



ASTLEY & TYLDESLEY Cycling Club

British Cycling Go-Ride Club of the Year 2017



TRAINING GROUPS FOR TUESDAY CLUB SESSIONS

| JUNIOR (5.30 – 6.30 pm) | INTERMEDIATE (6.30 – 7.30 pm) | 1st TEAM SQUAD (7.30 – 8.30 pm) |
|------------------------------|--|-------------------------------------|
| <i>Fun activity sessions</i> | <i>Techniques & tactics sessions</i> | <i>Fitness & speed sessions</i> |
| Ankrett, Mason | Beeley, Tom | Brundrett, Mark |
| Bedingfield, Myles | Brundrett, Fraser | Burgess, Emily |
| Belt, Harriet | Burgess, Charlie | Collins, Ciaran |
| Belt, Oscar | Corrigan, Erin | Evans, Max |
| Cox, Ada | Green, Aiden | Graham, Paul |
| Cox, Freddie | Hindley, Jess | Grantham, Mark |
| Daintith, Sam | Johnson, Daniel | Harris, Steve |
| Edwards, Levi | Morrissey, Tom | Idziorek, Pawel |
| Evans, Sabrina | Skitterall, Lewis | Knowles, Mick |
| Flynn, J.J | Warn, Chloe | Phillips, Adam |
| Flynn, Kitty | Whalley, Duncan | Phillips, Lee |
| Grantham, Lucy | White, Frank | Pollitt, Reece |
| Grantham, Myles | | Snell, Matthew |
| Green, Aliasha | | White, John |
| Hindley, Elizabeth | | |
| Lloyd, Megan | | |
| Simcock, Owen | | |
| Smith, Ethan | | |
| Smith, Lucas | | |
| Warn, Stephen | | |
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- This training groups list has been revised by the Club Committee at the January meeting and will be reviewed and updated by the Committee on a bi-monthly basis.
- Riders are to participate in their allocated training group only. This is in the interests of rider safety, to ensure that riders train in their appropriate group and is in the interests of fairness, to ensure that everyone gets equal access to training sessions.
- Newcomers will be allocated to a training group, as appropriate, by Committee members present.
- Coaches may allow riders to join a different session, at the Coach's discretion, e.g. low numbers present.