

# Southend *Whealers*

Club rule book



# Southend Wheelers – Club rule book

## 1. General club rules

- 1.1. The financial period of the club is defined as starting on the 1<sup>st</sup> July and closing on the 30<sup>th</sup> June the following year.
- 1.2. The Annual General Meeting (AGM) of the club to be held in the September following the close of the prior financial period or as soon after this as is practical but within the time period defined in the constitution (section 6).
- 1.3. Committee meetings shall be held each calendar month where possible. The minimum number of committee members to constitute a valid meeting is defined in the constitution (section 8 sub section D (a)).
- 1.4. The Club shall be affiliated to or become members of any organisations, associations, governing bodies, leagues and organisations, as will benefit the club and at the discretion of the committee. These shall annually, or when renewal is required, be reviewed by the standing club committee.
- 1.5. Amendments to the club constitution may only be made at an Annual General Meeting (AGM) or an Extraordinary General Meeting (EGM).
  - a Such propositions shall be submitted to the General Secretary a minimum of 35 days before the AGM or in the case of an EGM at the same time as the submission for the EGM.
  - b Decision on adoption will be made according to the rules laid out in the constitution (under section 5).
- 1.6. Members can put forward resolutions for changes to the club rules to be voted on at an AGM or EGM (convened according to section 7 of the constitution).
  - a Such propositions shall be submitted to the General Secretary a minimum of 35 days before the AGM or in the case of an EGM at the same time as the submission for the EGM.
  - b Decision on adoption will be made according to the rules laid out in the constitution (under section 5).
- 1.7. Changes to subscriptions, race and time trial and other fees are to be made at the discretion of the committee where these are not imposed by third party organisations. Any changes must be at the agreed by the minimum number of committee members as defined in the constitution (section 8 sub section D (a)) at a committee meeting.
- 1.8. Rules that requiring amendment due to:
  - a Changes in regulations of affiliated bodies or:
  - b Changes in the circumstances of the club or:
  - c DefinitionMay be made, during the periods between general meetings, shall be done so at the discretion of the committee, and at a recognised committee meeting. Any such changes shall be noted and form part of the agenda for the next AGM for ratification. Additionally these changes are to be made available to members by currently accepted methods.
- 1.9. Any case not provided for in these rules to be decided by the committee, between General Meetings, such additions shall be noted and form part of the agenda for the next AGM for ratification. Additionally these changes are to be made available to members by currently accepted methods.
- 1.10. Club records, championships and trophies may be changed have additions or removed by the committee as becomes necessary where new events are introduced or existing removed.
- 1.11. The Club does not undertake responsibility or indemnify individuals or teams competing in any discipline or event organised, run or marshalled by it or any of its members.
- 1.12. It is the members' individual responsibility to act, in all circumstances, in a safe and legal manner when in representing the club or taking part in any competition.

## 2. Membership

- 2.1. Classes of Membership:
  - a Seniors aged 18 to 60 years
  - b Juniors aged 16-18 years
  - c Youth under 16 years
  - d Senior citizens (aged 60 on or before January 1st in that membership year)
  - e Husband and wife full membership
  - f Husband and wife senior citizens
  - g Family membership – (Parent(s), and children under the age of 18 years)
  - h Social members
  - i Honorary member
  - j Life Membership
  - k Patron

(Note: These classifications are for club membership only and do not represent any of the sport(s) governing bodies)

- 2.2. Life members be elected at the Annual General Meeting, and not more than one in any two years.
- 2.3. Honorary members are to be elected at the discretion of the club committee for a period of not more than one year. Such membership may, however, be renewed annually.
- 2.4. The membership year shall be for the twelve month period from 1 October to 30 September the following year. New members joining for the first time after 1st April may pay the appropriate subscription pro-rata to the end of the membership year (this shall be calculated as 1/12 of the annual fee for each calendar month remaining from the month of the application, with a maximum of 6/12 discount allowable).
- 2.5. Membership fees for each class are to be reviewed annually between the financial period close and the AGM following this. Any changes are to be agreed upon by the committee before the AGM.
- 2.6. Every member shall be provided with a copy of the club constitution and rules. Members are required to abide by these.
  - a If there are seen to be breaches of these rules by individual or groups of members will make themselves liable to sanctions (see section 4(c) of the constitution).
  - b Members whose subscriptions are in arrears at 1st January may be struck off the membership list after at least one reminder from the membership secretary.
- 2.7. Members who wish to accept additional personal sponsorship, as sanctioned by the National Governing Bodies, shall seek the approval of the club committee, register the sponsor(s) with the national federations, and pay the relevant registration fees.
- 2.8. Club officials or members wishing to resign shall give notice, in writing, to the General secretary. Any club property shall be returned when a member tenders their resignation.

### **3. General competition rules**

- 3.1. All riders taking part in competitive events are governed by the rules and regulations of the appropriate National Governing Bodies and any additional club rules contained herein with the governing bodies rules taking precedence where these of conflict.
- 3.2. Track Racing Rules (Specific): That all club riders are governed by the British Cycling (BC), its rules and bye-laws. Club track riders are responsible for making them selves acquainted with the aforementioned rules.
- 3.3. Official club racing colours (as registered with British Cycling) should to be worn in all open events. Any inscription (which shall not include any club sponsors names or logos) carried on race clothing shall conform to the appropriate BC/CTT requirements.
- 3.4. That each member be available to carry out a minimum of three duties to promote or otherwise assist in the management of the club or it's activities each year.
  - a These shall not be limited to marshalling or race duties but be recognised by the committee as exempting activities.
  - b The club committee are empowered to credit members with exemption from these duties as they see fit.
  - c Members who do not complete their minimum duties and have not received any exemption(s) may forfeit the chance to receive any club competition awards in that membership year.
- 3.5. Where possible there shall be no more than one unrelated racing event organised by the club on any one day.
- 3.6. If a rider is known to owe monies from previous club event(s) they may be asked to withdraw from any future events or have application of the same refused until the debt is cleared.
- 3.7. All riders competing in open events should submit details of the result to the appropriate racing secretary-
- 3.8. Members who wish to compete in Mountain Biking (MTB) racing in the name of another MTB Club, and to race on the road and/or track for the Southend Wheelers (or vice versa), may do so under the rules of the BC. Such members must register with the Membership secretary. They shall be entitled to take club championships, records and awards in leagues. Such members shall not take precedence over other members in other club organised activities.
- 3.9. Members who wish to race totally in the name of another club shall not be entitled to take club championships, records, or awards, nor shall their results take precedence over other members in other club organised activities.
- 3.10. All club events and championships are discrimination free and maybe entered and won by any eligible person

## 4. Time Trial Rules

### 4.1. General

- 4.1.1. All members competing in time trials shall be BC or CTC members for their own protection.
- 4.1.2. A Veteran is one who has attained the age of forty years.
- 4.1.3. For club time trial purposes only, both juvenile and junior club membership will extend to 31st December in the following membership year, provided that the appropriate membership subscription has been paid for that year (See Definition of Terms 4.4.7).
- 4.1.4. No Juvenile will be permitted to participate in time trials of more than 30 miles and that no junior member may compete in time trials of more than 50 miles unless granted permission by the club committee.
- 4.1.5. Entries will only be accepted from teams or classes of machine as specified in the programme of club time trials published at the start of the season, except that tandems will be allowed to enter solo unrestricted events as privates.
- 4.1.6. The club time trial entry fee to be proposed by the TT Secretary and agreed by the Committee at the start of each season.
- 4.1.7. Entries for Sunday club events are to be made by the Wednesday before the event.

**Note:** If no more than three prior entries are received, the event shall be cancelled and the entrants notified. Entrants who do not start will be obliged to pay the stipulated entry fee. Members entering on the line will be classed as Private Time Trials and will only be accepted at the discretion of the time-keeper.

- 4.1.8. Handicapping for club events will be done by the Club handicapper.

### 4.2. Time Trial Championships

#### 4.2.1. Senior TT Championship (Championship Cup)

Events to Count:

Any time trial in the National CTT handbook or club TT programme except the Christmas 10.

Awarded to:

The club rider with the fastest combined average speed over a 10, 25, and 50 mile event.

#### 4.2.2. Ladies TT Championship (Ladies Championship Cup)

Events to count:

Any time trial in the National CTT handbook or club TT programme except the Christmas 10.

Awarded to:

The club lady rider with the fastest combined average speed over a 10, 25, and 30 mile event.

#### 4.2.3. Handicap TT Championship (Handicap Championship Trophy)

Events to count:

Any time trial in the National CTT handbook or club TT programme except the Christmas 10.

Awarded to:

The club rider with the fastest handicap combined average speed over a 10, 25, and 50 mile event.

#### 4.2.4. Junior TT Championship (Junior Championship Shield)

Events to count:

Any time trial in the club TT programme except the Christmas 10.

Awarded to:

The club junior rider with the fastest combined average speed over a 10, 25, and 30 mile event.

- 4.2.5. **Juvenile TT Championship (Juvenile Championship Cup)**  
Events to count:  
Any time trial in the club TT programme except the Christmas 10.
- Awarded to:  
The club juvenile rider with the fastest average speed over two 10 mile events.
- 4.2.6. **Veterans Handicap TT Championship (Bleriot Trophy)**  
Events to count:  
Veteran handicap time trial events in the club TT programme.
- Awarded to:  
The club veteran rider with the fastest Handicap Combined Average Speed over a 10, 25, 30 and 50 mile event. (Note that for this event the Handicap is based on previous performance and is not dependent upon the age of the rider, although the rider must be over 40 years of age).
- 4.2.7. **10 mile (10 Mile Cup), 25 mile (Hinds 25 Cup), 50 mile (Founders Cup), 100 mile (100 Mile Cup) and 12 hour (12 Hour Cup) TT Championships**  
Events to count:  
The championship time trial events at these distances in the club TT programme.
- Awarded to:  
The fastest club rider in each of these events.
- 4.2.8. **Ladies 10 and 25 mile TT Championships (Cecil 10 Mile Shield and Annette 25 Miles Cup)**  
Events to count:  
The 10 and 25 mile championship time trial events in the club TT programme
- Awarded to:  
The fastest lady club rider in each event.
- 4.2.9. **Junior 10 and 25 mile TT Championships (Junior 10 Mile Cup and Arthur Holmes Cup).**  
Events to count:  
The 10 and 25 mile championship time trial events in the club TT programme.
- Awarded to:  
The fastest club junior rider in each event.
- 4.2.10. Qualifying rides for the club championships must be ridden in the name of the club.
- 4.3. **Annual Competitions and Time Trial Leagues**
- 4.3.1. **Veterans Age Standard Competition (Bert Spencer Trophy)**  
Events to count:  
Any time trial in the club TT programme except the Christmas 10.
- Awarded to:  
The club veteran rider with the highest total Veteran's Age Standard Plus Time over a 10, 25, and 50 mile event. (Note that this event is based on the VTTA standard times which depend on the age and sex of the rider and riders must be over 40 years of age).
- 4.3.2. **Mignot Trophy:**  
Events to count:  
Any TT in the National CTT Handbook or Club TT Programme except the Christmas 10.
- Awarded to:  
The club rider over 30 years of age who records the fastest combined average speed over a 25, 50, and 100 mile event.

#### 4.3.3 **Ian Wiekstra Cup**

Events to count:

Any TT in the National CTT handbook or club TT programme except the Christmas 10.

Awarded to:

The club rider who records the fastest speed in a 25 mile event.

#### 4.3.3 **Haden Cup**

Events to count:

Any TT in the National CTT handbook or club TT programme except the Christmas 10.

Awarded to:

The club rider who records the highest Veteran's Age Standard Plus Time in a 10 mile event.

#### 4.3.4. **Sunday Time Trial League**

Events to count:

Sunday Time Trial League Events in the Club TT Programme  
(Majority of Events to Count).

Awarded to:

Scratch awards (Phoenix Cup):

The Club Riders with the most points.

Ladies awards:

The lady club riders with the most points.

Junior awards:

The junior or juvenile club riders with the most points.

Juvenile awards:

The juvenile club riders with the most points.

Handicap awards (Goss Bros Cup):

The club riders with the most points scored on Handicap (i.e. using position adjusted by handicap time at that distance).

Veteran awards:

The veteran club riders with the most points scored on Veteran Handicap (i.e. using position determined by Veteran's Age Standard Plus Time).

#### 4.3.5. **Evening Time Trial League**

Events to count:

Evening Time Trial League Events in the Club TT Programme (Majority of Events to Count).

Awarded to:

Scratch awards (Evening TT League Cup):

The club riders with the most points.

Ladies awards:

The lady club riders with the most points.

Junior/juvenile awards:

The junior or juvenile club riders with the most points.

Veteran awards:

The veteran club riders with the most points scored on veteran handicap (i.e. using position determined by Veteran's Age Standard Plus Time).

#### 4.3.6 **Easter Egg 10 Mile Cup, Christmas 10 Mile Cup, Hillclimb Cup**

Awarded to:

The Club rider with the best position in these events

#### 4.3.7 **Norman Wells Cup**

Awarded to:

The fastest rider in the Norman Wells 50 Time Trial (including non Club riders).

#### 4.3.8 **Bob Hayworth Individual Cup**

Awarded to:

The fastest rider from the Club or the Chelmer Cycling Club in the Southend/Chelmer/Colchester/Maldon Interclub.

#### 4.3.9 **Bob Hayworth Team Cup**

Awarded to:

The fastest team of four from the Club or the Chelmer Cycling Club in the Southend/Chelmer/Colchester/Maldon Interclub.

### 4.4. **Notes on Sections 4.2 & 4.3**

#### 4.4.1. **Events to Count**

The Christmas 10 is not counted in any of the competitions except the Christmas 10 Cup to prevent unnecessary delays in preparing awards.

Multiple rider events do not count towards any competition with the exception of the Evening League 2-up events which count towards the Evening League Scratch Awards but not the Vets, Ladies, Junior, or Juvenile events.

In the event of cancellation of one of the events in the Club TT Programme an alternative, replacement event may be nominated by the Time Trial Secretary after the start of the season (normally these alternatives should be ratified by the Committee).

#### 4.4.2. **Majority of Events to Count:**

“Majority of Events to Count” indicates that a maximum of one event more than half the events actually held in that competition, rounded down, may be counted (e.g. if 14 or 15 events take place, then a maximum of 8 events may be counted).

#### 4.4.3. **Veteran’s Age Standard Plus Time and Total Veteran’s Age Standard Plus Time:**

“Veteran’s Age Standard Plus Time” is the veteran standard time for that rider’s age and gender at that distance as published by the Veteran Time Trial Association (VTTA) less their actual time.

“Total Veteran’s Age Standard Plus Time” is the sum of their best Veteran’s

Age Standard Plus Times at each distance.

#### 4.4.4. **Handicap Time**

A rider’s “Handicap Time” for a distance is their actual time adjusted by their Handicap time for that distance which is set by the Club Handicapper based on their fastest times in the last three seasons at that distance using the Club Handicap Tables. The Handicapper’s decision is final and although a rider may query a handicap, it is not open to appeal.

#### 4.4.5. **Handicap Combined Average Speed over 10, 25, and 50 miles events**

A rider’s “Handicap Combined Average Speed over 10, 25, and 50 mile events” is calculated as:

$(10 \div \text{Handicap Time for 10 mls}) + (25 \div \text{Handicap Time for 25 mls}) + (50 \div \text{Handicap Time for 50 mls})$  divided by three.

#### 4.4.6. **Combined Average Speeds**

A rider’s “Combined Average Speed over 10, 25 and 50 miles events” is calculated as:

$(10 \div \text{Best time in 10 ml events}) + (25 \div \text{Best time in 25 ml events}) + (50 \div \text{Best time in 50 ml events})$  divided by three.

All other Combined Average Speeds (e.g. “Combined Average Speed over 10, 25, and 30 mile events” etc.) are calculated in a similar way.

In each case all the times required by the calculation must have been recorded in the qualifying Events to Count in order to record an Average Speed and qualify.

#### 4.4.7. **Rider Categories**

For the purpose of Club TT Competitions rider age categories are defined as follows:

Juvenile – Until 31 December of the year of their sixteenth birthday.

Junior – From ceasing to be a Juvenile until 31 December of the year of their eighteenth birthday.

Veteran – Forty years of age or over on the day of the event.

#### **Notes:**

1. Juveniles can compete in Junior Competitions provided that they are allowed to ride (see section 4.1.4).
2. A Lady Rider in any age group including Juvenile and Junior can compete in the Ladies Competitions.
3. Senior Competitions are open to riders in any age group provided that they are allowed to ride (see section 4.1.4).
4. East Essex Tri Club Juvenile and Junior members qualify to compete in Club Competitions at the discretion of the committee.

#### 4.4.8. **Points awarded in Club Time Trial Leagues:**

Points are awarded in the Club Time Trial Leagues as follows:

The winner of each competition to receive 60 points, reduced by one point for each place down to 60th place.

#### 4.5. **Time Trial Awards**

##### 4.5.1. **The Club Time Trial Championships:-**

The Senior Club Time Trial Champions to take cup and medal.

Runners up to receive medal.

Club Time Trial Ladies, Junior and Juvenile Champions to take cup and medal.

Club Time Trial Handicap Champion to take trophy and medal.

Club championship medals to be of gold appearance, runners up medal to be of silver appearance and they must be distinctive from standard medals.

**Note:** Champions must take championship medals. It is not permissible to take the "value" in order to buy other prizes.

- 4.5.2. The amount of all time trial awards, based on the number of entries received, will be determined by the club committee. Unless amended by the committee awards will normally be given to:

The first 3 places or to 50% of those competing excepting the Evening TT League where: Awards to be given to the first six male riders.

Awards to be given to the first three Lady riders and competitors medals to be given to all Lady riders who complete five events.

Awards to be given to the first three Junior/Juvenile riders and competitors medals to be given to all Junior/Juvenile riders who complete five events.

- 4.5.3. Club medals are to be awarded on every occasion that an individual or team record is broken.

- 4.5.4. A certificate showing the fastest times achieved by a member in a season will be available on request.

#### 4.6. **Time Trial Records**

- 4.6.1. All categories of competition records listed in the CTT handbook are recognised for club records and Veterans age related records as specified by the VTTA. No other categories will be allowed unless agreed by a General Meeting of club members.

- 4.6.2. Members must make a written claim, supported by documentary evidence if necessary within 28 days of establishing or breaking a record.

- 4.6.3. A club record shall be nullified if the member does not retain continuous full membership for at least one year after the record has been set.



## 5. Track rules

### 5.1. General

- 5.1.1. That all club riders are governed by the British Cycling (BC), its rules and bye-laws. Club track riders are responsible for making them selves acquainted with the aforementioned rules.
- 5.1.2. That the Club Track Championship to be decided on points gained in the following club scratch events:  
4 laps, 8 laps, 20 laps, 1000 metres time trial and 2 laps sprint.

The **Club Junior Track Championship** and **Club Ladies Track Championship** to be decided on points gained in the following Club scratch events:-  
1 lap sprint, 500 metres time trial, 4 laps and 8 laps,

All based on a 450 metre track, or nearest equivalent on smaller tracks.

Points for the championship to be awarded are 4,3,2,1 for each event

- 5.1.3. That the awards for the club Track Championships to be medals. Fees for the Track Championships to be decided annually by the club committee.

## 6. Other club records, championships and trophies

### 6.1. General notice

- 6.1.1. That any trophies, championships or leagues won during a period of first claim membership, shall be awarded to that member.
- 6.1.2. Signatures of receipt are to be obtained for all perpetual cups and trophies owned by Southend Wheelers by the recipients of such awards and these be held by the committee.  
*Note:* Champions must take championship medals. It is not permissible to take the "value" in order to buy other prizes.

### 6.2. Windsor Cup

For the most improved performance(s) shall be decided by the club committee during each season and their decision shall be final.

### 6.3. Jack Ivory Memorial Cup

Awarded annually to the club member who, is adjudged by the club committee, as the most successful in open competition and their decision shall be final.

### 6.4. The Road Race Cup

Awarded to the rider who gains the most points, as entered on their racing licence, in BC road races, road race stages and circuit races, in a season. Veterans, ladies and juveniles to be awarded points as per equivalent events for seniors and juniors, as specified in the BC handbook. Points gained in track events not to count.

### 6.5. Veterans Road Race Points Championship Trophy

Awarded to the rider who gains most points to be accumulated from up to 7 age related road races anywhere in the country (subject to ratification by the committee). In the event of a tie on points the award will be given to the older rider.

Points to be awarded by placing within age category as follows:

| Age category | Points   |
|--------------|--|
| less than 60 | 15 points decreasing to 1 point for placing 1st to 15th respectively |
| 60 – 64      | 14 points decreasing to 1 point for placing 1st to 14th respectively |
| 65 – 69      | 12 points decreasing to 1 point for placing 1st to 12th respectively |
| over 70      | 11 points decreasing to 1 point for placing 1st to 11th respectively |

### 6.6. Club Best all Rounder trophy

To be decided on points gained over the following distances in nominated qualifying club events (Private time trials and events are excluded).

10, 25, 50, time trials - Two events at each distance, the best placing at each distance to count

One hilly time trial of between 15 and 30 miles as courses dictate  
The club scratch road race.

The winner of each event to receive 1 point, increasing by one point down to the last rider in the event, the winner of the competition having the least amount of points. The Time Trial secretary will nominate the events at the start of every season, and at least one event at each distance must be completed.

6.7. **Cyclo Cross**

An award is to be given annually for the most meritorious performance during the season in Cyclo Cross events. The recipient to be decided by the club committee whose decision shall be final.

**Club representation**

Officers of the club shall consist of

- Chairperson
- General secretary
- Treasurer
- President

Other members of the committee are

- Membership secretary
- Time trial secretary
- Assistant time trial secretary
- Racing secretary
- Social secretary
- Marshalling secretary
- Coaching secretary
- Awards secretary
- Clothing officer
- Members representatives (junior and senior)
- Club coaches
- Youth development officer

Support services

- Club runs organiser
- Web master
- Welfare officer
- Handicapper
- Catering manager
- Auditor