

COVENTRY CYCLING CLUB

CLUB CONSTITUTION, GENERAL and COMPETITION RULES & COMPETITION RECORDS

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1 CONSTITUTION

- 1.1 That the Club shall be called the '**Coventry Cycling Club**' and that its objectives will be the promotion of cycling in all its aspects and general sociability amongst the Members.
- 1.2 Membership of the Club is open to either gender.
- 1.3 No Member of the Club is to receive payment for their service as a Member.
- 1.4 The income and property of the Club is to be applied solely to its stated objectives.
- 1.5 No Member of the Club shall have the power to pledge the credit or to incur any liability on behalf of the Club without the prior approval of the Committee.
- 1.6 In the event of dissolution, any funds or property remaining not to be distributed among the Members but devoted to a Society or Club with similar aims, or to a philanthropic or charitable purpose. Any deficiency is to be shared equally by all those who were Members six months prior to the disbanding.
- 1.7 Any person wishing to join the Club must complete the necessary 'Application for Membership' form and forward the same, together with the appropriate Subscription to the Membership Secretary; (Ref: Section 5). The application must be proposed or seconded by a member of the Committee. Should any person's application be refused then their Subscription shall be refunded.

2 MANAGEMENT

- 2.1 The Management of the Club shall be vested in a Committee comprised of the Chairman, General Secretary, Membership Secretary, Treasurer, Touring Secretary, Massed Start Secretary, Time Trial Secretary, Track Secretary, Off Road Secretary, Social Secretary, Web Master, Club Room Secretary, Competition Secretary and Press Secretary.

If the total of Elected Officers is still less than fourteen, more General Committee Members may be elected to make it up to that number, (six to form a quorum).

The General Secretary to give the Committee Members at least five days written notice of a Committee Meeting; any Committee Member who is persistently absent from Meetings without sufficient reason must resign.

- 2.2 There shall be Assistant Officials if it is deemed necessary by the Club or by the Committee. Sub-Committees shall be set up if it is deemed necessary by the Club or the Committee.
- 2.3 Second Claim Members will not be eligible for holding Office on the Committee.
- 2.4 **Duties of the Officials**
 - a. The duties of the Chairman shall be to preside over all Meetings of the Club.
 - b. The duties of the General Secretary shall be to keep in his custody the Records of the Club, including a Minute Book, the Minutes of one Meeting to be submitted to the following Meeting for confirmation, to conduct all general correspondence and to send out Notices convening all Meetings.
 - c. The duties of the Membership Secretary shall be to deal with all matters relative to Membership, including collection of Subscriptions, issue of Membership Cards, etc.

- d. The duties of the Treasurer shall be to keep adequate Accounts of Club Finances, to collect any monies payable to the Club and issue Receipts for the same, to settle all Invoices due for payment, (the other Officials to refer their Invoices, etc. to the Treasurer). He/she will also be responsible for preparing an audited Annual Balance Sheet for presentation to the May General Meeting, (Financial Year to end on 31st December); (Ref: Rule **3.5**).
 - e. The duties of the Touring Secretary shall be to arrange a Runs Programme and to include Tours appropriate to the demand. He/she will also conduct all correspondence relating to Touring matters and be responsible, for Club Competition purposes, for keeping an Attendance Record of those Members participating.
 - f. The duties of the Massed Start Secretary shall be to conduct all correspondence relative to Massed Start matters and to ensure that there is an Organiser for all Massed Start Events promoted by the Club. He/she will also be responsible, for Club Competition purposes, for keeping a record of those Members participating in such events and their results.
 - g. The duties of the Time Trial Secretary shall be to conduct all correspondence relative to Time Trial matters and to ensure that there is an Organiser for all Time Trial Events promoted by the Club. He/she will also be responsible, for Club Competition purposes, for keeping a record of those Members participating in such events and their results.
 - h. The duties of the Track Secretary shall be to conduct all correspondence relative to Track Racing and to ensure that there is an Organiser for all Track Meetings promoted by the Club. He/she will also be responsible for keeping a record, for Club Competition purposes, of those Members participating in such events and their results.
 - i. The duties of the Off Road Secretary shall be to conduct all correspondence relative to Cyclo Cross matters and to ensure that there is an Organiser for all Cyclo Cross Events promoted by the Club. He/she will also be responsible for keeping a record, for Club Competition purposes, of those Members participating in such events and their results.
 - j. The duties of the Social Secretary shall be to conduct all correspondence relating to social matters and to ensure that there is an Organiser for all Social Functions promoted by the Club. He/she will also be responsible for keeping an Attendance and Social Points Record, for Club Competition purposes, of those Members participating.
 - k. The duties of the Web Master shall be to maintain the Club Website up to date by posting any relevant information provided by Members in a timely manner. Any articles of concern to the Web Master to be referred to the Committee for clearance prior to their posting; the Committee's decision to be final. No articles are to be posted that promote any Commercial outlet without prior approval of the Committee
 - l. The duties of the Clubroom Secretary shall be to attend to all Clubroom matters including keeping a record, for Club Competition purposes, of those Members in attendance.
 - m. The duties of the Competition Secretary shall be to receive & compile records of Members performances counting towards all Club Competitions, (Ref: Section **6**), Time Trial, Massed Start, Track, Cyclo Cross & B.A.R. Championships; Touring, Social, Event Assistance, Best Club Man & Best Club Girl Awards), and to calculate results of these Competitions in accordance with the Rules.
- 2.5** In the event of an Office becoming vacant during the year, the Committee have the power to co-opt a Member onto the Committee to fill the position; provided that the Member concerned is willing to accept that vacancy. The Committee also have the power to elect new Delegates to outside bodies should the existing Delegates be absent from more than two Meetings in a year.

2.6 The Committee have the power to deal with any Member guilty of conduct that is detrimental to the Club and may expel them if necessary. On expulsion, such a Member shall forfeit all rights and privileges of Membership, but shall have the right to appeal to a General Meeting of the Club, whose decision shall be final.

3 GENERAL MEETINGS

3.1 The General Secretary must give every Member seven days written notice of any General Meeting. No Rules shall be made, nor any of the Rules contained herein shall be amended or rescinded, unless with the consent of a majority of the Members present at the time of voting at any General Meeting.

3.2 Every paid-up Member present over the age of sixteen years, except Second Claim Members, shall have the right to vote at any General Meeting of the Club, the Chairman to have the right of a casting vote when necessary.

3.3 That all proposals for changing the Club or Competition Rules must be made in writing to the General Secretary at least fourteen days prior to a General Meeting.

3.4 The Club shall hold an Annual General Meeting in December of each year for the election of Officers except the Social Secretary, Clubroom Secretary, Off Road Secretary, Competitions Secretary and Treasurer.

3.5 An additional General Meeting shall be held in May of each year, the business of which shall include the presentation of the Balance Sheet and the election of the following Officers: Social Secretary, Clubroom Secretary, Off Road Secretary, Competitions Secretary and Treasurer.

3.6 Extra Ordinary General Meetings

a. Any Member of the Club, other than a Second Claim Member, wishing to call an Extra Ordinary General Meeting, may do so provided that fourteen days written notice be given to the General Secretary, such notice to be signed by at least fifteen of the Club Members.

b. A majority of the Committee may instruct the General Secretary to call an Extra Ordinary General Meeting provided that fourteen days written notice be given to him.

c. The General Secretary has the power to call an Extra Ordinary General Meeting at any time provided seven days written notice be given to all Members.

d. The General Secretary must give every Member seven days written notice of any Extra Ordinary General Meeting; only the business mentioned in that notice may be discussed.

3.7 An external Auditor shall be appointed at the A.G.M. whose duties shall be to audit all Club Financial Records.

3.8 Four Trustees shall be appointed at the A.G.M. comprising the Treasurer and three other members. The Treasurer and any other of the Trustees shall authorise payment from the Club Bank Accounts.

3.9 Subscription Fees for adult First Claim Membership shall be reviewed and set annually at the A.G.M. Fees for all other categories of **Membership** shall be calculated in accordance with Rule **5.3**.

3.10 Vice Presidents of the Club may be elected at an A.G.M., subject to detail of the nomination being stated on the Agenda for the Meeting, and any person so nominated receiving at least 75% of the votes from those present.

- 3.11** A Senior Vice President shall be elected at the A.G.M.
- 3.12** The AGM shall appoint Delegates from the Membership to represent the Club on various outside organisations as may be necessary.
- 3.13** Life Members of the Club may be elected at an A.G.M., subject to detail of the nomination being stated on the Agenda for the Meeting, and any person so nominated receiving at least 75% of the votes from those present.

Such Membership remains in force until such times as the said Member joins another Cycling Club or resigns of their own accord. In either case subsequent Life Membership will not be available to them.

4 GENERAL RULES

- 4.1** The Club shall be continually and directly Affiliated to the following organisations, or their natural successors, while they continue to exist:

British Cycling (BC)
Cycling Time Trials (CTT)
Road Records Association (RRA)
Veterans Time Trial Association (VTTA)
National Cycle Museum Trust (NCMT)

Affiliations to additional bodies for shorter periods of Membership, (normally no longer than one year), can be approved at any Club Meeting, either General or Committee.

The Club accepts full responsibility for any Affiliation Fees associated with such Organisations.

- 4.2** All Events promoted by the Club falling under the jurisdiction of any Affiliated Organisation shall be conducted in strict accordance with such Organisations Rules.
- 4.3** All organisers of Club Open Events shall submit a proposed budget for their Event to the Committee, in adequate time in advance of the Event, for the Committee to decide whether the Event should or should not be run as proposed.
- 4.4** A paid up Club Member who is organising an Open Event under the jurisdiction of BC Rules is entitled, if so desired, to include the cost of his/her basic personal BC Membership as part of the Event expenditure.
- 4.5** The colours of the Club Racing Vests and other upper body garments shall be Yellow and Blue. The back shall carry the lettering '**COVENTRY CYCLING CLUB**' coloured black in 'Futura Display'. The arms will carry the concentric '**C's** logo.
- 4.6** The Club, via its Committee, to purchase clothing of the approved design, in bulk. Such clothing to be sold to the Members at a cost to be decided upon by the Committee; these costs maybe reviewed from time to time.
- 4.7** The Committee may authorise the payment of part expenses to Members competing in events they consider to be of National importance.

Members competing in such events must wear the current Club Design clothing. A written claim for expenses must be made to the General Secretary any time up to twenty eight days after the Event.

The maximum number of events for which expenses may be claimed towards the B.B.A.R. competition in any one year is three; (i.e. one at each distance of 50 miles, 100 miles and 12 hours).

- 4.8** The above Rules must be strictly adhered to and the payment of a Subscription is sufficient evidence of a Member's agreement to do so.

5 MEMBERSHIP

5.1 Categories of Membership

- a.** First Claim Membership will give entitlement to compete in Open, Semi Open and Association Events held under the jurisdiction of the Affiliated Organisations, together with all Club Events Competitions.
- b.** Second Claim Membership is available to First Claim Members of other Clubs who wish to compete in '**Coventry Cycling Club**' Club Events and Competitions together with Semi Open Association Events to which their First Claim Club is not Affiliated.
- c.** Student Membership is available, in any of the other categories of Membership, to Students that have reached the age of sixteen years, who are still in full time education.
- d.** Social Membership is available to anyone not wishing to compete in Club, Semi-Open or Open Racing Competitions. Therefore, such Members will only be eligible for the following Club Competitions: Event Assistance, Social Points, Sportsmanship and Special Achievement Awards, the Audax Competition and either the Best Club Girl or Best Club Man Competition.
- e.** Family Social Membership is available to a unit of family members, living at a common address, comprising of partners, fathers, mothers, sons, daughters, brothers and sisters.
- f.** Any person wishing to join the Club as a Second Claim Member must provide evidence of First Claim Membership to another recognised similar Organisation, to either the Committee or the Membership Secretary.
- g.** Any person wishing to join the '**Coventry Cycling Club**' as a First Claim Member, who in order to do so is leaving another Cycling Club, must provide written acknowledgement of resignation from their previous Club together with an Application of Membership form, to either the Committee or the Membership Secretary.
- h.** Any First Claim Member of '**Coventry Cycling Club**' wishing to join another Cycling Club as a First Claim Member, must tender their resignation either to the Committee or the Membership Secretary, in writing, prior to applying for Membership to the new Organisation. A written acknowledgement will be provided to the retiring Member to assist with their application to the new Organisation.

5.2 Subscription Due Dates

- a.** Fees shall be due to be paid on 1st January, in advance for each year, unless otherwise stated.
- b.** A Member who has failed to pay the Annual Subscription Fee by 31st March shall cease to be entitled to the benefits of Membership. Any subsequent request for renewal will be considered as a new Application for Membership; (Ref: Rule **1.7**). Resulting Membership cover will only be effective until 31st December of that year.

- c. Any person joining the Club after 30th September of one year remains a Member until 31st December of the following year, without the payment of a further Subscription. This shall not apply if the said person had failed to renew their Membership from the previous year; (Ref: Rule **5.2.b**).
- d. Student Membership will run from August of one year through to December of the following year; this will align it with the Academic Year and provide a smooth transition through to Non-Student status when appropriate.

5.3 Subscription Fee's

- a. The Subscription Fee as set annually; (Ref: Rule **3.9**); shall apply to all Members that have reached the age of eighteen years on 1st January of the current year who require First Claim status as set out in Rule **5.1.a**.
- b. The term Junior as contained in the after mentioned Rules etc, shall refer to all Members under the age of eighteen years on 1st January of the current year. The Subscription for such First Claim status will be 50% of that set at Rule **3.9**.
- c. The term Juvenile as contained in the after mentioned Rules etc., shall refer to all Members under the age of sixteen years on 1st January of the current year. Membership for this age group will be free and such Members will be considered to be First Claim to '**Coventry Cycling Club**'.
- d. Second Claim Membership shall be levied at 50% of the cost of the respective age group, as set out in Rule **3.9**.
- e. Student Membership shall be discounted to 50% of the cost as set out in Rule **3.9**, taking their respective age and the required level of Membership into consideration.
- f. Social Membership shall be levied at 25% of the cost as set out in Rule **3.9** for the first Social Member of any family unit. The cost of Social Membership for any subsequent family member will be 17% of the cost as set out in Rule **3.9**. Should the family unit include a First Claim Member then all Social Members of the family unit will be charged at the 17% rate. All Membership Fees in this category will be rounded to the nearest 50p.

COMPETITION RULES

In accordance with its stated aims and objectives the Club shall award Trophies annually to recognize and encourage competition, effort, achievement, participation and sportsmanship as defined by the following Competition Rules

6 GENERAL COMPETITION RULES

- 6.1** All Club Trophies are Challenge Trophies and cannot be won outright unless otherwise stated. A Member holding a Trophy put up for Club Competition, (as distinct from Open Competition), who leaves the Club for any reason whatsoever, shall return it/them to the Competition Secretary within seven days of ceasing to be a Member, or must replace the same.
- 6.2** The Competition Season shall be defined as a year commencing immediately following the AGM in December and finishing immediately before the AGM in the following December unless stated otherwise in the Rules for individual Competitions.
- 6.3** Trophies will be awarded at an Annual Club Prize Presentation function and held by the winners until the end of the Competition Season at which time they shall be returned to the Competition Secretary within two weeks of the AGM.
- 6.4** Any Competition Rule that is made or amended at any General Meeting of the Club shall not be applied retrospectively. The change or amendment shall apply from the commencement of the following season.
- 6.5** Eligibility for individual Trophies may be restricted, as described in the Rules for each Competition in accordance with the First Claim Membership categories as defined in Rule **5.3** as follows unless otherwise stated.
- SENIOR: Over the age of twenty three years.
 - VETERAN: Over the age of forty years on the day of the Event(s).
 - ESPOIR: Under twenty three years.
 - JUNIOR: Under eighteen years.
 - JUVENILE: Under sixteen years.
 - LADIES: Females of any age.
- 6.6** Second Claim Members are only eligible for the Club Time Trial Series Competition, some Semi Open Association Events and the following Competitions:- Event Assistance, Social Points and Sportsmanship Awards; (Ref: Rule **5.1.b**).
- 6.7** Awards based on season long performance, (i.e. Time Trial B.A.R Competitions, Cyclo Cross, Touring, Social, Best Club Man & Best Club Girl Awards), shall be determined based on results submitted by the various Secretaries to the Competition Secretary. Each month's performances shall be submitted by the second Wednesday of the following month. Proof of performances must be supplied if requested. In the absence of submitted performances the Competition Secretary may or may not, as directed by the Committee, take into account any other performances that are available.
- 6.8** Any season long Club Awards that require subjective judgement, (i.e. Sportsmanship, Best Newcomer and Achievement), will be decided by the Committee based on claims and nominations received from Members on the Claim Form that will be distributed with the agenda for the AGM.
- 6.9** The Committee shall nominate Championship '**Events**' in March each year following consideration of requests from eligible Members received prior to the March Committee Meeting. Priority shall be given to requests from potential competitors in the primary category of eligibility, for the related Trophy.

6.10 The word '**Event**' shall be taken to refer to the following:- Time Trials defined as a 'Type A' Event under the Rules and Regulations of Cycling Time Trials which includes Open, Semi Open and Association Events but not Club Events. Massed Start, Track and Cyclo Cross Events run under the Rules and Regulations of British Cycling.

6.11 In all Championships in which at least ten eligible Members enter the qualifying Event, Awards shall be made to the first three riders. When the total is less than ten but more than four, Awards shall be given to the first two riders. Where the total is four or less there shall only be one award.

6.12 All Club Records may be broken more than once in any one day.

7 TIME TRIAL BEST ALL ROUNDER COMPETITIONS

7.1 The winner in Best All Rounder Competitions shall be decided as follows unless stated otherwise in the Rules for each Competition. Each Members fastest performance during the season at the specified distances shall be converted to speeds in miles per hour calculated to three decimal places. The average of the resultant speeds shall be used to determine the winner.

7.2 SENIOR, (Evening Telegraph Trophy 1938). '*Events*' over 25, 50 and 100 miles.

7.3 SENIOR LONG DISTANCE, (Irene Rixom Trophy 1969). '*Events*' over 50, 100 miles and 12 hours.

7.4 ESPOIR, (Billy Jones Trophy 1955). '*Events*' over 10, 25, and 50 miles.

7.5 JUNIOR, (BSA Trophy 1938). Club Events over distances of (1 x 5 miles) + (1 x 6.7 miles) + (2 x 10 miles) + (1 x 25 miles).

7.6 JUNIOR HANDICAP AWARD, (Colin Marston Memorial Trophy 1958). Club Events over distances of (1 x 5 miles) + (1 x 6.7 miles) + (2 x 10 miles) + (1 x 25 miles). To be decided based on Handicap Times.

7.7 JUVENILES, (Sir John Black Trophy 1962). Club Events over distances of (1 x 5 miles) + (1 x 6.7 miles) + (2 x 10 miles).

7.8 LADIES, (Victory Rose Bowl 1946). Club Events over distances of (1 x 5 miles) + (1 x 6.7 miles) + (2 x 10 miles) + (1 x 25 miles).

7.9 VETERANS (John Bass Cup 1977, Formerly BMB Scales Cup 1961). '*Events*' over 25, 50, and 100 miles. To be decided based on the difference between a Members fastest average speed at each distance and the corresponding average speed for their appropriate VTTA Standard Times.

7.10 BEST ALL ROUNDER CERTIFICATES. To be awarded to all competitors, (except the winner), who reach the following standards:

SENIOR	24 mph
SENIOR LONG DISTRICT	22 mph
ESPOIR	23 mph
JUNIOR	22 mph
JUVENILE	21 mph
LADIES	21mph

8 TIME TRIAL CHAMPIONSHIPS

Trophies are awarded to the fastest Member in the nominated 'Event'.

- 8.1 SENIOR 100 MILE, (Harry Towe Memorial Cup 1958).
- 8.2 SENIOR 50 MILE, (Claude Butler Cup 1939).
- 8.3 SENIOR 25 MILE, (W H Bassett Green Cup (1937)).
- 8.4 JUNIOR 25 MILE, (John Hirons Memorial Cup 1960).
- 8.5 LADIES 10 MILE, (Bluemel Goblet 1947).
- 8.6 HILL CLIMB, (Oscar Hamar Trophy 1937). Every Member is entitled to compete.

9 SEASON LONG TIME TRIAL COMPETITIONS

- 9.1 SENIOR 24 HOUR, (Laussmann Trophy). Greatest distance recorded in any 24 hour 'Event'.
- 9.2 SENIOR 12 HOUR, (Doug Rixom Trophy 1961). Greatest distance recorded in any 12 hour 'Event'.
- 9.3 FASTEST 25 MILE, (The Stokes Shield 1945). Fastest time recorded in any 25 mile 'Event'.
- 9.4 CLUB TIME TRIAL SERIES POINTS COMPETITIONS: Points shall be awarded to First and Second Claim Members for the following Competitions. The winner of each Competition shall be the Member that has accumulated the greatest number of points based on their best fifteen results in each category of the Competition during the season.

FASTEST: Ten points for the fastest time down to one point for the 10th fastest time.
HANDICAP: Five points for best time on handicap down to one point for 5th handicap time.
LADIES: Five points for fastest lady down to one point for 5th fastest lady.
VETERAN: Five points for best performance against the VTTA Standard Time for each Members age, down to one point for 5th best performance against VTTA Standard Time for each Members age.

10 TRACK COMPETITIONS

The following Championships shall be awarded to the Winners of the nominated 'Events'.

- 10.1 SENIOR TRACK CHAMPIONSHIP, (Stanley Harley Trophy 1974).
 - a. The winner shall be decided over a series of events:
1. Match Sprint 2. Time Trial 3. Points Race 4. Individual Pursuit.
Points to be awarded: 3, 2, 1 respectively, to first, second and third Club Member in each event; the Champion shall be the Member with the greatest number of points.
 - b. The Winner of the Match Sprint shall be the Club Sprint Champion and shall be awarded the Coventry Stadium Trophy (1947).
 - c. The Winner of the Individual Pursuit shall be the Club Pursuit Champion and shall be awarded the Ovaltine Cup (1974).

10.2 JUNIOR TRACK CHAMPIONSHIP, (Halford Cup 1951).

- a. The Winner shall be decided over the four event types stated in Rule **10.1 a**, but at distances appropriate to the age group.
- b. The Winner of the Junior Match Sprint shall be judged the Club Junior Sprint Champion and shall be awarded the Jack Blundel Cup (1949).
- c. The Winner of the Pursuit shall be judged the Club Junior Pursuit Champion and shall be awarded the (Jaguar Trophy).

10.3 JUVENILE TRACK CHAMPIONSHIP, (Victor Dewis Trophy 1962).

- a. The Winner shall be decided over the four event types stated in Rule **10.1.a**, but at distances appropriate to the age group
- b. The Winner of the Juvenile Match Sprint shall be the Club Juvenile Sprint Champion.

10.4 LADIES SPRINT CHAMPIONSHIP. The Winner shall be decided by the best of three Match Sprints.

11 MASSED START CHAMPIONSHIPS

The following Championships shall be awarded to the Winner of the each nominated 'Event'.

11.1 SENIOR, (Courage Brewery Trophy 1972).

11.2 ESPOIR, (Alan Jackson Memorial Trophy 1963).

11.3 JUNIOR, (Norman Trophy 1950).

11.4 JUVENILE, (Eric Salter Trophy 1962).

11.5 LADIES, (An appropriate award shall be made).

12 CYCLO CROSS CHAMPIONSHIPS

Cyclo Cross Championships shall be awarded for the best overall performance in nominated 'Events' during a season running from 1st June to 31st May each year. To determine the winner, points shall be awarded as follows:-

One point for starting in the Event.

One point for finishing the Event.

Three additional points to the best placed Club Member.

Two additional points to second best placed Club Member.

One additional point to third best placed Club Member.

12.1 SENIOR, (The Colin Marston Shield 1959).

12.2 JUVENILE CYCLO CROSS CHAMPIONSHIP, (The Juvenile Cyclo Cross Cup 1968).

13 OTHER SEASON LONG COMPETITIONS AND AWARDS

13.1 Scoring System for Points Competitions & Awards

a. TOURING

- One point awarded for leaving the Starting Place with Club.
- One point awarded for leaving the Dinner Place with the Club.
- One point awarded for arriving at destination with the Club.
- Points to be awarded for each day for multi day Tours.

b. COMPETING IN EVENTS

- One point awarded for Starting an 'Event'.
- One point awarded for Finishing an 'Event'.
- One additional point to be awarded for competing in an 'Event' with a Club Team prize providing a qualifying number of Members have entered.

c. EVENT ASSISTANCE / MARSHALLING, (Eric Cleaver Trophy 1945).

- Two points awarded for Organising/Officiating at a Time Trial or Massed Start 'Event'.

d. SOCIAL EVENTS, (Harry Weston Memorial Trophy 1989, formerly Hunt Edmons Trophy).

- One point awarded for attending the Clubroom and two points for attending all other Social Events.

e. BONUS POINTS

- The Committee have the right to award a maximum of ten Bonus Points. Any Member considering they are losing points due to other Club activities/responsibilities, has the right to appeal to the Committee.

13.2 BEST CLUB MAN COMPETITION, (Harry Weston Challenge Cup 1951).

- The Winner shall be the male Member that accumulates the greatest number of points for Club activities throughout the year; (ie, Touring, Competing, Event Assistance, Social and Bonus Points).

13.3 BEST CLUB GIRL COMPETITION, (Hercules Trophy 1949).

- The winner shall be the female Member that accumulates the greatest number of points for Club activities throughout the year; (ie, Touring, Competing, Event Assistance, Social and Bonus Points).

13.4 TOURING COMPETITION, (Lt Col R. G. Cash Trophy 1937).

- The winner shall be the Member that accumulates the greatest number of Touring points throughout the year.

13.5 CLUB EVENT ASSISTANCE / MARSHALLING AWARD, (Eric Cleaver Trophy 1945).

- The winner shall be the Member that accumulates the greatest number of Event Assistance/ Marshalling points throughout the season.

13.6 SOCIAL EVENTS AWARD, (Harry Weston Memorial Trophy 1989, formerly Hunt Edmunds Trophy).

- The winner shall be the Member that accumulates the greatest number of Social Event Points throughout the year.

13.7 AUDAX CHAMPIONSHIP, (Dunlop Challenge Trophy reallocated 1992).

- The winner shall be the Member who has accumulated the greatest distance in Audax (or similar) events throughout the year.

13.8 RECOGNITION OF ACHIEVEMENT, (Harry Weston Achievement Trophy 1956).

- The winner shall be the Member who is adjudged to have achieved the most commendable act the year.

13.9 SPORTSMANSHIP AWARD, (Roy Taylor Shield 1986).

The winner shall be the Member who has best demonstrated Meritorious Sportsmanship during the season. Consideration shall be given to Members who set aside personal advantage to the benefit of other Club Members or to the benefit of the Club image or any other acts that reflect well on the integrity of the individual.

13.10 BEST NEWCOMER AWARD, (Founder Members Shield 1985).

The winner shall be the best new Member who is adjudged to have improved most in Competitions throughout the season. Consideration shall be given to the number of Club and Open Events in which the new Member has participated together with the merit of performances when compared with all other Members in the same category.

14 CLUB STANDARD MEDALS

14.1 Members beating a Standard Time in an ‘Event’ must make a written claim to the Club Competition Secretary by the second Wednesday of the following month.

14.2 Only one medal shall be awarded in a season for each distance; this for the Members best time.

14.3 A Member having obtained a Standard Medal at a particular distance, shall only qualify for a higher class of medal in a subsequent season.

STANDARD TIMES	MENS COMPETITION			LADIES COMPETITION		
	Plaque	Silver	Bronze	Plaque	Silver	Bronze
	h m s	h m s	h m s	h m s	h m s	h m s
10 miles				24.00	25.00	26.00
25 miles	57.00	1.00.00	1.03.00	1.00.00	1.05.00	1.10.00
50 miles	2.00.00	2.05.00	2.10.00	2.10.00	2.20.00	2.30.00
100 miles	4.15.00	4.30.00	4.45.00	4.30.00	4.45.00	5.00.00
12 hours	260 miles	240 miles	220 miles	225 miles	200 miles	175 miles
24 hours	420 miles	400 miles	380 miles			

15 SETTING CLUB TIME TRIAL RECORDS

15.1 Should a Member set a new Record for the Club in an ‘Event’ at a particular distance then he shall receive a medal in respect of it.

15.2 A Member breaking such a Record must send a written claim to the Time Trial Secretary within fourteen days of the ‘Event’ and subsequently provide a copy of the Official Result Sheet as soon as it is available.

16 ATTEMPTS at PLACE TO PLACE RECORD

16.1 Members must give the Club Time Trial Secretary notice in writing fourteen days before the attempt is to be made.

16.2 Persons making the attempt are to be responsible for arranging an officially recognised Timekeeper, Marshals, feeding arrangements, etc. and names of the Timekeeper shall be given in with the Notice of the Attempt.

- 16.3** Attempts must be made under R.R.A. Recommendations; the Time Trial Secretary may make any additional efforts to check the ride if he so desires.
- 16.4** Up to three riders may attempt to set a Record on the same day; start times being twenty minutes apart.
- 16.5** A medal shall be awarded to all Members setting a Place-to-Place Record.

17 SETTING CLUB TRACK RECORDS

- 17.1** Records must be achieved on a Hard Cycle Track during an 'Event' or as a pre-planned Attempt.
- 17.2** A Member breaking a Record in an 'Event' must send a written claim to the Track Secretary within fourteen days and provide a copy of the Official Result Sheet as soon as it is available.
- 17.3** The Club Competition Secretary must be given fourteen days prior notice in writing before a planned Attempt is made. An officially recognised Timekeeper shall be arranged by the Member and shall be named in the stated Notice.
- 17.4** A medal will be awarded to all Members setting a Record.

CLUB TIME TRIAL RECORDS; (As at 1st January 2018).

Distance	Men	Women	Junior	Juvenile
5 miles	9:59 C Cooke 1978	11:40 R Hall 1952	11:03 S Horne 1976	10:51 D East 1976
10 miles	20:14 J Wood 2002	22:07 M Brown 2002	21:45 R Prince 09/07/92	22:59 M French 1973
15 miles	33:03 R Weare 2005	38:14 ‡ E Sheridan 1949	36:25 C Cooke 1971	36:53 B Adams 1970
25 miles	52:30 J Tooby 1969	59:24 M Brown 2003	57:01 C Morley 1971	
30 miles	1:05:24 J Wood 2003	1:19:28 † E Sheridan 1948		
50 miles	1:50:02 L Orrick 1976	2:11:47 † E Horton 1951	2:08:21 B Adams 1972	
100 miles	3:50:54 R Lewis 1973			
12 hour	274.1miles * R Lewis 1973	237.6 miles † E Sheridan 1949		
24 hour	446.3 miles F Laussmann 2004			

† Ride set National Competition Record.

‡ Faster than initial approved Competition Records in 1952.

* National Championship winning ride.

CLUB TRACK RECORDS; (As at 1st January 2018).

Distance	Men	Women	Junior	Juvenile
¼ Mile Standing Start	0:32.0 Std. Time	0:36.0 Std. Time	0:32.6 J V Dewis 1962	0:32.0 D Godfrey 1962
¼ Mile Flying Start	0:28.2 C J Cooke 1975	0:34.0 Std. Time	0:28.3 J Harrison 1955	0:29.9 N Ashby 1962
½ Mile Standing Start	1:03.0 Std. Time	1:14.0 Std. Time	1:04.4 M Litton 1962	1:02.4 P Jenner 1962
½ Mile Flying Start	0:58.9 C J Cooke 1975	1:12.0 Std. Time	0:59.9 J Harrison 1955	1:04.0 Std. Time
1 Mile Standing Start				2:20.2 N Ashby 1962
2 Mile Standing Start			4:28.2 C J Cooke 1971	
5 Mile Standing Start	10:57.0 C J Cooke 1975	13:18.0 J Bateman 1955	11:20.0 C J Cooke 1971	12:16.1 M Slater 1962
10 Mile Standing Start	22:40.0 C J Cooke 1975	28:30.0 Std. Time	23:38.0 D Simpkins 1970	
15 Mile Standing Start	34:22.0 C J Cooke 1975	43:15.0 Std. Time	36:19.0 D Spencer 1962	
20 Mile Standing Start		57:30.0 Std. Time		
25 Mile Standing Start	57:40.0 C J Cooke 1975	1:13:00.0 Std. Time		
1 Km Standing Start	1:14.75 S Wilkinson 1980	1:33.0 Std. Time	1:19.729 A. Skeggs 08.08.86	1:17.0 N Blackham 1964
3 Km Standing Start		4:45.0 Std. Time		
4 Km Standing Start	4:59.735 J Wood 29.08.02	6:31.8 J Bateman 1955		
½ Hour Standing Start			12m 1112yds C J Cooke 1971	
1 Hour Standing Start	26 m 20 yds C J Cooke 1975	21 miles Std. Dist.		