



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>
Belt, Harriet	Burgess, Charlie	Burgess, Emily
Belt, Oscar	Grantham, Lucy	Graham, Paul
Edwards, Levi	Green, Aiden	Grantham, Mark
Grantham, Myles	Hindley, Jess	Handke, Radek
Green, Aliesha	Morrissey, Tom	Harris, Steve
Hindley, Elizabeth	Simcock, Owen	Knowles, Mick
Jeffery-Leyland, Blake	Skitterall, Lewis	Phillips, Lee
Smith, Thomas	Warn, Chloe	Pollitt, Reece
Warn, Stephen	Whalley, Duncan	Snell, Matthew
	White, Frank	White, John

- This training groups list has been revised by the Club Committee at the March 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.