



Members Handbook 2023

Contents

<u>Subject</u>	<u>Page</u>
Introduction	3
Club Officials	4
Constitution	5
Codes of Practice	10
Management Committee	11
Membership Information	12
Club Ride Information	13
Awards	15

Introduction

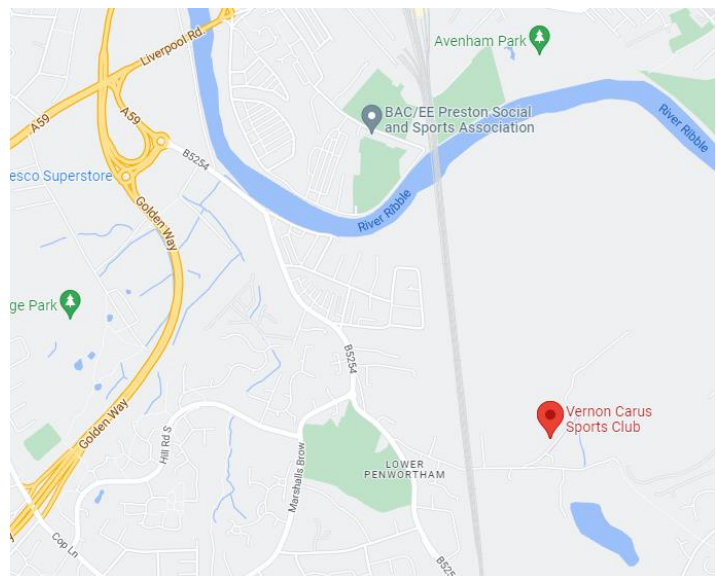
The Club was formed in 1951, when a group of cyclists gathered in the CTC Clubroom in High Street, Preston. Andy Anderson was keen on forming a mass start cycle racing club to ride British League of Racing Cyclist (BLRC) events. This enabled UK riders, for the first time to be able to race like their hearos on the continent.

The two long established cycling organisations that governed the sport at the time opposed massed start racing and warned their members that they faced life bans in they joined with the BLRC. Despite these threats from the established governing bodies Andy pushed ahead and within a few weeks the Ribble Valley Cycling and Racing Club was formed.

Today the Club boasts a structured Constitution, a management Committee and approximately 76 male and female members, who are involved in all aspects of cycling, not to mention the social activities.

Club nights take place on the **second Monday of the month** from 19:30pm at the

Vernon Carus Sports Club
situated on Factory Lane,
Penwortham, Preston. PR1 9SN



Club Officials

The management committee officials are as follows:

Role	Member	Contact No.	Email
Chairman	Karl Dalton	07810 644840	karldalton@aol.com
Vice Chairman	Gordon Strefford	07810 564291	streffg52@gmail.com
General Secretary	Karl Dalton	07810 644840	karldalton@aol.com
Treasurer	Pam Piotrowska	07815 097908	p.a.waering@btinternet.com
Membership Secretary	Phil Harker	07783 408916	philharker60@gmail.com
Clothing Secretary	Peter Winston	07764 276542	w1nst@hotmail.com
Welfare Officer	Gordon Strefford	07810 564291	streffg52@gmail.com
Comms Coordinator	Ian Hodges	07708 669261	lhodges97@gmail.com
TT Coordinator	Simon Myerscough	07816 834111	simon.myerscough@gmail.com
General Member	Rick Byers	07973 628213	richard.byers@btinternet.com
General Member	Peter Winston	07764 276542	w1nst@hotmail.com
General Member	Simon McKnight	07530590011	samcknight464@gmail.com

Constitution

1. TITLE

The club shall be known as the Ribble Valley Cycling and Racing Club (hereinafter referred to as 'The Club')

2. AIMS

The Aims of The Club shall be:

- 2.1 To further all aspects of the sport of cycling.
- 2.2 To ensure that all members are in a position to get the maximum benefits to be obtained from the sport.
- 2.3 To look after the members' interests in the general running of the sport.
- 2.4 To support policies that encourage cycling and enhance the safety of cyclists.

3. MEMBERSHIP

Membership shall be open to all persons over the age of 14; those members without 'Senior' status must produce written parental consent and are subject to the Child Protection Policy. The official application form must be completed and passed to the General Secretary / Treasurer. The appropriate subscription must accompany the application for membership.

In order to obtain Third Party insurance cover all members except social members are encouraged to join either British Cycling or the Cyclists' Touring Club (CTC). It is the responsibility of the individual to ensure they have sufficient insurance cover as it is not a mandatory regulation of membership to the Club.

Remember - if you are involved in an accident a claim may be made against YOU
All members will receive a copy of The Club Hand/Rule Book.

4. MANAGEMENT

The management of The Club shall be vested in a Management Committee which shall consist of:

- Chairperson
- Vice Chairperson
- Treasurer
- General/Membership Secretary
- Any number of other Members to maintain the Management Committee at 11 Members

Note: Honorary Appointments do not, as a right, join the Management Committee.

4.1 Six Committee members are required for a quorum for a Management Committee Meeting to take place provided that at least two of the following elected members - Chairperson, Vice Chairperson, Treasurer or General Secretary are present within the aforesaid quorum.

4.2 A minimum of six Committee meetings must be held annually. The dates will be provisionally set at the Management Committee meeting which will convene on an agreed date following the Election of Officials at the AGM.

Minutes will be formally recorded and freely available to view in the Club Room. Alternatively, a written copy can be requested by contacting the General Secretary.

4.3 The Management Committee shall have powers to fill vacancies if they arise and to co-opt members for particular projects, but co-opted members shall not have a Management Committee vote.

4.4 The Management Committee shall have the power to conduct its affairs in support of The Club in any way it considers appropriate.

4.5 The Management Committee shall have the power to establish any SubCommittee deemed appropriate to assist in meeting the objectives of The Club, and to delegate to these Subcommittees such duties as may be considered appropriate. All Sub-Committees should have terms of reference and should report to the Management Committee.

4.6 The Management Committee shall have the power to adjudicate on any matter not covered by the Constitution or Rules and Regulations and on any dispute amongst the members not otherwise covered by Law.

4.7 Any 'Ordinary' Member can attend a Management Committee meeting as an 'Observer'. This must be by prior arrangement with the General Secretary, as an attendance schedule may need to be compiled. The 'Observer' does not attract the right to a vote and can be asked to leave the Meeting by the Chairperson or General Secretary if the business of the Meeting is of a confidential or personal nature.

5. ANNUAL GENERAL MEETING

The Annual General Meeting (AGM) will be held on the last Monday of October for the purpose of: -

5.1 Receiving the audited Statement of Accounts and Balance Sheet for the year.

5.2 Electing Officers and the Committee for the ensuing year.

The newly elected Officers and Committee members will then conduct the remainder of the meeting.

5.3 Electing the Honorary Auditors.

5.4 Considering any amendments to the Constitution of which due notice has been given to all Members. The Chairperson or Secretary must receive any proposed change to the Constitution by a member at least 21 days prior to the date of the AGM, in order that members shall have sufficient notice of the proposal. In any event, members must have a minimum of 21 days' notice of the AGM and/or any proposed changes to the Constitution to be considered at the AGM. A two-thirds majority vote is required for changes to the constitution.

5.5 Items for the Agenda of the AGM shall reach the Secretary at least 21 days before the meeting. The agenda shall be circulated, with a copy of the previous year's Minutes, to all members at least 7 days prior to the meeting.

5.6 Nominations for Officers of the Club shall be passed to the Secretary no later than 21 days prior to the meeting. Another member shall second all nominations. The Proposer must establish that the Nominee is prepared to stand for office

before the nomination can be accepted. If in the unlikely event, a Nominee withdraws at the AGM or no nomination has been received, nominations can be accepted from the floor

5.7 Each fully paid-up member present at the meeting shall have one vote. The vote shall be by a show of hands unless a ballot has been called by at least 25% of those present who are entitled to vote. A simple majority vote is required to carry except for amendments to the Constitution; this requires a two-thirds majority vote. In the event of an equal show of hands the Chairman will have the casting vote.

5.8 The Honorary office of President is appointed by the Committee. The term of office will be from AGM - AGM, for 2 consecutive years.

6. SUBSCRIPTIONS/FINANCIAL YEAR

Annual subscriptions shall become payable on 1st April of each year with the amount being determined by the AGM. Once the AGM has agreed the subscription the Secretary shall advise all members of the amounts due and ensure that the subscription is paid as early as possible and certainly before 1st June so that their rights and privileges are not affected.

Any member failing to make payment by 1st June shall cease to be entitled to the rights and privileges of membership until the subscriptions are paid.

The Financial Year shall commence on 1st April.

7. RESIGNATIONS

Committee Members intending to resign must do so by writing to the Chairman giving a minimum of 28 days' notice.

8. EXTRAORDINARY GENERAL MEETING

An Extraordinary General Meeting (EGM) shall be called by the Chairperson or Secretary within one month of receipt of a requisition signed by at least ten fully paid-up members stating the purpose of the meeting. The Management Committee can also call an EGM. At least seven days' notice shall be given to all fully paid-up members of the date, venue and purpose of the EGM. No other business shall be conducted at the meeting. An EGM can only be called in the event that an 'issue' has first been presented to the Management Committee and remained unresolved.

9. CONSTITUTION AMENDMENTS

9.1 No constitution rule may be altered, added to, or deleted - except at an AGM or an EGM called for that purpose, and then only by two-thirds majority of those present.

9.2 This Constitution when adopted by a two-thirds majority of members present at an AGM or EGM becomes 'The Constitution' thereafter.

10. CLUB DESIGN

The Club Design and Colours of Blue, Red and White are subject to the Constitutional regulations.

11. CHILD PROTECTION POLICY

The Club shall have a child protection policy in accordance with the 'British Cycling Policy and Procedure for the Protection of Children and Vulnerable Adults'

12. CLUB ASSETS

In the event of the Club being 'wound-up' the Assets of the Club shall be devolved to further the Sport of Cycling. The Assets will be distributed pro rata to recognised local cycling bodies

Codes of Practice

- It is strongly advised that all member's (except social members) invest in third party insurance cover with either British Cycling or Cycling UK. It is an individual member's choice whether they secure personal injury insurance.
- Members will treat each other at all times with respect, dignity, and courtesy
- Member's behaviour whilst representing the Club, at any level, or when wearing Club colours or through social media must be of an acceptable standard.
- Any member bringing the Club name into disrepute will be brought before the management committee and be liable to disciplinary action.
- Member's must not organise or be part to organising any event in the name of the Club without prior approval of the Management Committee.
- Member's must not commit the Club to any expenditure without the prior approval of the Management Committee.

Management Committee

The RVCRC Committee is a group of volunteer members who run the club on behalf of its members. They meet at least 6 times per year, sometimes in person or virtually to discuss matters relating to the club and its membership.

The role of the Committee

The Management Committee is elected democratically by the Members of the Club at the AGM (Annual General Meeting). The Committee effectively manages the business of the Club in line with the Constitution.

The Committee will:

- Ensure the Club meets the needs of its member's.
- Ensure the Club is accountable to its member's.
- Draw on the expertise of its members in making decisions.
- Ensure that financial and other decisions are being made properly.

Specific responsibilities of the Committee are to:

- Set Policies for the Club,
- Set the Club's long-term objectives,
- Decide whether to undertake new projects or activities.
- Interpret and adapt policy when existing activities change.
- Ensure there are proper procedures for monitoring and evaluating provision and use of activities.
- Maintain democratic procedures and accountability,
- Ensure the Club keeps accurate and comprehensible accounts,
- Ensure all funds received for a specific purpose are spent as specified and itemised within the accounts.

Membership Information

- Club night is every second Monday in the month from 7.30pm at the Vernon Carus Sports Club.
- Annual membership currently costs £25.00, and you can pay by various payment Options:
 - Pay with BACS transfer
 - Cheque or cash

PayPal is no longer accepted

If you have any questions about membership, the costs and benefits, please contact our Club's Membership Secretary Phil Harker on 07783 408916 or philharker60@gmail.com

Where do my subs go?

Ribble Valley CRC is affiliated to British Cycling, CTC, Cycling Time Trials, North Lancashire Time Trials Association and Lancs & Lakes SPOCO time trials. These affiliations give the club third party insurance to cover all our activities and allow us to have a say in the way cycling is organised and promoted nationally. They also enable club members to take part in competitions organised by these bodies.

- Ribble Valley offers a social meeting every month with talks or events on the second Monday of the month. The club pays to hire the club room and refreshments are also provided by the club (tea, coffee, and biscuits every week and a buffet supper when there is a talk).
- All club events are subsidised, to make them cheaper and more accessible for all our members. This includes the Christmas "mince pie ride", the Good Friday "hot cross bun ride"
- Trophies and awards given at the AGM/Awards dinner are all paid for out of club funds.
- Any club member riding a time trial promoted by the club, such as the "hilly 19", or the "annual club hill climb" will have their entry fee waived.
- There are some administrative costs such as stationery, postage etc.

Club Rides Information

The Ribble Valley Cycling and Racing Club organises a variety of club rides (club runs) that take place on Sundays throughout the year. Rides range from relaxed rides (which are suitable for new riders or those returning to cycling) to very fast rides which are suitable for racing or sportive riders. All rides incorporate a refreshment stop but it is advisable to bring a drink and energy bar or food of your choice.

It is advised that all riders bring with them / have fitted:

- Bicycle pump to suit the type of valve on your inner tube
- Spare inner tubes. We recommend that each rider brings two
- Basic tools, e.g. a set of Allen keys and tyre levers etc
- Lights (for bad weather and reduced daylight)
- Mudguards in bad weather (Club ride requirement in Winter)
- Money for refreshments at café stop

The following guidance, which can be seen on the website is to help you find a suitable group. The actual pace of the ride will be determined by many factors including distance, route, weather and the ability of the group. The intended route may change depending on circumstances. Typically rides will be shorter in the winter.

Sunday Morning Rides

We currently start all our Sunday morning rides at 9:00 am all year round.

- All our Sunday rides start from Preston's College, St Vincent's Road, Fulwood PR2 8UR.
- For more information about what club rides are taking place each month, please visit the [Club Rides Calendar page](#).
- The Sunday rides are considered social rides which means that we ride as a group, and nobody is left behind.

Wednesday Evening Rides

The club currently has an organised ride that take place on Wednesday evenings between April and September to make the most of the summer daylight hours.

- We meet at the UCLAN Sports Arena (next to the changing rooms) on Tom Benson Way.
- Please arrive in time for a prompt 6:00pm start. The prompt start is to ensure we arrive back in daylight.
- You are advised to have lights for the rides in April and September.
- The ride leader and route will be published prior on the members Facebook Site
- The Wednesday rides are considered social rides which means that we ride as a group, and nobody is left behind.

Time Trial (TT) Events

The club currently participates in certain TT events and further details can be found on the club website or contacting the TT Coordinator - Simon Myerscough on 07816 834111 or simon.myerscough@gmail.com

For more information about what club rides are taking place each month, please visit the [Club Rides Calendar page](#).

Awards

These are to recognise the efforts of club members who take on a non-competitive challenge, by perhaps cycling a long distance, but not necessarily in race conditions, the club present several TT and Tourist Awards each year. This includes several Mountain Bike Awards for those who cycle off-road. There are also some Special Awards presented to members who have had cycling achievements in areas not covered by the Club Standard Awards, etc. e.g., achievements in National Events or Long-Distance Events.

To make a claim for an award please submit an Award Claim Form with any supporting evidence* attached, by the 30th of September to the Committee

*Supporting evidence can include a link to your Strava (or other GPS file), or photographs.

A brief description of each of the awards and how to qualify is shown below:

Time Trial Standards

Club Time Trial Standards are set for various age and gender categories over various distance and time specific events. Bronze, Silver, Gold & Personal Best awards are available in each category.

Category	Distance	Bronze (HH:MM:SS)	Silver (HH:MM:SS)	Gold (HH:MM:SS)
Under 16's	10 miles	00:29:00	00:27:30	00:26:00
Ladies	10 miles	00:30:00	00:28:00	00:27:00
	25 miles	01:18:00	01:14:00	01:10:00
	30 miles	01:33:00	01:27:00	01:23:00
	50 miles	02:43:00	02:33:00	02:23:00
	100 miles	05:36:00	05:16:00	04:56:00
Junior/Senior	10 miles	00:26:00	00:24:00	00:22:30
	25 miles	01:05:00	01:01:00	00:59:00
	30 miles	01:20:00	01:14:00	01:11:00
	50 miles	02:15:00	02:08:00	02:00:00
	100 miles	04:45:00	04:30:00	04:20:00
Mens 12 Hour	N/A	200 miles	220 miles	240 miles
Ladies 12 Hour	N/A	180 miles	200 miles	220 miles

Tourist Awards

Novice Tourist

One 50-mile ride plus any two of the following three rides:

- i. Preston-Pilling-Glasson Dock-Scorton-Preston
- ii. Preston-Ribchester-Whalley-Waddington-Bashall Eaves-Chipping-Preston
- iii. Preston-Chipping-Harris End-Scorton-Inglewhite-Preston

Bronze Tourist

One 100-mile ride plus any two of the following three rides:

- i. Preston-Kirkby Lonsdale-Preston
- ii. Preston-Slaiburn-Waddington-Ribchester-Preston
- iii. Preston-Milnthorpe-Preston

Silver Tourist

One 120-mile ride plus any two of the following three rides:

- i. Preston-Dent-Preston
- ii. Preston-Malham-Preston
- iii. Preston-Slaiburn-Lamb Fell-Bentham-Wray-Caton-Quernmore-Preston

Gold Tourist

One 140-mile ride plus any two of the following three rides:

- i. Preston-Quernmore-Kirkby Lonsdale-Barbondale-Dent- Kingsdale-IngletonSettle-Waddington-Preston
- ii. Preston-Shap-Tebay-Preston
- iii. Preston-Ingelton-Hawes-Ribblehead-Preston

Platinum Tourist

Three 180-mile rides which must be approved by the Management Committee prior to undertaking the challenge.

Diamond Tourist

Three 225-mile rides which must be approved by the Management Committee prior to undertaking the challenge.

Special Award

On occasions Special Awards are presented to members who have been successful in areas not covered by the Club Standard Awards, e.g. achievements in National Events or long-distance events.

It is the responsibility of the Committee to determine whether an Award is bestowed. To be eligible for a Special Award members should complete the Awards Claim Form under the 'Other' section and submit it by 30th of September to the General Secretary.

Club Records

Place to Place Records

Route	Distance	Time (HH:MM:SS)	Holder	Date
Preston-Penrith-Preston	138 miles	06:42:16	George Nowland	19 June 2013
Preston Trough of Bowland Preston	44 miles	01:54:04	Martin Wallis	3rd August 2006

Time Trial Records

Holder	Category	Course	Distance or Time	Time (H:MM:SS) or Distance	Year
MALE					
Daniel Rigby	U16	L1015	10 miles	00:24:00	2004
Matt Hodges	Jun	L1015	10 miles	00:20:38	1999
Matt Hodges	Jun	C2526	25 miles	00:56:12	1999
Luke Sollit	Jun	L501	50 miles	02:03:06	1995
Mark Holton	Sen	L1015	10 miles	00:19:53	2002
Matt Stell	Sen	A25/11	25 miles	00:51:50	2016
Matt Stell	Sen	A30/9	30 miles	01:04:18	2013
Matt Stell	Sen	A50/6	50 miles	01:46:49	2014
Matt Stell	Sen	A100/4	100 miles	03:45:02	2014
Matt Stell	Sen	D12	12 Hours	264.594 miles	2016

Holder	Category	Course	Distance or Time	Time (H:MM:SS) or Distance	Year	
FEMALE						
Rhiannon Allport		Jun	D10/18	10 miles	00:22:14	1999
Rhiannon Allport		Jun	D25/5	25 miles	00:59:14	1999
Rhiannon Allport		Jun	L302	30 miles	01:18:16	1999
Charlotte Wadsworth		LV	L1015	10 miles	00:22:27	2009
Charlotte Wadsworth		LV	A25/11	25 miles	00:56:57	2009
Charlotte Wadsworth		LV	E2/50C	50 miles	02:01:18	2009
Charlotte Wadsworth		LV	V275	100 miles	04:24:33	2009
Theresa Taylor		LV	L1204	12 Hours	210.542 miles	2008
Hilary Bell		LV	D24HR	24 Hours	290.043 miles	2009

Holder	Category	Course	Distance or Time		Time (H:MM:SS) or Distance	Year
TEAM						
Matthew Hoyles Martin Wallis & Andy McCann			L1015	10 miles	01:06:26	2003
Mark Holton Matthew Hoyles & Martin Wallis			L2524	25 miles	02:53:03	2003
Mark Holton Matt Stell & John Deakin			L505	50 miles	05:55:59	2003

Veterans Time Trial Records

Veterans Time Trials are for anyone 40 years of age and over who has an interest in cycle racing, and specifically in time trialling

Holder	Category	Course	Distance or Time	Time (H:MM:SS) or Distance	Year	Vets Standard
Charlotte Wadsworth	LV45	L1015	10 miles	00:22:27	2009	+6.02
Charlotte Wadsworth	LV45	A25/11	25 miles	00:56:57	2009	+15.26
Charlotte Wadsworth	LV45	E2/50C	50 miles	02:01:18	2009	+27.33
Charlotte Wadsworth	LV45	V275	100 miles	04:24:33*	2009	+50.12
Theresa Taylor	LV48	L1204	12 Hour	210.542 miles	2008	+26.822 miles
Hilary Bell	LV46	D24HR	24 Hour	290.043 miles	2009	-29.557 miles
John Huggon	V61	L1015	10 miles	00:21:40	2020	+6.16
David Hilditch	V68	L2524	25 miles	01:00:11	2021	+13.17
George Nowland	V64	L505	50 miles	02:06:56	2013	+20.55
David Hilditch	V68	L10010	100 miles	04:25:41	2021	+50.43
John Deakin	V58	L1202	12 Hour	238.715 miles	2002	+49.525 miles