

## ASTLEY & TYLDESLEY Cycling Club British Cycling Go-Ride Club of the Year 2017





NAME / DATE	Tue. 1 Feb.	Sun. 6 Feb.	Tue. 8 Feb.	Sun. 13 Feb.	Tue. 15 Feb.	Sun. 20 Feb.	Tue. 22 Feb.	1	Tue. 1 Mar.	Sun. 6 Mar.
Bassett, Chloe										
Edwards, Levi										
Field, Dylan										
Field, Lillie										
Grantham, Myles										
Lawless, Alexander										
Lawless, Jasmine										
Mole, Dexter										
Mulholland, Jake										
Pilkington, Josh										
Smith, Thomas										
Walmsley, Holly										
Wang, Zijun										
Wang, Zining										
Woods, Ted										
Session Plan No.										
Nos. in Session										
Coach										
First Aider										
Accident Form ?										



# ASTLEY & TYLDESLEY Cycling Club Wigan Sports Club of the Year 2011, 2015 & 2018 INTERMEDIATE SESSION ATTENDANCE REGISTER 2022



INTERMEL	JIAIL	2F22	ION A		NDAN	CE K	CGIS.	ICK 2	UZZ	
NAME / DATE	Tue. 1 Feb.	Sun. 6 Feb.	Tue. 8 Feb.	Sun. 13 Feb.	Tue. 15 Feb.	Sun. 20 Feb.	Tue. 22 Feb.	Sun. 27 Feb.	Tue. 1 Mar.	Sun. 6 Mar.
Belt, Harriet										
Belt, Oscar										
Burgess, Charlie										
Grantham, Lucy										
Hamilton, David										
Morrissey, Tom										
Simcock, Owen										
Waddington, Jack										
Waddington, Sonny										
Whalley, Duncan										
Whalley, Wren										
White, Frank										
Session Plan No.										
Nos. in Session										
Coach										
First Aider										
Accident Form ?										
i		1	1	L	1	L	<u> </u>	L	1	

# ASTLEY & TYLDESLEY Cycling Club North & Scotland Regional League Champions 2017, 2018, 2019 1ST TEAM SQUAD SESSION ATTENDANCE REGISTER 2022

	et & TY	0
	žž ~	ESTE
	502	<b>ک</b> ر
	0	8
•	CYCLING C	10

NAME / DATE	Tue. 1 Feb.	Sun. 6 Feb.	Tue. 8 Feb.	Sun. 13 Feb.	Tue. 15 Feb.	Sun. 20 Feb.	Sun. 27 Feb.	Tue. 1 Mar.	Sun. 6 Mar.
Bacon, Pierce									
Burgess, Emily									
Graham, Paul									
Grantham, Mark									
Harris, Steve									
Idziorek, Pawel									
Partington, Joel									
Pollitt, Reece									
Snell, Matthew									
White, John									
Session Plan No.									
Nos. in Session									
Coach									
First Aider									
Accident Form ?									



## ASTLEY & TYLDESLEY Cycling Club Wigan Sports Club of the Year 2011, 2015 & 2018





NAME / DATE							
Session Plan No.							
Nos. in Session							
Coach							
First Aider							
Accident Form ?							
İ	I	1	I	I	1	1	Ì



### ASTLEY & TYLDESLEY Cycling Club British Cycling Go-Ride Club of the Year 2017



### TRAINING GROUPS FOR TUESDAY CLUB SESSIONS

INTERMEDIATE (6.30 – 7.30 pm)	1st TEAM SQUAD (7.30 – 8.30 pm)
Techniques & tactics sessions	Fitness & speed sessions
Belt, Harriet	Bacon, Pierce
Belt, Oscar	Burgess, Emily
Burgess, Charlie	Graham, Paul
Grantham, Lucy	Grantham, Mark
Hamilton, David	Harris, Steve
Morrissey, Tom	Idziorek, Pawel
Simcock, Owen	Partington, Joel
Waddington, Jack	Pollitt, Reece
Waddington, Sonny	Snell, Matthew
Whalley, Duncan	White, John
Whalley, Wren	
White, Frank	
	Techniques & tactics sessions  Belt, Harriet  Belt, Oscar  Burgess, Charlie  Grantham, Lucy  Hamilton, David  Morrissey, Tom  Simcock, Owen  Waddington, Jack  Waddington, Sonny  Whalley, Duncan  Whalley, Wren

- This training groups list has been revised by the Club Committee at the AGM and will be reviewed and updated by the Committee on a bi-monthly basis.
- Riders are to participate in their allocated training group only, unless in a transition phase. 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.