plus Sprint	London 3 Day Saturday 2nd November Drop in A Flying Lap Taster (11:10) Taster (13:15) Flying Lap Taster (14:40)	London 3 Day Sunday 3rd November BC Development centre Flying Lap Taster (11:10) VP experience (13:15) Flying Lap Taster (14:40)	8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 20:00 21:00 Start Time 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00
8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 20:00 21:00 Start Time 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 15:00 15:00 16:00 17:00 18:00 17:00 18:00	Drop in U Taster (16:15) After School Club Endurance SQT Monday 28th October Para Stage 1 (16:30)	Track Over 40's and Womens plus Sprint Drop in U (14:30) BC City Academies Taster Gates SQT Tuesday 29th October Track Attack! Taster (13:30) Drop in U (14:30) BC City Academies Drop in A	Club Slot Wednesday 30th October BC Cluster	Track drop in U (14:30) Thursday 31st October	Friday 1st November Track Over 40's and Womens plus Sprint Drop in U (14:30) Taster	London 3 Day Saturday 2nd November Drop in A Flying Lap Taster (11:10) Taster (13:15) Flying Lap Taster (14:40)	London 3 Day Sunday 3rd November BC Development centre Flying Lap Taster (11:10) VP experience (13:15) Flying Lap Taster (14:40)	8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 20:00 21:00 Start Time 8:00 9:00 10:00 11:00 12:00 15:00 17:00 18:00 19:00 10:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00
8:00 9:00 10:00 11:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 20:00 21:00 Start Time 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00	Drop in U Taster (16:15) After School Club Endurance SQT Monday 28th October	Track Over 40's and Womens plus Sprint Drop in U (14:30) BC City Academies Taster Gates SQT Tuesday 29th October Track Attack! Taster (13:30) Drop in U (14:30) BC City Academies	Track drop in U (14:30) Club Slot Wednesday 30th October BC Cluster Track Drop in U	Track drop in U (14:30)	Friday 1st November Track Over 40's and Womens plus Sprint Drop in U (14:30) Taster	London 3 Day Saturday 2nd November Drop in A Flying Lap Taster (11:10) Taster (13:15) Flying Lap Taster (14:40)	London 3 Day Sunday 3rd November BC Development centre Flying Lap Taster (11:10) VP experience (13:15) Flying Lap Taster (14:40)	8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 20:00 21:00 Start Time 8:00 9:00 10:00 11:00 12:00 15:00 16:00 17:00 18:00 15:00 16:00 17:00 18:00