# **Tudor Grange Cycle Track Bookings 2024**

W/C 13th May 2024

|           |   |                  |                    |                                     |                   | Time   |    |    |    |             |               |              |   |
|-----------|---|------------------|--------------------|-------------------------------------|-------------------|--------|----|----|----|-------------|---------------|--------------|---|
|           | 9 | 10               | 11                 | 12                                  | 13                | 14     | 15 | 16 | 17 | 18          | 19            | 20           | 21  |
| Monday    |   |                  | <b>Public Turn</b> | up and Ride 11-14.00                |                   |        |    |    |    | 5           | Solihull Cycl | e Club 18.30 | 0 - 20:00                                   |
| Tuesday   |   |                  | Public Turn        | up and Ride 11-14.00                |                   |        |    |    |    | 5           | Solihull Cycl | e Club 18.30 | 0 - 20.30                                   |
| Wednesday |   |                  | Public Turn        | up and Ride 11-14.00                |                   |        |    |    |    | 5           | Solihull Cycl | e Club 18.30 | 0 - 20.30                                   |
| Thursday  |   |                  |                    | up and Ride 11-14.00                |                   |        |    |    |    | Solihull Cy | cle Club 18   | .30 - 20.00  | Solihull Triathlon<br>Club 20.00 -<br>21.00 |
| Friday    |   |                  |                    | up and Ride 11-14.00                |                   |        |    |    |    |             |               |              |   |
|           |   | athlon Club 8.30 |                    |                                     |                   |        |    |    |    |             |               |              |   |
| Saturday  |   | 10.30            |                    |                                     |                   |        |    |    |    |             |               |              |   |
| Sunday    |   |                  | Triathlon En       | gland - WM Regional Comm - Training | g session - 11.00 | - 3.00 |    |    |    |             |               |              |   |

W/C 20th May 2024

|           |             |                   |             |                      |    | Time |    |    |    |             |               |              |                                    |
|-----------|-------------|-------------------|-------------|----------------------|----|------|----|----|----|-------------|---------------|--------------|------------------------------------|
|           | 9           | 10                | 11          | 12                   | 13 | 14   | 15 | 16 | 17 | 18          | 19            | 20           | 21                                 |
| Monday    |             |                   | Public Turr | up and Ride 11-14.00 |    |      |    |    |    |             | Solihull Cycl | e Club 18.30 | 0 - 20:00                          |
| Tuesday   |             |                   | Public Turr | up and Ride 11-14.00 |    |      |    |    |    | (           | Solihull Cycl | e Club 18.30 | 0 - 20.30                          |
| Wednesday |             |                   | Public Turr | up and Ride 11-14.00 |    |      |    |    |    | (           | Solihull Cycl | e Club 18.30 |                                    |
|           |             |                   |             |                      |    |      |    |    |    |             |               |              | Solihull Triathlon<br>Club 20.00 - |
| Thursday  |             |                   | Public Turr | up and Ride 11-14.00 |    |      |    |    |    | Solihull Cy | cle Club 18   | .30 - 20.00  | 21.00                              |
| Friday    |             |                   | Public Turr | up and Ride 11-14.00 |    |      |    |    |    |             |               |              |                                    |
|           | Solihull Ti | iathlon Club 8.30 |             |                      |    |      |    |    |    |             |               |              |                                    |
| Saturday  |             | 10.30             |             |                      |    |      |    |    |    |             |               |              |                                    |
| Sunday    |             |                   |             |                      |    |      |    |    |    |             |               |              |                                    |

W/C 27th May 2024

|           |   |    |                    |                      |    | Time |    |    |    |    |               |              |           |
|-----------|---|----|--------------------|----------------------|----|------|----|----|----|----|---------------|--------------|-----------|
|           | 9 | 10 | 11                 | 12                   | 13 | 14   | 15 | 16 | 17 | 18 | 19            | 20           | 21        |
| Monday    |   |    | <b>Public Turn</b> | up and Ride 11-14.00 |    |      |    |    |    | (  | Solihull Cycl | e Club 18.30 | 0 - 20:00 |
| Tuesday   |   |    | <b>Public Turn</b> | up and Ride 11-14.00 |    |      |    |    |    | (  | Solihull Cycl | e Club 18.30 | 0 - 20.30 |
| Wednesday |   |    | Public Turn        | up and Ride 11-14.00 |    |      |    |    |    | •  | Solihull Cycl | e Club 18.30 | 0 - 20.30 |

| Thursday<br>Friday |             | -                          |             | n up and Ride 11-14.00<br>n up and Ride 11-14.00 |                  |             |               |    |    | Solihull C | ycle Club 18 | 3.30 - 20.00                 | Solihull Triathlon<br>Club 20.00 -<br>21.00 |
|--------------------|-------------|----------------------------|-------------|--|------------------|-------------|---------------|----|----|------------|--------------|------------------------------|---|
|                    |             |                            |             |  | <u>June</u>      |             |               |    |    |            |              |                              |   |
|                    | Solihull Tr | riathlon Club 8.30         | •           |  |                  | T           |               | I  |    |            | Ī            |                              |   |
| Saturday           |             | 10.30                      |             |  |                  |             |               |    |    |            |              |                              |   |
| Sunday             |             |                            |             |  |                  |             |               |    |    |            |              |                              |   |
| W/C 3rd June 202   | 4           |                            |             |  |                  | Time        |               |    |    |            |              |                              |   |
|                    | 9           | 10                         | 11          | 12   | 13               | 14          | 15            | 16 | 17 | 18         | 19           | 20                           | 21  |
| Monday             |             |                            | Public Turi | n up and Ride 11-14.00                           | <u> </u>         |             |               |    |    |            | Solihull Cyc | le Club 18.3                 | 0 - 20:00                                   |
| Tuesday            |             |                            |             | n up and Ride 11-14.00                           |                  |             |               |    |    |            |              | le Club 18.3                 |   |
| Wednesday          |             |                            |             | n up and Ride 11-14.00                           |                  |             |               |    |    |            |              | le Club 18.3                 | 0 - 20.30                                   |
| Thursday           |             |                            |             |  | Cycling Club Rac | e Meeting - | 12.00 - 17.00 |    | _  | Solihull C | ycle Club 18 | 3.30 - 20.00                 | Solihull Triathlon<br>Club 20.00 -          |
| Friday             |             |                            | Public Turi | n up and Ride 11-14.00                           |                  |             |               |    |    |            |              |                              |   |
| Saturday           |             |                            |             |  | Solihu           | ull Rotary  | Event         |    |    |            |              |                              |   |
| Sunday             |             |                            |             |  |                  |             |               |    |    |            |              |                              |   |
| W/C 10th June 20   |             |                            | I           | 1  |                  | Time        | T             |    | l  |            | T            |                              |   |
|                    | 9           | 10                         | 11          | 12   | 13               | 14          | 15            | 16 | 17 | 18         | 19           | 20                           | 21  |
| Monday<br>Tuesday  |             |                            |             | n up and Ride 11-14.00<br>n up and Ride 11-14.00 |                  |             |               |    |    |            |              | le Club 18.3<br>le Club 18.3 |   |
| Wednesday          |             |                            |             | n up and Ride 11-14.00<br>n up and Ride 11-14.00 |                  |             |               |    |    |            |              | le Club 18.3                 |   |
| Thursday           |             |                            |             | n up and Ride 11-14.00                           |                  |             |               |    |    |            |              | 3.30 - 20.00                 | Solihull Triathlon<br>Club 20.00 -<br>21.00 |
|                    |             |                            |             | n up and Ride 11-14.00                           |                  |             |               |    |    |            |              |                              |   |
| Friday             |             |                            |             |  |                  |             |               |    |    |            |              |                              |   |
| Friday<br>Saturday | Solihull Tr | iathlon Club 8.30<br>10.30 |             |  |                  |             |               |    |    |            |              |                              |   |

### W/C 17th June 2024

|           |   |      |             |                        |             | Time       |    |    |    |             |              |               |   |
|-----------|---|------|-------------|------------------------|-------------|------------|----|----|----|-------------|--------------|---------------|---|
|           | 9 | 10   | 11          | 12                     | 13          | 14         | 15 | 16 | 17 | 18          | 19           | 20            | 21  |
| Monday    |   |      | Public Turn | up and Ride 11-14.00   |             |            |    |    |    |             | Solihull Cyc | le Club 18.30 | 0 - 20:00                                   |
| Tuesday   |   |      | Public Turn | up and Ride 11-14.00   |             |            |    |    |    |             | Solihull Cyc | le Club 18.30 | 0 - 20.30                                   |
| Wednesday |   |      | Public Turn | up and Ride 11-14.00   |             |            |    |    |    |             | Solihull Cyc | le Club 18.30 | 0 - 20.30                                   |
| Thursday  |   |      | Public Turn | up and Ride 11-14.00   |             |            |    |    |    | Solihull Cy | /cle Club 18 | 3.30 - 20.00  | Solihull Triathlon<br>Club 20.00 -<br>21.00 |
| Friday    |   |      | Public Turn | up and Ride 11-14.00   |             |            |    |    |    |             |              |               |   |
| Saturday  |   | Soli | hull Cycli  | ng Club - Youth Racing | g Event - 9 | .00 - 16.0 | 00 |    |    |             |              |               |   |
| Sunday    |   |      |             |                        |             |            |    |    |    |             |              |               |   |

#### W/C 24th June 2024

| 11/0 Eath dunc Edea |   |    |                    |                          |    |      |    |    |    |             |               |              |   |
|---------------------|---|----|--------------------|--------------------------|----|------|----|----|----|-------------|---------------|--------------|---|
|                     |   |    |                    |                          |    | Time |    |    |    |             |               |              |   |
|                     | 9 | 10 | 11                 | 12                       | 13 | 14   | 15 | 16 | 17 | 18          | 19            | 20           | 21  |
| Monday              |   |    | Public Turn        | up and Ride 11-14.00     | •  |      |    |    |    | 5           | Solihull Cycl | le Club 18.3 | 0 - 20:00                                   |
| Tuesday             |   |    | Public Turn        | up and Ride 11-14.00     |    |      |    |    |    |             | Solihull Cycl | le Club 18.3 | 0 - 20.30                                   |
| Wednesday           |   |    | Public Turn        | up and Ride 11-14.00     |    |      |    |    |    | 5           | Solihull Cycl | le Club 18.3 | 0 - 20.30                                   |
| Thursday            |   |    |                    | up and Ride 11-14.00     |    |      |    |    |    | Solihull Cy | ycle Club 18  | 3.30 - 20.00 | Solihull Triathlon<br>Club 20.00 -<br>21.00 |
| Friday              |   |    | <b>Public Turn</b> | up and Ride 11-14.00     |    |      |    |    |    |             |               |              |   |
| Saturday            |   |    |                    | *HOLD* 9.00 - 4.00 - BC\ | VM |      |    |    |    |             |               |              |   |
| Sunday              |   |    |                    | *HOLD* 9.00 - 4.00 - BCW | M  |      |    |    |    |             |               |              |   |

# <u>July</u>

W/C 1st July 2024

|           |                 |                |             |                      |    | Time |    |    |    |             |              |              |   |
|-----------|-----------------|----------------|-------------|----------------------|----|------|----|----|----|-------------|--------------|--------------|---|
|           | 9               | 10             | 11          | 12                   | 13 | 14   | 15 | 16 | 17 | 18          | 19           | 20           | 21  |
| Monday    |                 |                | Public Turn | up and Ride 11-14.00 | -  |      |    |    |    |             | Solihull Cyc | e Club 18.30 | 0 - 20:00                                   |
| Tuesday   |                 |                | Public Turn | up and Ride 11-14.00 |    |      |    |    |    |             | Solihull Cyc | e Club 18.30 | 0 - 20.30                                   |
| Wednesday |                 |                | Public Turn | up and Ride 11-14.00 |    |      |    |    |    |             | Solihull Cyc | e Club 18.30 | 0 - 20.30                                   |
| Thursday  |                 |                |             | up and Ride 11-14.00 |    |      |    |    |    | Solihull Cy | rcle Club 18 | .30 - 20.00  | Solihull Triathlon<br>Club 20.00 -<br>21.00 |
| Friday    |                 |                | Public Turn | up and Ride 11-14.00 |    |      |    |    |    |             |              |              |   |
|           | Solihull Triath | lon Club 8.30- |             |                      |    |      |    |    |    |             |              |              |   |
| Saturday  | 10.             | 30             |             |                      |    |      |    |    |    |             |              |              |   |
| Sunday    |                 |                |             |                      |    |      |    |    |    |             |              |              | _   |

W/C 8th July 2024

|           |             |                   |             |                      |    | Time |    |    |    |             |               |              |   |
|-----------|-------------|-------------------|-------------|----------------------|----|------|----|----|----|-------------|---------------|--------------|---|
|           | 9           | 10                | 11          | 12                   | 13 | 14   | 15 | 16 | 17 | 18          | 19            | 20           | 21  |
| Monday    |             |                   | Public Turr | up and Ride 11-14.00 |    |      |    |    |    | 5           | Solihull Cycl | e Club 18.30 | 0 - 20:00                                   |
| Tuesday   |             |                   | Public Turr | up and Ride 11-14.00 |    |      |    |    |    | 5           | Solihull Cycl | e Club 18.30 | 0 - 20.30                                   |
| Wednesday |             |                   | Public Turr | up and Ride 11-14.00 |    |      |    |    |    | 5           | Solihull Cycl | e Club 18.30 | 0 - 20.30                                   |
| Thursday  |             |                   |             | up and Ride 11-14.00 |    |      |    |    |    | Solihull Cy | vcle Club 18  | .30 - 20.00  | Solihull Triathlon<br>Club 20.00 -<br>21.00 |
| Friday    |             |                   | Public Turr | up and Ride 11-14.00 |    |      |    |    |    |             |               |              |   |
|           | Solihull Tr | iathlon Club 8.30 |             |                      |    |      |    |    |    |             |               |              |   |
| Saturday  |             | 10.30             |             |                      |    |      |    |    |    |             |               |              |   |
| Sunday    |             |                   |             |                      |    |      |    |    |    |             |               |              |   |

|  |             |                   | •                              |   |        | Time | T          |       | 1          | 1  | 1                            | <u> </u>      |                          |
|--|-------------|-------------------|--------------------------------|---|--------|------|------------|-------|------------|----|------------------------------|---------------|--------------------------|
|  | 9           | 10                | 11                             | 12  | 13     | 14   | 15         | 16    | 17         | 18 | 19                           | 20            | 21                       |
| Monday   |             |                   |                                |   |        |      |            |       |            |    |                              |               |                          |
| Tuesday  |             |                   |                                |   |        |      |            |       |            |    |                              |               |                          |
| Wednesday  |             |                   |                                |   |        |      |            |       |            |    |                              |               |                          |
| Thursday   |             |                   |                                | Calik   | II C   |      | 2 100      | 0 K   |            | +  |                              |               |                          |
| Friday   |             |                   |                                | Solik   |        |      |            | err   | <b>.62</b> |    |                              |               |                          |
|  |             |                   |                                |   |        |      |            | •••   |            |    |                              |               |                          |
| Saturday   |             |                   |                                |   |        |      |            |       |            |    |                              |               |                          |
| Sunday   |             |                   |                                |   |        |      |            |       |            |    |                              |               |                          |
|  |             |                   |                                |   |        |      |            |       |            |    |                              |               |                          |
| N/C 22nd July 202  | 4           |                   |                                |   |        |      |            |       |            |    |                              |               |                          |
|  |             |                   |                                |   |        | Time |            |       |            |    |                              |               |                          |
|  | 9           | 10                | 11                             | 12  | 13     | 14   | 15         | 16    | 17         | 18 | 19                           | 20            | 21                       |
| Monday   |             |                   |                                | •   |        |      |            |       |            |    |                              |               | L                        |
| •  |             |                   |                                |   |        |      |            |       |            |    |                              |               |                          |
| LIIESUSV   |             |                   |                                |   |        |      |            |       |            |    |                              |               |                          |
|  |             |                   |                                | - 000   |        |      |            | _     | _          |    |                              |               |                          |
| Tuesday<br>Wednesday   |             |                   |                                | Calib   | II C   |      | 2 122      | o r [ |            | 4  |                              |               |                          |
| •  |             |                   |                                | Solik   | null S | Sun  | ım         | erF   | es         | t  |                              |               |                          |
| •  |             |                   |                                | Solih   | null S | Sun  | ım         | erF   | es         | t  |                              |               |                          |
| Vednesday  |             |                   |                                | Solik   | null S | Sun  | ım         | erF   | es         | t  |                              |               |                          |
| Vednesday<br>Thursday  |             |                   |                                |   | null S | Sun  | nm         | erf   | es         | t  |                              | _             |                          |
| Wednesday  Thursday  |             |                   | Public Tur                     | Solik   | null S | Sun  | nm         | erf   | es         | t  |                              |               |                          |
| Wednesday<br>Thursday  | Solihull Tr | iathlon Club 8.30 |                                |   | null S | Sun  | nm         | erF   | es         | t  |                              |               |                          |
| Wednesday<br>Fhursday<br>Friday  | Solihull Tr | iathlon Club 8.30 |                                |   | null S | Sun  | nm         | erF   | es         | t  |                              |               |                          |
| Wednesday  Thursday  Friday  Saturday                                      | Solihull Tr |                   |                                |   | null S | Sun  | nm         | erF   | es         | t  |                              |               |                          |
| •  | Solihull Tr |                   |                                |   | null S | Sun  | nm         | erF   | es         | t  |                              |               |                          |
| Wednesday  Fhursday  Friday  Saturday  Sunday                              |             |                   |                                |   | null S | Sun  | nm         | erF   | es         | t  |                              |               |                          |
| Wednesday<br>Thursday<br>Friday<br>Saturday<br>Sunday                      |             |                   |                                |   | null S |      | nm         | erf   | es         | t  |                              |               |                          |
| Vednesday<br>Thursday<br>Friday<br>Saturday<br>Sunday                      |             | 10.30             |                                | rn up and Ride 11-14.00                             |        | Time |            |       |            |    | 19                           | 20            | 21                       |
| Vednesday<br>Fhursday<br>Friday<br>Saturday<br>Sunday<br>VC 29th July 2024 |             |                   | 11                             | rn up and Ride 11-14.00                             | null S |      | 1 <b>m</b> | erF   | <b>es</b>  | 18 | 19<br>Solibul Cvo            | 20 Se Club 18 | 21                       |
| Wednesday  Fhursday  Friday  Saturday  Sunday  WC 29th July 2024           |             | 10.30             | 11<br>Public Tur               | rn up and Ride 11-14.00  12 rn up and Ride 11-14.00 |        | Time |            |       |            | 18 | Solihull Cyc                 | cle Club 18.3 | 30 - 20:00               |
| Wednesday  Thursday  Friday  Saturday                                      |             | 10.30             | 11<br>Public Tur<br>Public Tur | rn up and Ride 11-14.00                             |        | Time |            |       |            | 18 | Solihull Cyc<br>Solihull Cyc |               | 30 - 20:00<br>30 - 20.30 |

|          |             |                            |             |                      | Augus | <u>st</u> |  |             |              |             |   |
|----------|-------------|----------------------------|-------------|----------------------|-------|-----------|--|-------------|--------------|-------------|---|
| Thursday |             |                            | Public Turn | up and Ride 11-14.00 |       |           |  | Solihull Cy | /cle Club 18 | .30 - 20.00 | Solihull Triathlon<br>Club 20.00 -<br>21.00 |
| Friday   |             |                            |             | up and Ride 11-14.00 |       |           |  |             |              |             |   |
| Saturday | Solihull Tr | iathlon Club 8.30<br>10.30 |             |                      |       |           |  |             |              |             |   |
| Sunday   |             |                            |             |                      |       |           |  |             |              |             |   |

W/C 5th August 2024

|           |             |                   |             |                      |    | Time |    |    |    |             |               |              |   |
|-----------|-------------|-------------------|-------------|----------------------|----|------|----|----|----|-------------|---------------|--------------|---|
|           | 9           | 10                | 11          | 12                   | 13 | 14   | 15 | 16 | 17 | 18          | 19            | 20           | 21  |
| Monday    |             |                   | Public Turr | up and Ride 11-14.00 |    |      |    |    |    | (           | Solihull Cycl | e Club 18.30 | 0 - 20:00                                   |
| Tuesday   |             |                   | Public Turr | up and Ride 11-14.00 |    |      |    |    |    |             | Solihull Cycl | e Club 18.30 | 0 - 20.30                                   |
| Wednesday |             |                   | Public Turr | up and Ride 11-14.00 |    |      |    |    |    |             | Solihull Cycl | e Club 18.30 | 0 - 20.30                                   |
| Thursday  |             |                   |             | up and Ride 11-14.00 |    |      |    |    |    | Solihull Cy | rcle Club 18  | 3.30 - 20.00 | Solihull Triathlon<br>Club 20.00 -<br>21.00 |
| Friday    |             |                   | Public Turr | up and Ride 11-14.00 | •  |      |    |    |    |             |               |              |   |
|           | Solihull Tr | iathlon Club 8.30 |             |                      |    |      |    |    |    |             |               |              |   |
| Saturday  |             | 10.30             |             |                      |    |      |    |    |    |             |               |              |   |
| Sunday    |             |                   |             |                      |    |      |    |    |    |             |               |              | _   |

W/C 12th August 2024

|           |   |    |             |                      |    | Time |    |    |    |             |               |              |   |
|-----------|---|----|-------------|----------------------|----|------|----|----|----|-------------|---------------|--------------|---|
|           | 9 | 10 | 11          | 12                   | 13 | 14   | 15 | 16 | 17 | 18          | 19            | 20           | 21  |
| Monday    |   |    | Public Turn | up and Ride 11-14.00 |    |      |    |    |    | (           | Solihull Cycl | e Club 18.30 | 0 - 20:00                                   |
| Tuesday   |   |    | Public Turn | up and Ride 11-14.00 |    |      |    |    |    |             | Solihull Cycl | e Club 18.30 | 0 - 20.30                                   |
| Wednesday |   |    | Public Turn | up and Ride 11-14.00 |    |      |    |    |    |             | Solihull Cycl | e Club 18.30 | 0 - 20.30                                   |
| Thursday  |   |    |             | up and Ride 11-14.00 |    |      |    |    |    | Solihull Cy | vcle Club 18  | .30 - 20.00  | Solihull Triathlon<br>Club 20.00 -<br>21.00 |
| Friday    |   |    | Public Turn | up and Ride 11-14.00 |    |      |    |    |    |             |               |              |   |

|                    | Solihull T | riathlon Club 8.30- |             |                        |    |      |    |    |          |                                   |              |              |                    |
|--------------------|------------|---------------------|-------------|------------------------|----|------|----|----|----------|-----------------------------------|--------------|--------------|--------------------|
| Saturday           |            | 10.30               |             |                        |    |      |    |    |          |                                   |              |              |                    |
| Sunday             |            |                     |             |                        |    |      |    |    |          |                                   |              |              |                    |
| ,                  |            | 1                   | <u>l</u>    |                        |    | ı    | ı  | 1  | <u>I</u> | <u>I</u>                          | 1            | 1            |                    |
| W/C 19th August 20 | 24         |                     |             |                        |    |      |    |    |          |                                   |              |              |                    |
|                    |            |                     |             |                        |    | Time |    |    |          |                                   |              |              |                    |
|                    | 9          | 10                  | 11          | 12                     | 13 | 14   | 15 | 16 | 17       | 18                                | 19           | 20           | 21                 |
| Monday             |            |                     | Public Turr | up and Ride 11-14.00   |    |      |    |    |          |                                   | Solihull Cyc | le Club 18.3 | 0 - 20:00          |
| Tuesday            |            |                     | Public Turr | up and Ride 11-14.00   |    |      |    |    |          |                                   | Solihull Cyc | le Club 18.3 | 0 - 20.30          |
| Wednesday          |            |                     | Public Turr | up and Ride 11-14.00   |    |      |    |    |          |                                   | Solihull Cyc | le Club 18.3 | 0 - 20.30          |
|                    |            |                     |             |                        |    |      |    |    |          |                                   |              |              |                    |
|                    |            |                     |             |                        |    |      |    |    |          |                                   |              |              | Solihull Triathlon |
|                    |            |                     |             |                        |    |      |    |    |          |                                   |              |              | Club 20.00 -       |
| Thursday           |            |                     | Public Turr | up and Ride 11-14.00   |    |      |    |    |          | Solihull Cycle Club 18.30 - 20.00 |              |              | 21.00              |
| Friday             |            |                     |             | up and Ride 11-14.00   |    |      |    |    |          |                                   |              |              |                    |
| -                  | Solihull T | riathlon Club 8.30- |             |                        |    |      |    |    |          |                                   |              |              |                    |
| Saturday           |            | 10.30               |             |                        |    |      |    |    |          |                                   |              |              |                    |
| Sunday             |            |                     |             |                        |    |      |    |    |          |                                   |              |              |                    |
|                    |            |                     |             |                        |    |      |    |    |          |                                   |              |              |                    |
| W/C 26th August 20 | 24         |                     |             |                        |    |      |    |    |          |                                   |              |              |                    |
|                    |            |                     |             |                        |    | Time |    |    |          |                                   |              |              |                    |
|                    | 9          | 10                  | 11          | 12                     | 13 | 14   | 15 | 16 | 17       | 18                                | 19           | 20           | 21                 |
| Monday             |            |                     |             | up and Ride 11-14.00   |    |      |    |    |          |                                   |              | le Club 18.3 |                    |
| Tuesday            |            |                     |             | up and Ride 11-14.00   |    |      |    |    |          |                                   |              | le Club 18.3 |                    |
| Wednesday          |            |                     | Public Turr | up and Ride 11-14.00   |    |      |    |    |          |                                   | Solihull Cyc | le Club 18.3 | 0 - 20.30          |
|                    |            |                     |             |                        |    |      |    |    |          |                                   |              |              |                    |
|                    |            |                     |             |                        |    |      |    |    |          |                                   |              |              | Solihull Triathlon |
|                    |            |                     |             |                        |    |      |    |    |          |                                   |              |              | Club 20.00 -       |
| Thursday           |            |                     |             | up and Ride 11-14.00   |    |      |    |    |          | Solihull C                        | ycle Club 18 | 3.30 - 20.00 | 21.00              |
| Friday             |            |                     | Public Turr | up and Ride 11-14.00   |    |      |    |    |          |                                   |              |              |                    |
| гниау              |            | <u> </u>            |             | . ap ana mae 11 1 1100 |    |      |    |    |          |                                   |              |              |                    |

Solihull Triathlon Club 8.30-

10.30

Saturday

|        |  | <u>Se</u> | eptem | <u>ber</u> |  |  |  |  |
|--------|--|-----------|-------|------------|--|--|--|--|
| Sunday |  |           |       |            |  |  |  |  |

W/C 2nd September 2024

|           |             |                             |             |                      |    | Time |    |    |    |  |               |             |   |
|-----------|-------------|-----------------------------|-------------|----------------------|----|------|----|----|----|--|---------------|-------------|---|
|           | 9           | 10                          | 11          | 12                   | 13 | 14   | 15 | 16 | 17 | 18   | 19            | 20          | 21  |
| Monday    |             |                             | Public Turr | up and Ride 11-14.00 |    |      |    |    |    | (  | Solihull Cycl | e Club 18.3 | 0 - 20:00                                   |
| Tuesday   |             |                             | Public Turr | up and Ride 11-14.00 |    |      |    |    |    | (  | Solihull Cycl | e Club 18.3 | 0 - 20.30                                   |
| Wednesday |             |                             | Public Turr | up and Ride 11-14.00 |    |      |    |    |    | Solihull Cycle Club  |               |             | 0 - 20.30                                   |
| Thursday  |             |                             |             | up and Ride 11-14.00 |    |      |    |    |    | Solihull Cycle Club 18 Solihull Cycle Club 18 Solihull Cycle Club 18.30 - 20.0 |               |             | Solihull Triathlon<br>Club 20.00 -<br>21.00 |
| Friday    |             |                             |             | up and Ride 11-14.00 |    |      |    |    |    |  |               |             |   |
| Saturday  | Solihull Tr | riathlon Club 8.30<br>10.30 | ) <b>.</b>  |                      |    |      |    |    |    |  |               |             |   |
|           |             |                             |             |                      |    |      |    |    |    |  |               |             |   |
| Sunday    |             |                             |             |                      |    |      |    |    |    |  |               |             |   |

W/C 9th September 2024

|           |   |    |             |                      |    | Time |    |    |    |             |               |              |   |
|-----------|---|----|-------------|----------------------|----|------|----|----|----|-------------|---------------|--------------|---|
|           | 9 | 10 | 11          | 12                   | 13 | 14   | 15 | 16 | 17 | 18          | 19            | 20           | 21  |
| Monday    |   |    | Public Turn | up and Ride 11-14.00 |    |      |    |    |    | 5           | Solihull Cycl | e Club 18.30 | 0 - 20:00                                   |
| Tuesday   |   |    | Public Turn | up and Ride 11-14.00 |    |      |    |    |    | 5           | Solihull Cycl | e Club 18.30 | 0 - 20.30                                   |
| Wednesday |   |    | Public Turn | up and Ride 11-14.00 |    |      |    |    |    | 5           | Solihull Cycl | e Club 18.30 | 0 - 20.30                                   |
| Thursday  |   |    |             | up and Ride 11-14.00 |    |      |    |    |    | Solihull Cy | /cle Club 18  | .30 - 20.00  | Solihull Triathlon<br>Club 20.00 -<br>21.00 |
| Friday    |   |    | Public Turn | up and Ride 11-14.00 |    |      |    |    |    |             |               |              |   |

|  | Solibull T  | riathlon Club 8.30-          |   |   |    |            |    |     |          |             |   |   |  |
|--|-------------|------------------------------|---|---|----|------------|----|-----|----------|-------------|---|---|--|
| Saturday   | Solliful 1  | 10.30                        |   |   |    |            |    |     |          |             |   |   |  |
| Sunday   |             |                              |   |   |    |            |    |     |          |             |   |   |  |
|  | <u> </u>    | 1                            | <u>l</u>  |   |    | <u> </u>   |    | l . | <u>I</u> | 1           | <u> </u>  | ı   | <u> </u>   |
| W/C 16th Septem  | nber 2024   |                              |   |   |    |            |    |     |          |             |   |   |  |
|  |             |                              |   |   |    | Time       |    |     |          |             |   |   |  |
|  | 9           | 10                           | 11  | 12  | 13 | 14         | 15 | 16  | 17       | 18          | 19  | 20  | 21   |
| Monday   |             |                              | Public Turr   | up and Ride 11-14.00  | •  |            |    |     |          |             | Solihull Cycl   | le Club 18.30   | 0 - 20:00  |
| Tuesday  |             |                              | Public Turr   | up and Ride 11-14.00  |    |            |    |     |          |             | Solihull Cycl   | le Club 18.30   | 0 - 20.30  |
| Wednesday  |             |                              | Public Turr   | up and Ride 11-14.00  |    |            |    |     |          |             |   | le Club 18.30   |  |
| _  |             |                              |   | ·   |    |            |    |     |          |             |   |   |  |
|  |             |                              |   |   |    |            |    |     |          |             |   |   | Solihull Triathlon   |
|  |             |                              |   |   |    |            |    |     |          |             |   |   | Club 20.00 -   |
| Thursday   |             |                              | Public Turr   | up and Ride 11-14.00  |    |            |    |     |          | Solihull C  | ycle Club 18  | 3.30 - 20.00  | 21.00  |
| Friday   |             |                              |   | up and Ride 11-14.00  |    |            |    |     |          |             |   |   |  |
|  | Solihull T  | riathlon Club 8.30-          |   |   |    |            |    |     |          |             |   |   |  |
| Saturday   |             | 10.30                        |   |   |    |            |    |     |          |             |   |   |  |
| Sunday   |             |                              |   |   |    |            |    |     |          |             |   |   |  |
| W/C 23rd Septem  | ahar 2024   |                              |   |   |    |            |    |     |          |             |   |   |  |
|  | ibei 2024   |                              |   |   |    |            |    |     |          |             |   |   |  |
|  | 1Der 2024   |                              |   |   |    | Time       |    |     |          |             |   |   |  |
|  | 9           | 10                           | 11  | 12  | 13 | Time<br>14 | 15 | 16  | 17       | 18          | 19  | 20  | 21   |
| Monday   |             |                              | Public Turr   | up and Ride 11-14.00  | 13 |            | 15 | 16  | 17       |             | Solihull Cycl   | le Club 18.3  | 0 - 20:00  |
| Monday<br>Tuesday  |             |                              | Public Turr<br>Public Turr  | up and Ride 11-14.00<br>up and Ride 11-14.00  | 13 |            | 15 | 16  | 17       |             | Solihull Cycl<br>Solihull Cycl                                  | le Club 18.30<br>le Club 18.30                                  | 0 - 20:00<br>0 - 20.30   |
| Monday   |             |                              | Public Turr<br>Public Turr  | up and Ride 11-14.00  | 13 |            | 15 | 16  | 17       |             | Solihull Cycl<br>Solihull Cycl                                  | le Club 18.3  | 0 - 20:00<br>0 - 20.30   |
| Monday<br>Tuesday  |             |                              | Public Turr<br>Public Turr  | up and Ride 11-14.00<br>up and Ride 11-14.00  | 13 |            | 15 | 16  | 17       |             | Solihull Cycl<br>Solihull Cycl                                  | le Club 18.30<br>le Club 18.30                                  | 0 - 20:00<br>0 - 20.30   |
| Monday<br>Tuesday  |             |                              | Public Turr<br>Public Turr  | up and Ride 11-14.00<br>up and Ride 11-14.00  | 13 |            | 15 | 16  | 17       |             | Solihull Cycl<br>Solihull Cycl                                  | le Club 18.30<br>le Club 18.30                                  | 0 - 20:00<br>0 - 20.30   |
| Monday<br>Tuesday  |             |                              | Public Turr<br>Public Turr  | up and Ride 11-14.00<br>up and Ride 11-14.00  | 13 |            | 15 | 16  | 17       | :           | Solihull Cycl<br>Solihull Cycl<br>Solihull Cycl                 | le Club 18.30<br>le Club 18.30<br>le Club 18.30                 | 0 - 20:00<br>0 - 20:30<br>0 - 20:30<br>Solihull Triathlon<br>Club 20:00 -          |
| Monday<br>Tuesday  |             |                              | Public Turr<br>Public Turr<br>Public Turr<br>Public Turr                | up and Ride 11-14.00<br>up and Ride 11-14.00<br>up and Ride 11-14.00<br>up and Ride 11-14.00                                  | 13 |            | 15 | 16  | 17       | :           | Solihull Cycl<br>Solihull Cycl                                  | le Club 18.30<br>le Club 18.30<br>le Club 18.30                 | 0 - 20:00<br>0 - 20:30<br>0 - 20:30<br>Solihull Triathlon                          |
| Monday<br>Tuesday<br>Wednesday                           | 9           |                              | Public Turr Public Turr Public Turr Public Turr Public Turr             | up and Ride 11-14.00<br>up and Ride 11-14.00<br>up and Ride 11-14.00  | 13 |            | 15 | 16  | 17       | :           | Solihull Cycl<br>Solihull Cycl<br>Solihull Cycl                 | le Club 18.30<br>le Club 18.30<br>le Club 18.30                 | 0 - 20:00<br>0 - 20:30<br>0 - 20:30<br>Solihull Triathlon<br>Club 20:00 -          |
| Monday Tuesday Wednesday Thursday Friday                 | 9           | riathlon Club 8.30-          | Public Turr Public Turr Public Turr Public Turr Public Turr             | up and Ride 11-14.00<br>up and Ride 11-14.00<br>up and Ride 11-14.00<br>up and Ride 11-14.00                                  | 13 |            | 15 | 16  | 17       | :           | Solihull Cycl<br>Solihull Cycl<br>Solihull Cycl                 | le Club 18.30<br>le Club 18.30<br>le Club 18.30                 | 0 - 20:00<br>0 - 20:30<br>0 - 20:30<br>Solihull Triathlon<br>Club 20:00 -          |
| Monday Tuesday Wednesday Thursday Friday Saturday        | 9           |                              | Public Turr Public Turr Public Turr Public Turr Public Turr             | up and Ride 11-14.00<br>up and Ride 11-14.00<br>up and Ride 11-14.00<br>up and Ride 11-14.00                                  | 13 |            | 15 | 16  | 17       | :           | Solihull Cycl<br>Solihull Cycl<br>Solihull Cycl                 | le Club 18.30<br>le Club 18.30<br>le Club 18.30                 | 0 - 20:00<br>0 - 20:30<br>0 - 20:30<br>Solihull Triathlon<br>Club 20:00 -          |
| Monday Tuesday Wednesday Thursday Friday                 | 9           | riathlon Club 8.30-          | Public Turr Public Turr Public Turr Public Turr Public Turr             | up and Ride 11-14.00<br>up and Ride 11-14.00<br>up and Ride 11-14.00<br>up and Ride 11-14.00                                  | 13 |            | 15 | 16  | 17       | :           | Solihull Cycl<br>Solihull Cycl<br>Solihull Cycl                 | le Club 18.30<br>le Club 18.30<br>le Club 18.30                 | 0 - 20:00<br>0 - 20:30<br>0 - 20:30<br>Solihull Triathlon<br>Club 20:00 -          |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Solihull To | riathlon Club 8.30-          | Public Turr Public Turr Public Turr Public Turr Public Turr             | up and Ride 11-14.00<br>up and Ride 11-14.00<br>up and Ride 11-14.00<br>up and Ride 11-14.00                                  | 13 |            | 15 | 16  | 17       | :           | Solihull Cycl<br>Solihull Cycl<br>Solihull Cycl                 | le Club 18.30<br>le Club 18.30<br>le Club 18.30                 | 0 - 20:00<br>0 - 20:30<br>0 - 20:30<br>Solihull Triathlon<br>Club 20:00 -          |
| Monday Tuesday Wednesday Thursday Friday Saturday        | Solihull To | riathlon Club 8.30-          | Public Turr Public Turr Public Turr Public Turr Public Turr             | up and Ride 11-14.00<br>up and Ride 11-14.00<br>up and Ride 11-14.00<br>up and Ride 11-14.00                                  | 13 | 14         | 15 | 16  | 17       | :           | Solihull Cycl<br>Solihull Cycl<br>Solihull Cycl                 | le Club 18.30<br>le Club 18.30<br>le Club 18.30                 | 0 - 20:00<br>0 - 20:30<br>0 - 20:30<br>Solihull Triathlon<br>Club 20:00 -          |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Solihull To | riathlon Club 8.30-<br>10.30 | Public Turr<br>Public Turr<br>Public Turr<br>Public Turr<br>Public Turr | up and Ride 11-14.00 |    | Time       |    |     |          | Solihull C  | Solihull Cycl<br>Solihull Cycl<br>Solihull Cycl<br>ycle Club 18 | le Club 18.30<br>le Club 18.30<br>le Club 18.30<br>8.30 - 20.00 | 0 - 20:00<br>0 - 20:30<br>0 - 20:30<br>Solihull Triathlon<br>Club 20:00 -<br>21:00 |
| Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Solihull To | riathlon Club 8.30-<br>10.30 | Public Turr Public Turr Public Turr Public Turr Public Turr             | up and Ride 11-14.00<br>up and Ride 11-14.00<br>up and Ride 11-14.00<br>up and Ride 11-14.00                                  | 13 | 14         | 15 | 16  | 17       | Solihull Cy | Solihull Cycl<br>Solihull Cycl<br>Solihull Cycl<br>ycle Club 18 | le Club 18.30<br>le Club 18.30<br>le Club 18.30                 | 0 - 20:00<br>0 - 20:30<br>0 - 20:30<br>Solihull Triathlon<br>Club 20:00 -<br>21:00 |

|           |             |                   |             | <u>(</u>             | Octobe | <u>er</u> |  |             |               |              |   |
|-----------|-------------|-------------------|-------------|----------------------|--------|-----------|--|-------------|---------------|--------------|---|
| Tuesday   |             |                   | Public Turn | up and Ride 11-14.00 |        |           |  |             | Solihull Cycl | e Club 18.30 | 0 - 20.30                                   |
| Wednesday |             |                   | Public Turn | up and Ride 11-14.00 |        |           |  |             | Solihull Cycl | e Club 18.30 | 0 - 20.30                                   |
| Thursday  |             |                   | Public Turn | up and Ride 11-14.00 |        |           |  | Solihull Cy | vcle Club 18  | .30 - 20.00  | Solihull Triathlon<br>Club 20.00 -<br>21.00 |
| Friday    |             |                   | Public Turn | up and Ride 11-14.00 |        |           |  |             |               |              |   |
|           | Solihull Tr | iathlon Club 8.30 |             |                      |        |           |  |             |               |              |   |
| Saturday  |             | 10.30             |             |                      |        |           |  |             |               |              |   |
| Sunday    |             |                   |             |                      |        |           |  |             |               |              |   |

### W/C 7th October 2024

|           |            |                             |             |                        |    | Time |    |    |    |             |               |              |   |
|-----------|------------|-----------------------------|-------------|------------------------|----|------|----|----|----|-------------|---------------|--------------|---|
|           | 9          | 10                          | 11          | 12                     | 13 | 14   | 15 | 16 | 17 | 18          | 19            | 20           | 21  |
| Monday    |            |                             | Public Turr | n up and Ride 11-14.00 |    |      |    |    |    | ;           | Solihull Cycl | e Club 18.3  | 0 - 20:00                                   |
| Tuesday   |            |                             | Public Turr | n up and Ride 11-14.00 |    |      |    |    |    | (           | Solihull Cycl | le Club 18.3 | 0 - 20.30                                   |
| Wednesday |            |                             | Public Turr | n up and Ride 11-14.00 |    |      |    |    |    | (           | Solihull Cycl | le Club 18.3 | 0 - 20.30                                   |
| Thursday  |            |                             |             | n up and Ride 11-14.00 |    |      |    |    |    | Solihull Cy | /cle Club 18  | 3.30 - 20.00 | Solihull Triathlon<br>Club 20.00 -<br>21.00 |
| Friday    |            |                             |             | n up and Ride 11-14.00 |    |      |    |    |    |             |               |              |   |
| Saturday  | Solihull T | riathlon Club 8.30<br>10.30 |             |                        |    |      |    |    |    |             |               |              |   |
| Sunday    |            |                             |             |                        |    |      |    |    |    |             |               |              |   |

# W/C 14th October 2024

|           |   |    |                    |                      |    | Time |    |    |    |             |               |              |   |
|-----------|---|----|--------------------|----------------------|----|------|----|----|----|-------------|---------------|--------------|---|
|           | 9 | 10 | 11                 | 12                   | 13 | 14   | 15 | 16 | 17 | 18          | 19            | 20           | 21  |
| Monday    |   |    | Public Turr        | up and Ride 11-14.00 |    |      |    |    |    | 5           | Solihull Cycl | e Club 18.30 | 0 - 20:00                                   |
| Tuesday   |   |    | Public Turr        | up and Ride 11-14.00 |    |      |    |    |    | 5           | Solihull Cycl | e Club 18.30 | 0 - 20.30                                   |
| Wednesday |   |    | Public Turr        | up and Ride 11-14.00 |    |      |    |    |    | 5           | Solihull Cycl | e Club 18.30 | 0 - 20.30                                   |
| Thursday  |   |    |                    | up and Ride 11-14.00 |    |      |    |    |    | Solihull Cy | rcle Club 18  | 3.30 - 20.00 | Solihull Triathlon<br>Club 20.00 -<br>21.00 |
| Friday    |   |    | <b>Public Turn</b> | up and Ride 11-14.00 |    |      |    |    |    |             |               |              |   |

|                   | Solihull Tr | riathlon Club 8.30         |             |                                     |           |            |    |      |      |             |                |                            |                    |
|-------------------|-------------|----------------------------|-------------|-------------------------------------|-----------|------------|----|------|------|-------------|----------------|----------------------------|--------------------|
| Saturday          |             | 10.30                      |             |                                     |           |            |    |      |      |             |                |                            |                    |
| Sunday            |             |                            |             |                                     |           |            |    |      |      |             |                |                            |                    |
|                   |             |                            |             |                                     |           |            |    |      |      |             |                |                            |                    |
| W/C 21st October  | 2024        |                            |             |                                     |           |            |    |      |      |             |                |                            |                    |
|                   |             | 10                         | 1 44        | I 40                                | 10        | Time       | 45 | 1 40 | 1 4= | 10          | 10             |                            | 24                 |
| Manday            | 9           | 10                         | 11          | <b>12</b><br>n up and Ride 11-14.00 | 13        | 14         | 15 | 16   | 17   | 18          | 19             | 20                         | 21                 |
| Monday<br>Tuesday |             |                            |             | n up and Ride 11-14.00              |           |            |    |      |      |             |                | e Club 18.3<br>e Club 18.3 |                    |
| Wednesday         | +           |                            |             | n up and Ride 11-14.00              |           |            |    |      |      |             |                | e Club 18.3                |                    |
| Wednesday         |             |                            | Fublic Tull | Tup and Nide 11-14:00               |           |            |    |      |      | `           | Join full Cycl | e Club 10.5                | 0 - 20.30          |
|                   |             |                            |             |                                     |           |            |    |      |      |             |                |                            |                    |
|                   |             |                            |             |                                     |           |            |    |      |      |             |                |                            | Solihull Triathlon |
|                   |             |                            |             |                                     |           |            |    |      |      |             |                |                            | Club 20.00 -       |
| Thursday          |             |                            |             | n up and Ride 11-14.00              |           |            |    |      |      | Solihull Cy | cle Club 18    | .30 - 20.00                | 21.00              |
| Friday            | 0 111 11 7  |                            | Public Turr | up and Ride 11-14.00                | •         |            |    |      |      |             |                |                            |                    |
| Saturday          | Solihuli Ir | iathlon Club 8.30<br>10.30 |             |                                     |           |            |    |      |      |             |                |                            |                    |
|                   |             | 10.30                      |             |                                     |           |            |    |      |      |             |                |                            | <del></del>        |
| Sunday            |             | <u>l</u>                   | <u> </u>    |                                     | <u> </u>  |            |    |      |      |             | <u> </u>       | <u> </u>                   |                    |
| W/C 28th October  | - 2024      |                            |             |                                     |           |            |    |      |      |             |                |                            |                    |
| W/C Zotil Octobel | 2024        |                            |             |                                     |           | Time       |    |      |      |             |                |                            |                    |
|                   | 9           | 10                         | 11          | 12                                  | 13        | 14         | 15 | 16   | 17   | 18          | 19             | 20                         | 21                 |
| Monday            |             |                            | Public Turr | n up and Ride 11-14.00              |           |            |    |      |      | (           | Solihull Cycl  | e Club 18.3                | 0 - 20:00          |
| Tuesday           |             |                            | Public Turr | n up and Ride 11-14.00              |           |            |    |      |      |             | Solihull Cycl  | e Club 18.3                | 0 - 20.30          |
| Wednesday         |             |                            | Public Turr | n up and Ride 11-14.00              |           |            |    |      |      | (           | Solihull Cycl  | e Club 18.3                |                    |
|                   |             |                            |             |                                     |           |            |    |      |      |             |                |                            | Solihull Triathlon |
| L                 |             |                            |             |                                     |           |            |    |      |      |             |                |                            | Club 20.00 -       |
| Thursday          |             |                            | Public Turr | up and Ride 11-14.00                |           |            |    |      |      | Solihull Cy | cle Club 18    | .30 - 20.00                | 21.00              |
|                   |             |                            |             | NI.                                 | 0 / 0 m l | h a w      |    |      |      |             |                |                            |                    |
|                   |             |                            |             | <u> </u>                            | ovem      | <u>ber</u> |    |      |      |             |                |                            |                    |
| Friday            | T           | 1                          | Public Turr | n up and Ride 11-14.00              |           |            |    |      |      |             |                |                            |                    |
| - · · · · · · · · | Solihull Tr | riathlon Club 8.30         |             |                                     |           |            |    |      |      |             |                |                            |                    |
| Saturday          |             | 10.30                      |             |                                     |           |            |    |      |      |             |                |                            |                    |
| Sunday            |             |                            |             |                                     |           |            |    |      |      |             |                |                            |                    |
|                   | 1           |                            |             | •                                   |           | 1          |    |      |      |             |                |                            |                    |

### W/C 4th November 2024

|           |   |                         |             |                      |    | Time |    |    |    |             |               |              |   |
|-----------|---|-------------------------|-------------|----------------------|----|------|----|----|----|-------------|---------------|--------------|---|
|           | 9 | 10                      | 11          | 12                   | 13 | 14   | 15 | 16 | 17 | 18          | 19            | 20           | 21  |
| Monday    |   |                         | Public Turr | up and Ride 11-14.00 |    |      |    |    |    |             | Solihull Cycl | e Club 18.3  | 0 - 20:00                                   |
| Tuesday   |   |                         | Public Turr | up and Ride 11-14.00 |    |      |    |    |    |             | Solihull Cycl | e Club 18.3  | 0 - 20.30                                   |
| Wednesday |   |                         | Public Turr | up and Ride 11-14.00 |    |      |    |    |    |             | Solihull Cycl | e Club 18.3  | 0 - 20.30                                   |
| Thursday  |   |                         |             | up and Ride 11-14.00 |    |      |    |    |    | Solihull Cy | cle Club 18   | 3.30 - 20.00 | Solihull Triathlon<br>Club 20.00 -<br>21.00 |
| Friday    |   |                         |             | up and Ride 11-14.00 |    |      |    |    |    |             |               |              |   |
| Saturday  |   | thion Club 8.30<br>0.30 |             |                      |    |      |    |    |    |             |               |              |   |
| Sunday    |   |                         |             |                      |    |      |    |    |    |             |               |              |   |

# W/C 11th November 2024

|           |   |                   |             |                      |    | Time |    |    |    |             |               |              |   |
|-----------|---|-------------------|-------------|----------------------|----|------|----|----|----|-------------|---------------|--------------|---|
|           | 9 | 10                | 11          | 12                   | 13 | 14   | 15 | 16 | 17 | 18          | 19            | 20           | 21  |
| Monday    |   |                   | Public Turn | up and Ride 11-14.00 |    |      |    |    |    | (           | Solihull Cycl | e Club 18.30 | 0 - 20:00                                   |
| Tuesday   |   |                   | Public Turn | up and Ride 11-14.00 |    |      |    |    |    | (           | Solihull Cycl | e Club 18.30 | 0 - 20.30                                   |
| Wednesday |   |                   | Public Turn | up and Ride 11-14.00 |    |      |    |    |    | ;           | Solihull Cycl | e Club 18.30 | 0 - 20.30                                   |
| Thursday  |   |                   |             | up and Ride 11-14.00 |    |      |    |    |    | Solihull Cy | /cle Club 18  | .30 - 20.00  | Solihull Triathlon<br>Club 20.00 -<br>21.00 |
| Friday    |   |                   |             | up and Ride 11-14.00 |    |      |    |    |    |             |               |              |   |
| _         |   | iathlon Club 8.30 |             |                      |    |      |    |    |    |             |               |              |   |
| Saturday  |   | 10.30             |             |                      |    |      |    |    |    |             |               |              |   |
| Sunday    |   |                   |             |                      |    |      |    |    |    |             |               |              |   |

# W/C 18th November 2024

|           |   |    |             |                            |  | Time |  |  |  |  |               |              |           |
|-----------|---|----|-------------|----------------------------|--|------|--|--|--|--|---------------|--------------|-----------|
|           | 9 | 10 | 11          | 12 13 14 15 16 17 18 19 20 |  |      |  |  |  |  |               | 21           |           |
| Monday    |   |    | Public Turn | up and Ride 11-14.00       |  |      |  |  |  |  | Solihull Cycl | e Club 18.30 | 0 - 20:00 |
| Tuesday   |   |    | Public Turn | up and Ride 11-14.00       |  |      |  |  |  |  | Solihull Cycl | e Club 18.30 | 0 - 20.30 |
| Wednesday |   |    | Public Turn | up and Ride 11-14.00       |  |      |  |  |  |  | Solihull Cycl | e Club 18.30 | 0 - 20.30 |

|   |            |                    |             |                        |       |      |          |          |    |                                   |              |              | Solihull Triathlon<br>Club 20.00 - |  |  |
|---|------------|--------------------|-------------|------------------------|-------|------|----------|----------|----|-----------------------------------|--------------|--------------|------------------------------------|--|--|
| Thursday  |            |                    | Public Turi | n up and Ride 11-14.00 |       |      |          |          |    | Solihull Cy                       | 21.00        |              |                                    |  |  |
| Friday  |            |                    |             | n up and Ride 11-14.00 |       |      |          |          |    | •                                 |              |              |                                    |  |  |
| · · ·   | Solihull T | riathlon Club 8.30 |             | Τ΄                     |       |      |          |          |    |                                   |              |              |                                    |  |  |
| Saturday  |            | 10.30              |             |                        |       |      |          |          |    |                                   |              |              |                                    |  |  |
| Sunday  |            |                    |             |                        |       |      |          |          |    |                                   |              |              |                                    |  |  |
|   |            |                    |             |                        |       |      |          |          |    |                                   |              |              |                                    |  |  |
| W/C 25th Novemb                                     | er 2024    |                    |             |                        |       |      |          |          |    |                                   |              |              |                                    |  |  |
|   | Time       |                    |             |                        |       |      |          |          |    |                                   |              |              |                                    |  |  |
|   | 9          | 10                 | 11          | 12                     | 13    | 14   | 15       | 16       | 17 | 18                                | 19           | 20           | 21                                 |  |  |
| Monday  |            |                    | Public Turi | n up and Ride 11-14.00 | •     |      |          |          |    |                                   | Solihull Cyc | le Club 18.3 | 0 - 20:00                          |  |  |
| Tuesday   |            |                    | Public Turi | n up and Ride 11-14.00 |       |      |          |          |    |                                   |              | le Club 18.3 |                                    |  |  |
| Wednesday   |            |                    | Public Turi | n up and Ride 11-14.00 |       |      |          |          |    | Solihull Cycle Club 18.30 - 20.30 |              |              |                                    |  |  |
| -   |            |                    |             |                        |       |      |          |          |    |                                   |              |              |                                    |  |  |
|   |            |                    |             |                        |       |      |          |          |    |                                   |              |              | Solihull Triathlon                 |  |  |
|   |            |                    |             |                        |       |      |          |          |    |                                   |              |              | Club 20.00 -                       |  |  |
| Thursday  |            |                    | Public Turi | n up and Ride 11-14.00 |       |      |          |          |    | Solihull Cy                       | 21.00        |              |                                    |  |  |
| Friday  |            |                    |             | n up and Ride 11-14.00 |       |      |          |          |    |                                   |              |              |                                    |  |  |
| ,   | Solihull T | riathlon Club 8.30 |             | T .                    |       |      |          |          |    |                                   | <del> </del> |              |                                    |  |  |
| Saturday  |            | 10.30              |             |                        |       |      |          |          |    |                                   |              |              |                                    |  |  |
|   |            |                    |             | _                      |       |      |          |          |    |                                   |              |              |                                    |  |  |
|   |            |                    |             | D                      | ecemb | per  |          |          |    |                                   |              |              |                                    |  |  |
|   |            | _                  | •           | _                      |       |      |          | •        | T  | T                                 |              | 1            |                                    |  |  |
| Sunday  |            |                    |             |                        |       |      |          |          |    |                                   | <u> </u>     |              |                                    |  |  |
|   |            |                    |             |                        |       |      |          |          |    |                                   |              |              |                                    |  |  |
| W/C 2nd December                                    | er 2024    |                    |             |                        |       |      |          |          |    |                                   |              |              |                                    |  |  |
|   |            |                    |             |                        |       | Time |          |          |    |                                   |              |              |                                    |  |  |
|   | 9          | 10                 | 11          | 12                     | 13    | 14   | 15       | 16       | 17 | 18                                | 19           | 20           | 21                                 |  |  |
| Monday  |            |                    | Public Tur  | n up and Ride 11-14.00 |       |      |          |          |    |                                   | Solihull Cyc | le Club 18.3 | 0 - 20:00                          |  |  |
| Tuesday   |            |                    | Public Tur  | n up and Ride 11-14.00 |       |      |          |          |    | Solihull Cycle Club 18.30 - 20.30 |              |              |                                    |  |  |
| Wednesday   |            |                    | Public Turi | n up and Ride 11-14.00 |       |      |          |          |    |                                   | Solihull Cyc | le Club 18.3 | 0 - 20.30                          |  |  |
| -   |            |                    |             |                        |       |      |          |          |    |                                   |              |              |                                    |  |  |
|   |            |                    |             |                        |       |      |          |          |    |                                   |              |              | Solihull Triathlor                 |  |  |
|   |            |                    |             |                        |       |      |          |          |    |                                   |              |              | Club 20.00 -                       |  |  |
| Thursday  |            |                    | Public Tur  | n up and Ride 11-14.00 |       |      |          |          |    | Solihull C                        | cle Club 18  | 8.30 - 20.00 | 21.00                              |  |  |
| <del>- · · ·                                 </del> |            | †                  |             | 1011 44 44 00          |       |      | <b>i</b> | <b>i</b> | 1  |                                   |              | 1            |                                    |  |  |

Public Turn up and Ride 11-14.00

Thursday Friday

|          | Solihull Triathlon Club 8.30- |   |   |  |   |   |   |  |
|----------|-------------------------------|---|---|--|---|---|---|--|
| Saturday | 10.30                         |   |   |  |   |   |   |  |
| Sunday   |                               |   |   |  |   |   |   |  |
| -        |                               | • | • |  | • | • | • |  |

#### W/C 9th December 2024

|           |                 |               |             |                      |    | Time |    |    |                                   |             |   |           |    |
|-----------|-----------------|---------------|-------------|----------------------|----|------|----|----|-----------------------------------|-------------|---|-----------|----|
|           | 9               | 10            | 11          | 12                   | 13 | 14   | 15 | 16 | 17                                | 18          | 19  | 20        | 21 |
| Monday    |                 |               | Public Turn | up and Ride 11-14.00 |    |      |    |    |                                   | (           | e Club 18.30                                | 0 - 20:00 |    |
| Tuesday   |                 |               | Public Turn | up and Ride 11-14.00 |    |      |    |    |                                   | (           | 0 - 20.30                                   |           |    |
| Wednesday |                 |               | Public Turn | up and Ride 11-14.00 |    |      |    |    | Solihull Cycle Club 18.30 - 20.30 |             |   |           |    |
| Thursday  |                 |               |             | up and Ride 11-14.00 |    |      |    |    |                                   | Solihull Cy | Solihull Triathlon<br>Club 20.00 -<br>21.00 |           |    |
| Friday    |                 |               |             | up and Ride 11-14.00 |    |      |    |    |                                   |             |   |           |    |
|           | Solihull Triath | Ion Club 8.30 |             |                      |    |      |    |    |                                   |             |   |           |    |
| Saturday  | 10.             | 30            |             |                      |    |      |    |    |                                   |             |   |           |    |
| Sunday    |                 |               |             |                      |    |      |    |    |                                   |             |   |           |    |

# W/C 16th December 2024

|           |             | Time               |             |                        |    |    |    |    |    |                                   |   |    |    |  |
|-----------|-------------|--------------------|-------------|------------------------|----|----|----|----|----|-----------------------------------|---|----|----|--|
|           | 9           | 10                 | 11          | 12                     | 13 | 14 | 15 | 16 | 17 | 18                                | 19  | 20 | 21 |  |
| Monday    |             |                    | Public Turn | up and Ride 11-14.00   |    |    |    |    |    | (                                 | 0 - 20:00                                   |    |    |  |
| Tuesday   |             |                    | Public Turn | up and Ride 11-14.00   |    |    |    |    |    | (                                 | 0 - 20.30                                   |    |    |  |
| Wednesday |             |                    | Public Turn | up and Ride 11-14.00   |    |    |    |    |    | Solihull Cycle Club 18.30 - 20.30 |   |    |    |  |
| Thursday  |             |                    |             | ı up and Ride 11-14.00 |    |    |    |    |    | Solihull Cy                       | Solihull Triathlon<br>Club 20.00 -<br>21.00 |    |    |  |
| Friday    |             |                    |             | up and Ride 11-14.00   |    |    |    |    |    |                                   |   |    |    |  |
|           | Solihull Ti | riathlon Club 8.30 |             |                        |    |    |    |    |    |                                   |   |    |    |  |
| Saturday  |             | 10.30              |             |                        |    |    |    |    |    |                                   |   |    |    |  |
| Sunday    |             |                    |             |                        |    |    |    |    |    |                                   |   |    |    |  |

# W/C 23rd December 2024

|           |             |                             |                                  |                      |    | Time |    |    |    |             |   |              |           |
|-----------|-------------|-----------------------------|----------------------------------|----------------------|----|------|----|----|----|-------------|---|--------------|-----------|
|           | 9           | 10                          | 11                               | 12                   | 13 | 14   | 15 | 16 | 17 | 18          | 19  | 20           | 21        |
| Monday    |             |                             | Public Turr                      | up and Ride 11-14.00 |    |      |    |    |    | 5           | Solihull Cycl                               | e Club 18.30 | 0 - 20:00 |
| Tuesday   |             |                             | Public Turr                      | up and Ride 11-14.00 |    |      |    |    |    | 5           | 0 - 20.30                                   |              |           |
| Wednesday |             |                             | Public Turr                      | up and Ride 11-14.00 |    |      |    |    |    | 5           | 0 - 20.30                                   |              |           |
| Thursday  |             |                             | Public Turr                      | up and Ride 11-14.00 |    |      |    |    |    | Solihull Cy | Solihull Triathlon<br>Club 20.00 -<br>21.00 |              |           |
| Friday    |             |                             | Public Turn up and Ride 11-14.00 |                      |    |      |    |    |    |             |   |              |           |
| Saturday  | Solihull Ti | riathlon Club 8.30<br>10.30 |                                  |                      |    |      |    |    |    |             |   |              |           |

#### W/C 30th December 2024

|         |   | Time |             |  |    |    |    |    |                                   |    |    |              |           |  |
|---------|---|------|-------------|--|----|----|----|----|-----------------------------------|----|----|--------------|-----------|--|
|         | 9 | 10   | 11          | 12   | 13 | 14 | 15 | 16 | 17                                | 18 | 19 | 20           | 21        |  |
| Monday  |   |      | Public Turn | up and Ride 11-14.00                       |    |    |    |    | Solihull Cycle Club 18.30 - 20:00 |    |    |              |           |  |
| Tuesday |   |      | Public Turn | blic Turn up and Ride 11-14.00 Solihull Cy |    |    |    |    |                                   |    |    | e Club 18.30 | 0 - 20.30 |  |