

## Cycle Training Groups in Greater Shepparton

Day	Departure Time	Departure Point	Distance	Average Speed	Group name	Group Contact	Special Notes
Monday	6.00am	SPC Roundabout, Cnr Old Dookie Road & Lockwood Road	30km	30km+	Team P&W (Tri Club)	Steve Ayton Shepparton Tri Club Phone: 0417 293 572 Email: sayton@westpac.com.au	
Monday	6.00am	Verney Road, Ford Road Roundabout	40km	38km+	Maniacs	Leigh Egan Leigh Egan's Cycles and Fitness Phone: 5831 2968 Email: lecycles@mcmedia.com.au	
Monday	6:15am	St Brendans, Knight Street Shepparton	30km	30km+	Pussycats	Lloyd Cowling	
Tuesday	6:00am	Verney Road, Ford Road Roundabout	40km	38km+	Maniacs	Leigh Egan Leigh Egan's Cycles and Fitness Phone: 5831 2968 Email: lecycles@mcmedia.com.au	
Tuesday	6:15am	St Brendans, Knight Street Shepparton	30km	30km	Pussycats	Lloyd Cowling	
Tuesday	6:00pm	Hospital Boom Gate, Monash Street	55km	30km+	Hospital Bunch	Trevor Morris Don Ash Bike Hub Phone: 58 213 378 Email: info@donashbikehub.com	
Wednesday	6.00am	SPC Roundabout, Cnr Old Dookie Road & Lockwood Road	30km	30km+	Team P&W (Tri Club)	Steve Ayton Shepparton Tri Club Phone: 0417 293 572 Email: sayton@westpac.com.au	
Wednesday	6:00am	Verney Road, Ford Road Roundabout	40km	38km+	Maniacs	Leigh Egan Leigh Egan's Cycles and Fitness Phone: 5831 2968 Email: lecycles@mcmedia.com.au	
Wednesday	6:15am	St Brendans, Knight Street Shepparton	30km	30km+	Pussycats	Lloyd Cowling	
Wednesday	5:30pm	Melbourne Road Bridge (Moutain Bike Ride)	20km	-	Mountain Bikers		
Thursday	6:00am	Verney Road, Ford Road Roundabout	40km	38km+	Maniacs	Leigh Egan Leigh Egan's Cycles and Fitness Phone: 5831 2968 Email: lecycles@mcmedia.com.au	
Thursday	6:15am	St Brendans, Knight Street Shepparton	30km	30km	Pussycats	Lloyd Cowling	
Thursday	6:00pm	Hospital Boom Gate, Monash Street	55km	30km+	Hospital Bunch	Trevor Morris Don Ash Bike Hub Phone: 58 213 378 Email: info@donashbikehub.com	

Friday	6.00am	SPC Roundabout, Cnr Old Dookie Road & Lockwood Road	30km	30km+	Team P&W (Tri Club)	Steve Ayton Shepparton Tri Club Phone: 0417 293 572 Email: sayton@westpac.com.au	
Friday	6:00am	Verney Road, Ford Road Roundabout	40km	38km+	Maniacs	Leigh Egan Leigh Egan's Cycles and Fitness Phone: 5831 2968 Email: lecycles@mcmedia.com.au	
Friday	6:15am	St Brendans, Knight Street Shepparton	30km	30km+	Pussycats	Lloyd Cowling	
Saturday	6:25am	Rea St (Between Corio and Dunkirk Avenue)	60km	30km+	Lloyd's Bunch		
Saturday	6:30am	Hospital Boom Gate, Monash Street	60km	35km+	Hospital Bunch	Trevor Morris Don Ash Bike Hub Phone: 58 213 378 Email: info@donashbikehub.com	
Saturday	6:45am	Hospital Boom Gate, Monash Street	60km		30 OC's		
Sunday	8:00am	Lake Victoria	60-100km		30 Lake Bunch		80 -100km ride - coffee stop half way 60 - 80km ride - coffee stop at end