



42 HIGH STREET LURGAN

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Apollo Rockets Autumn / Winter Program 2016

Location	Date	Activity
Lurgan Park*	3 September 2016	Rockets 10am
Drumcarne Forest	4 September 2016	MTB Race
Lurgan Park*	10 September 2016	Rockets 10am
Colin Ross Group A	10 September 2016	Big Wood
Windmill Park (alternative Tow Path Run TBC)	17 September 2016	CycloCross Taster day 11am
Lurgan Park*	24 September 2016	Rockets 10am
Lurgan Park	25 September 2016	Apollo CT Cyclocross Race
Lurgan Park*	1 October 2016	Rockets 10am
Falls Park, Belfast	2 October 2016	Cyclocross Race
Lurgan Park*	8 October 2016	Rockets 10am
Necarne, Irvinestown	9 October 2016	Cyclocross Race
Lurgan Park*	15 October 2016	Rockets 10am
Lady Dixon, Belfast	16 October 2016	Cyclocross Race
Rockets Day Out !	22 October 2016	Rockets Day Out !
Lurgan Park*	29 October 2016	Rockets 10am
St Columbs Park, Derry	30 October 2016	Cyclocross Race
Lurgan Park*	5 November 2016	Rockets 10am
Windmill Park, Dungannon	6 November 2016	Cyclocross Race
Craigavon Lakes **	12 November 2016	Rockets 1.30pm
Seacourt, Larne	13 November 2016	Cyclocross Race
Lurgan Park*	19 November 2016	Rockets 10am
Ormeau Park, Belfast	20 November 2016	Cyclocross Race
Lurgan Park*	26 November 2016	Rockets 10am
Carn Wheelers	27 November 2016	TBC cyclocross Race
Rockets Xmas Event	3 December 2016	Rockets 10am
Donard Park, Newcastle	4 December 2016	Cyclocross Race
Lurgan Park*	10 December 2016	Rockets 10am
Bangor	11 December 2016	Cyclocross Race
Rockets Christmas Break	17 December 2016	
Tollymore	18 December 2016	Ulster Championships

IMPORTANT INFO FOR AUTUMN / WINTER SEASON

***ROCKETS WILL BE MOVING TO THE WOODED AREA BESIDE THE CRICKET PAVILLION,
PARKING IS CONVIENT IN THE WAVES CARPARK FOR THIS.**

Evening/ Wednesday Social Spins of Craigavon Lakes trails – this will be on an informal basis over winter to be arranged on Facebook messenger page. (not a formal training session)

****Rockets road trip. Alternate venues, with mix of skill drills & trails. All rockets need to be accompanied by an adult with a bike.**

Colin Ross training session 10 September 2016, meet at Big Wood

PLEASE NOTE Groups have been decided on skills/ confidence on bike, minimum age 7 years old.

Group A	Group B
Lauren Hanna	Kate McAlinden
Erin Hanna	Sarah Sloan
Jack Murdock	Jamie Boyd
Finlay Murdock	Cathal Dorrian
Oran McIntyre	Bronagh Dorrian
Keela Smyth	Daniel Mousley
Nieve Nelson	Aisling Smyth
Thomas McAlinden	Caitlin Hanna
James Sloan	Matthew Tierney
	Sophie McNulty