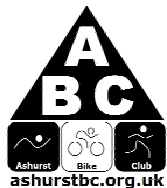




ashurst bike club



Are you a keen triathlete who feels something is missing?

Have you thought about joining a club?

Ashurst Bike Club is a cycling & triathlon club, based in Merseyside and West Lancashire. We have approximately 60 actively racing members covering a mixture of competitive cyclists and triathletes competing in cycle road racing, time trials, duathlon, triathlon and road running events.

The club caters for all abilities, ranging from beginner to national standard and even British team age groupers along with a growing female membership.

Whether you are trying to survive your first triathlon, looking to improve your personal times or compete at regional or national level ABC is the club for you, for advice, support, qualified BTA coaching and scheduled group training.

North West British Triathlon Club Champions 2008

Training Sessions		
	Summer	Winter
Tue	Run	Run
Wed	Open Water*	n/a
Thu	Bike Time Trial*	Chain Gang
Sat	Pool Swim*	Pool Swim*
Sun	Bike Ride	Bike Ride

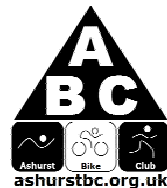
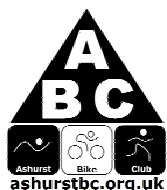
*session charges apply



Contacts & Information

Club Chairman – Matt Shillabeer
ashurstbc.org.uk@ntlworld.com

club website
www.ashurstbc.org.uk



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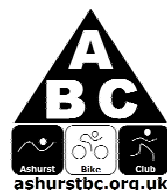
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