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## Cycle Tracks and Clubs

### Kesgrave Panthers Cycle Speedway Club



#### Introduction

What is Cycle Speedway - Short oval shale tracks, four riders head-to-head. Explosive, elbow-to-elbow action. No brakes. That's cycle speedway in a nutshell. It's also accessible, affordable, family-oriented and taking place in clubs throughout the country.

Our friendly club has been in existence for over 60 years and has a thriving membership.

We pride ourselves on our excellent track record of national success, especially with our club's youngsters.

The club has a dedicated team of helpers and supporters, who arrange numerous training and competition events.

To have a go its completely FREE, just come along to our new riders sessions which start at 5:45pm on Mondays or Tuesdays. Please come with a long sleeve shirt and long trousers. If possible, bring a cycle helmet and gloves (although these can be borrowed at the club). You can also borrow one of our club cycle speedway bikes.

#### Trainings Session (Mar-Nov)

- - 🕒 **6 and under plus new riders - Mondays 17:45-18:30 and Tuesdays 17:45-18:30**
  - 🕒 **U16 - Mondays - Mondays 18:30-19:15 and Tuesdays 18:30-19:15**
  - 🕒 **League Teams - Mondays 19:15-20:00**

 **Seniors - Tuesdays 19:15-20:00**

**Location**

-  **Cycle Speedway Track, Kesgrave Community Centre, Twelve Acre Approach, Kesgrave IP5 1JF**

**Contact**

-  [kesgravepanthers.csc@gmail.com](mailto:kesgravepanthers.csc@gmail.com)
-  [@KesgravePanthers](#)
-  [www.kesgravepanthers.co.uk](http://www.kesgravepanthers.co.uk)

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