

**PEMBROKESHIRE TRIATHLON CLUB - 2014 WEDNESDAY BIKE PROGRAMME**

| <b>DATE</b>       | <b>RIDE</b>                                    | <b>START TIME</b> | <b>WHERE</b>                 |
|-------------------|--|-------------------|------------------------------|
| 07 May 2014       | <b>Coached Club Session</b>                    | 18:30             | Haverfordwest Leisure Centre |
| 14 May 2014       | <b>Coached Club Session</b>                    | 18:30             | Haverfordwest Leisure Centre |
| 21 May 2014       | <b>20k Time Trial - Club Championship</b>      | 18:30             | Haverfordwest Cricket Club   |
| 28 May 2014       | <b>Coached Club Session</b>                    | 18:30             | Haverfordwest Leisure Centre |
| 04 June 2014      | <b>Coached Club Session</b>                    | 18:30             | Haverfordwest Leisure Centre |
| 11 June 2014      | <b>Coached Session - Pembs Coast Tri Route</b> | 18:30             | Broad Haven                  |
| 18 June 2014      | <b>40k Time Trial - Club Championship</b>      | 19:00             | Goodwick - Harbour Car Park  |
| 25 June 2014      | <b>Coached Club Session</b>                    | 18:30             | Haverfordwest Leisure Centre |
| 02 July 2014      | <b>Coached Club Session</b>                    | 18:30             | Haverfordwest Leisure Centre |
| 09 July 2014      | <b>Coached Club Session</b>                    | 18:30             | Haverfordwest Leisure Centre |
| 16 July 2014      | <b>20k Time Trial - Club Championship</b>      | 18:30             | Haverfordwest Cricket Club   |
| 23 July 2014      | <b>Coached Club Session</b>                    | 18:30             | Haverfordwest Leisure Centre |
| 30 July 2014      | <b>Coached Club Session</b>                    | 18:30             | Haverfordwest Leisure Centre |
| 06 August 2014    | <b>40k Time Trial - Club Championship</b>      | 19:00             | Goodwick - Harbour Car Park  |
| 13 August 2014    | <b>Coached Club Session</b>                    | 18:30             | Haverfordwest Leisure Centre |
| 20 August 2014    | <b>Coached Club Session</b>                    | 18:30             | Haverfordwest Leisure Centre |
| 27 August 2014    | <b>Coached Club Session</b>                    | 18:30             | Haverfordwest Leisure Centre |
| 03 September 2014 | <b>Coached Club Session</b>                    | 18:30             | Haverfordwest Leisure Centre |
| 10 September 2014 | <b>Coached Club Session</b>                    | 18:30             | Haverfordwest Leisure Centre |