

Dave Le Gry

Cycling

Multi National Champion 1973 to 1987 Elite Professional including Junior in New Zealand.

Commonwealth Games Silver medal 1978 Canada

Represented GB at Olympic and Commonwealth Games, World Championships and GPs

1974 to 1982

Turned Professional 1982

World Cycling Speed Record 126 mph 1986

Retired from cycling for 10 years, carried on coaching with interests in Marathon running and Duathlons

Returned to Competitive Cycling 1997

National Veteran Sprint Champion 1997 1998 1999, 2000 and 2001

National Masters Sprint Champion 2002 2004 2005

National Masters 750m TT Champion 2002 and 2003

National Masters 500m TT Champion 2005 2006

World Masters Sprint Champion 1997, 2001 and 2002

World Masters 750m TT Champion 1999, 2000, 2001 and 2002

World Masters 500m TT Champion 2005 2006 2007

World Masters Olympic Sprint Champion 1997, 1999, 2000, 2002, 2003 2004 2005 2006

18 times World Masters Champion to date

Coaching

1982 to 1986 Eastern Centre of Excellence Track Coach and Manager

1986 Qualified club coach ABCC

1989 to 1993 BCF National Track Coach

1990 Qualified Senior coach ABCC

1992 Represented GB in Olympic Games as official coach

1998 Coach and manager for biggest professional cycling team in UK Team Brite

1999 Mastercoach Cycling/triathlon/athletic Coach www.mastercoach.co.uk

2001 Coachwise Coach of the Year award

2000 to 2004 Club coach for DataPhonics RT Development squad for 13 to 23 year ages.

To find out more about me go to

www.mastercoach.co.uk or contact me at Email: legro@mastercoach.co.uk

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Qualifications

BC L2 Coach

ABCC L4 coach

Manchester, Newport and Calshot accredited coach

NLP Practitioner

NABBA Gym Instructor