











**ASTLEY & TYLDESLEY Cycling Club**  
**British Cycling Go-Ride Club of the Year 2017**  
**Wigan Sports Club of the Year 2011, 2015, 2018**  
**North & Scotland League Champions 2017, 2018, 2019, 2022**



**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>
Buck, Billy	Belt, Oscar	Burgess, Emily
Green, Danny	Brighthouse, Charlotte	Campbell, Devon
Green, Jake	Edwards, Levi	Ellis, Caspar
Jackson, Harry	Gallagher, Mason	Graham, Paul
Jackson, James	Harrison-Jones, Amelia	Harris, Steve
McEntee, Aoife	Latham, Jacob	Norman, Terry
McEntee, Raife	Lawless, Alexander	Phillips, Lee
Mitchell, Ralph	Pilkington, Josh	White, Frank
Prince, William	Rechembei, Elijah	White, John
Sinar-Critchley, Alexander	Tumizghy, Nahom	
Waryck-Welch, Willow		

- This training groups list has been revised by the Club Coaches in January and will be reviewed and updated by the Committee on a regular 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.