











# 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 &amp; tactics sessions</i>	<i>Fitness &amp; speed sessions</i>
Belt, Harriet	Burgess, Charlie	Burgess, Emily
Belt, Oscar	Grantham, Lucy	Graham, Paul
Field, Dylan	Morrissey, Tom	Grantham, Mark
Field, Lillie	Simcock, Owen	Handke, Radek
Grantham, Myles	Whalley, Duncan	Harris, Steve
Lawless, Alexander	White, Frank	Pollitt, Reece
Smith, Thomas		Snell, Matthew
		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.