

Hereford and District Wheelers Cycling Club

Handbook

Founded 1928



HEREFORD AND DISTRICT WHEELERS CYCLING CLUB

Founded 1928

Affiliated to:
BRITISH CYCLING; CYCLING TIME TRIALS;
WELSH CYCLING ASSOCIATION; HEREFORD SPORTS COUNCIL

www.herefordwheelers.com

OFFICIALS: 2018

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| President: | Chris Hughes | Tel: 01432 271829 |
| Vice Presidents: | Vera Hadley, Maurice Tudor, Stuart Edinborough | |
| Chairman: | Jim Dicken | Tel: |
| Secretary: | Clive Walker | Tel: 01432 269694 |
| Treasurer: | Andy Hurrell | Tel: 01432 277821 |
| Club Racing Sec: | Chris Hughes | Tel: 01432 271829 |

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Individuals participating in any event organised by or on behalf of the Club do so entirely at their own risk. The Club and its Organisers accept no responsibility whatsoever for any injury, loss or damage however caused.

Handbook revised December 2017

CLUB RULES

1. The name of the body is the Hereford and District Wheelers Cycling Club. (herein after called the club)
2. Club affiliation to be decided at the AGM.
3. The purpose of the club is to promote the social and sporting activities of cycling in accordance with the wishes of the membership and within the resources at its command.
4. Membership of the club is open to both sexes on payment of an annual subscription as decided at the most recent AGM. All subscriptions are payable on election to membership except that subscriptions from newly elected members paid after September 30th shall be valid until December 31st of the following year. Except for the first subscriptions of new members, all subscriptions shall be paid to the Hon. Treasurer. Subscriptions become overdue on January 31st. Members whose subscriptions are overdue shall not be eligible to take part in any club activity. All subscriptions become the property of the club.
5. If any subscription remains only partly paid, whether due to failure to amend a Bankers Order or for any other reason, the corresponding membership shall lapse and any money received in following years will be accepted as a donation only.
6. The management of the club is to be vested in a committee consisting of a Chairman, General Secretary, Treasurer, Club Racing Secretary, Open Event Secretary and a committee of six members, to be elected annually at the AGM .The Chairman shall hold a casting vote. Any member of the committee absent from three consecutive meetings, without tendering a satisfactory explanation, shall be deemed to have resigned and the vacancy thus caused be filled by the committee from the general membership. Five officials/committee members shall constitute a quorum. The President and Vice Presidents may attend committee meetings as they wish and participate in discussion but may not vote on disputed matters.
7. Finance. The funds of the club shall be deposited in a banking account in the name of Hereford and District Wheelers Cycling Club. Cheques drawn on the Club's account shall be signed two of the following officers: President, General Secretary or Treasurer. The financial year shall be from 1st October to 30th September. As soon after the end of the financial year as possible the accounts of the Club for the previous year shall be prepared by the Treasurer and submitted to the appointed Auditor.

- 8.** A general meeting (of which 21 days' notice shall be given) shall be held annually in December to receive the Hon. General Secretary's report, audited balance sheet and statement of account for the previous year, and to elect Presidents and Vice Presidents, Executive officers, Committee, Auditors and Delegates for the ensuing year, and to discuss items on the agenda submitted by members to the Hon. Secretary by the date announced on the appropriate runs list. Matters not included on the agenda may not be discussed.
- 9.** The committee shall have the power to expel or otherwise deal with any member guilty of conduct detrimental to the interests of the club. The member shall have the right of appeal to a General Meeting.
- 10.** Application for membership, on the official form with the amount of the annual subscription, shall be forwarded to the Hon. General Secretary who shall bring the names of candidates before the committee for election.
- 11.** The Hon. General Secretary shall convene a special general meeting upon receiving a request signed by not less than eight members or on a resolution of the committee.
- 12.** The committee shall have the power to decide on any question not provided for in the rules.
- 13.** The club shall not be disbanded unless more than two thirds of the membership so desire.
- 14.** The committee may, subject to the approval of a general meeting of the club, offer life membership of the club to any members or past members as a token of appreciation of outstanding service to the club.
- 15.** Alterations and additions to these rules may only be made at a general meeting of the club and any proposal must be in the hands of the Hon. General Secretary at least 14 days before the meeting.
- 16.** Club Trophies remain the property of the club at all times and are returnable on demand or on holder's membership lapsing.
- 17.** All members shall receive a copy of these rules.
- 18.** Any member performing an official duty on behalf of the club may claim expenses for the journey from a ten mile minimum radius from the event concerned, subject to the prior approval of the committee.
- 19.** Only First Claim members may vote at the AGM and be elected to serve as Officers or members of the committee.
- 20.** The club adopts the British Cycling Policy and Procedures for the Protection of Children and Vulnerable Adults as stated in their Handbook and Club Guidelines published January 2007.

THE FUTURE OF OUR SPORT DEPENDS UPON YOUR CONDUCT.

Competitors guilty of dangerous or careless riding may be subject to disciplinary action. Competitors are responsible for their own safety and must also avoid creating situations which are unsafe for other road users. Riders attention is drawn to the CTT Handbook section – Time Trialling for Beginners. It is the advice of the Committee that all racing members should be aware of all the rules and regulations governing Time Trialling.

In the interests of your own safety Cycling Time Trials and the event promoters strongly advise you to wear a hard shell helmet that meets an internationally accepted safety standard.

Always keep a record of every Time Trial ridden and note the winners name and time. This information will be required for your entry forms.

CLUB RACING RULES

- 1. All Club events shall comply with CTT regulations.**
- Only first claim members shall be eligible for the Clubs Awards and Trophies.
- 100 miles time trial** – club events and any open ‘100’ promoted on a D, K, R or U course shall count towards Club awards and trophies.
- 50 miles time trial** – Only Club events shall count towards the Clubs awards and trophies unless otherwise designated where events promoted on R courses may count.
- 10 and 25 mile time trials** – only Club events shall count towards the Clubs awards and trophies.
- Claims for awards and trophies, accompanied by relevant result sheets, involving performances in eligible events other than Club events must be submitted to the Club Racing Secretary by October 15th.**
- The Club Senior Best All-Rounder** competition shall be decided over the distances of 25, 50 and 100 miles and the rider having the fastest average speed shall be deemed the Club Best-All Rounder.
- The Club Veteran Best All-Rounder** competition shall be decided over the distances of 10, 25 and 50 miles and shall be open to riders aged 40 or over. The VTTA standard tables shall be used for calculation purposes. The rider whose average ‘plus’ for the three distances is the greatest (or whose average ‘minus’ is the least) shall be deemed the Club Veteran Best-All Rounder.

9. **The Club Women's Best All-Rounder** competition shall be decided over two 10 mile and two 25 mile events and the rider having the fastest average speed shall be deemed the Women's B.A.R. Competition winner.
10. **The Club Junior Best All-Rounder** competition shall be decided over two 10 mile and two 25 mile events and the rider having the fastest average speed shall be deemed the Junior B.A.R. Competition winner. Riders must be under 18 at the time of riding each event.
11. **Event Handicapping:** any handicapping for club events shall be at the discretion of the Club Racing Secretary but will normally be based principally on rides on club courses in the last three seasons.
12. **Middle-markers' events:** the Clubs limits shall be as follows:
 25 miles – 1hour 5minutes
 50 miles – 2hours 15minutes
 Times recorded in Club and Open events shall count.
13. **Entry Fees**, and any prize monies awarded for club events shall be established by the Club Racing Secretary at the beginning of the racing season.
14. **Shrewsbury and back: this is now a place-to-place event.** The trophy for this event will be awarded annually to the Club member who has ridden the roads between Hereford and Shrewsbury in the shortest time.
 The course is as follows: Start on the A49 near Starting Gate Island and head North on the A49 to Shrewsbury. Turn at the first island (junction A49/A5) returning South to finish at start point.

EVENING 10 mile Time Trial series:

- i. **PG Jones Memorial Trophy:** To be awarded to the Junior (or younger) rider who records the fastest time in an Evening 10 series race.
- ii. **Evening 10 Points Competition:** (Open to first claim members only)
 In each evening '10' Riders shall receive points according to their position.

| | |
|-----------------|----------------|
| 1 st | 100 points |
| 2 nd | 99 points |
| 3 rd | 98 points etc. |

The winner will be the rider with the highest total of points from approximately two thirds of the total number of events (the exact number to be decided by the racing committee before the commencement of the series). Plaques will be awarded (usually to the first three riders) at the end of the season. Plaques will also be awarded as appropriate to other categories e.g. ladies, over 40's etc.

iii. Evening Open 10 mile Handicap Competition: A rider's first event each season shall establish their handicap time, and any subsequent improvement in a series event shall reduce their handicap accordingly. Riders shall receive points according to their handicap performance in each subsequent evening 10.

| | |
|-----------------------------|----------------|
| 1 st on Handicap | 100 points |
| 2 nd on Handicap | 99 points |
| 3 rd on Handicap | 98 points etc. |

A rider may count points from a maximum number of events, (to be decided by the Club Racing Secretary before the start of each series) and the rider gaining the most points shall be the winner. Prize money will be awarded (usually to the first six highest point scorers) after the final event of the season at the discretion of the Club Racing Secretary.

iv. Veteran's Competition:

A competition for Club members over 40 years of age and shall be awarded to the rider recording the fastest time using the VTTA age Standards in an Evening 10 series race.

CLUB AWARDS AND TROPHIES

(These notes are a guide only and are not part of the Club Racing Rules)

There are trophies to be held for one year for the winners of various individual events and various B.A.R., handicap, ladies and junior trophies based on the results of several events. There are prizes (usually in the form of engraved plaques, which are awarded outright) for the trophy events and competitions. These are awarded for scratch and handicap performances as appropriate and if justified by the number of entries may be down to second or third place. See the Club Racing Rules for further information concerning which events qualify

for trophies and awards. There is also an informal evening '10' league incorporating various categories.

CLUB TROPHIES

- 1. GOLDEN JUBILEE (BEST ALL-ROUNDER) CUP** – see Club Racing Rules.
- 2. JUNIOR BEST ALL-ROUNDER CUP** – see Club Racing Rules.
- 3. VETERAN BEST ALL-ROUNDER CUP** – see Club Racing Rules.
- 4. 12 HOUR CUP** – awarded annually to the rider who has ridden the farthest in any open 12 hour time trial in the season.

5. **100 MILE CUP** – awarded annually to the rider who has ridden the fastest 100 mile time trial in the season as covered in the Club Racing Rules.
6. **SHREWSBURY AND BACK CUP** – see Club Racing Rules.
7. **ARTHUR STEEL MEMORIAL TROPHY** – awarded annually to the rider recording the fastest scratch time in the first open 50 mile time trial nominated by the Club each year.
8. **AUGUST 50 CUP** – awarded annually to the rider recording the fastest scratch time in the August open 50 mile time trial nominated by the Club each year.
9. **ALF EVANS MIDDLE MARKERS' 50 CUP** – awarded annually to the rider who has not previously bettered the Club middle markers' limit recording the fastest scratch time in the August open 50 mile time trial nominated by the Club each year.
10. **30 MILE TROPHY** – awarded annually to the rider recording the fastest scratch time in the open 30 mile time trial nominated by the Club each year.
11. **SCRATCH 25 CUP** – awarded annually to the rider recording the fastest scratch time in (usually) the first 25 mile club time trial of the season promoted by the Club each year.
12. **APRIL 25 CUP** – awarded annually to the rider recording the fastest scratch time in the second (usually April) 25 mile club time trial of the season promoted by the Club each year.
13. **END-OF-SEASON 25 CUP** – awarded annually to the rider recording the fastest scratch time in the last 25 mile club time trial of the season promoted by the Club each year.
14. **MIDDLE MARKER'S 25 CUP** – awarded annually to the rider who has not previously bettered the Club middle markers' limit recording the fastest scratch time in the last 25 mile time trial promoted by the Club each year.
15. **HILL CLIMB CUP** – awarded annually to the rider recording the fastest time in the Club Hill Climb over the course selected by the Club Racing Secretary
16. **HANDICAP 50 CUP** - awarded annually to the rider whose aggregate handicap time for the nominated 50's is the shortest.
17. **HANDICAP 25 CUP** – awarded annually to the rider whose aggregate handicap time for the two nominated Club 25's is the shortest.
18. **PHIL JONES MEMORIAL TROPHY** – see Club Racing Rules.
19. **TONY WHITE MEMORIAL TROPHY** – awarded annually to the rider recording the fastest scratch time in a club 10 mile time trial.

20. WOMEN'S BAR SHIELD – awarded for the fastest average speed over 10 and 25 miles in a Club event.

21, 22, and 23. CLUB RUN ATTENDANCE TROPHIES – There are three Trophies (Senior, Ladies' and the Arch Nicholas Cup for Juniors) which are awarded annually on a points basis, starting immediately after the Club Dinner. To qualify for a point a member must be out all day on a Club Run.

24 CAPEWELL CUP – awarded to the winner of the Veteran's Evening 10 mile TT competition.

25. KEITH HAYWARD TROPHY – awarded to the Club Person of the Year

First Claim or Second Claim Membership A Quick Guide

(Notes compiled by Stuart Edinborough 8 Mar 2007)

The national governing body for cycle time trial racing in the UK is CTT (Cycling Times Trials). The law requires anyone competing in such events on the public highway to be a member of a club affiliated to CTT and this ensures that riders have adequate third-party insurance while competing. If you become a member of more than one club which is affiliated to CTT, CTT regulation no.8 demands that you declare which is to be your "First Claim" club, and there are restrictions on when and how often you can change this. (This is a bit like football – you cannot be a player for Chelsea and for Liverpool!)

CTT Regulations state that, when competing in Open and Semi-Open cycling time trial events (what they call "Class A" events)- that is, all events except Club ("Class B") events, riders can only compete in the name of their first claim club. They cannot enter in the name of their second-claim club. (This is set out in the CT annual handbook, in the section "Regulations". All time-trial riders are advised to obtain a copy and to read this section. The regulations cover many aspects of Time Trial cycle racing and riders who contravene any regulation – through ignorance or otherwise risk possible disqualification or even suspension).

Hereford Wheelers current rules state that a Hereford Wheelers member may be a First or Second Claim member (not all cycling clubs allow this) and they charge the same membership fee for either. They also charge the same entry fee for either category of membership when riding in club events, and this is less than the entry fee payable by riders who are not Hereford Wheeler members. However, current Hereford Wheelers club rules state that second claim members are not eligible for club awards. If a member of the Hereford Wheelers wishes to be eligible for club awards, the Wheelers expect the member to compete in the name of Hereford Wheelers in Open events and therefore to be a first claim member.

In Summary: if you are a member of the Hereford Triathlon Club and of the Hereford Wheelers Cycling Club, you must decide which is your first claim club with regard to competing in cycling time trials. (this is because Hereford Triathlon Club is affiliated to the CTT) – Note: this only applies to cycling time trials, and is irrelevant to other forms of competition.

If you are a first-claim member of the Hereford Wheelers you will be eligible for all Hereford Wheelers club awards but you may only compete in Open and Semi-Open cycle time trials in the name of Hereford Wheelers – you cannot compete in such events in the name of the Hereford Triathlon Club or any other club.

If you are a second-claim member of the Hereford Wheeler you will not be eligible for Hereford Wheelers club awards and you cannot compete in Open or Semi-Open cycle time trials in the name of Hereford wheelers. You will only be able to compete in open or Semi-Open cycle time trial events as a member of the Hereford Triathlon Club.

Course Descriptions

C10/16 Allensmore (Circuit)

Course Record: 2015 Eddie Dunbar (NFTO) 20:03

Hereford Wheeler 2011 George Burgess 21:57

Female Course Record: 2012 Paula Moseley (Climb On Bikes) 24:08

Female Hereford Wheeler 2016 Katie Price 24:42

Start – Map ref. 470369. On A465 Abergavenny Road, at painted yellow mark at north east end of Webtree lay-by. Proceed north east towards Hereford to Junction with B4349 turn left and proceed along B4349 to Clehonger. Turn left continuing along B4349 to Kingstone. Turn left on B4348 to Lock's Garage. Turn left on A465 to **Finish – Map ref. 462363** at yellow mark on kerb, 100 meters before Pateshall Hall, directly opposite field gate.

Burley Gate 10 mile C10/17

Course Record: 2014 Sam Harrison (NFTO) 21:16

Hereford Wheeler 2011 George Burgess 22:25

Female Course Record: 2012 Paula Moseley (Climb On Bikes) 24:01

Female Hereford Wheeler 2016 Katie Price 24:21

Start – Map ref. 536419. On A465 Bromyard Road in line with gates at Gas Sub-station approximately 150 meters beyond junction with A4103. Proceed north east on A465 to Burley Gate Roundabout
Encircle roundabout and retrace to **Finish – Map ref. 539423** opposite manhole cover adjacent to series of three manhole covers in verge on right hand side of road and approximately 625 meters before start.

Leominster 10 mile (Arrow)

Course Record: 2016 Liam Bromiley (University of Bath) 20:02

Hereford Wheeler 2008 Ian Rivers 22:12

Female Course Record: 2017 Christie Jones 24:00

Female Hereford Wheeler 2017 Christie Jones 24:00

Start – Map ref. 498568 on B4361 (Leominster – Marlbrook road)
600 yards south of cemetery at field entrance on left between the first and second river bridges (15 yards south of footpath and stile on right)
Grid ref. 498568 Ride south to island junction with A49 (Marlbrook island)
Take first exit along A49 to the Worcester road island Encircle Island, taking fourth exit to retrace along A49 to Marlbrook Island

Take third exit (B4361) to finish at field entrance on left 200 yards beyond Ford Bridge de-restriction sign Map ref. 506560

Yazor 10 mile R10/A480

Course Record: 2018 Joshua Sandman (Bachstedt Bike Performance) 21:01
Hereford Wheeler 2010 Alex Haines 22:51

Female Course Record: 2017 Christie Jones (Hereford Wheelers) 24:40
Female Hereford Wheeler 2017 Christie Jones 24:40

Start – Map Ref 406466. on A480 at south east corner of junction with lane to Yarsop; adjacent to Yazor Church Ride south-east along A480 through Credenhill pedestrian lights to roundabout with A4103 (Stretton Sugwas island) Encircle roundabout, taking fourth exit to retrace along A480 through Credenhill pedestrian lights to Yazor Continue past start for 350 meters to finish at 11th wooden fence post from the end of orchard on left; beyond entrance to Yazor Court Farm; 15 meters beyond metal field gate on right. **Map Ref 404467**

Weobley Sporting 19 mile

Course Record 2011 Jonathan Schubert 44:14
Hereford Wheeler 2010 Ian Rivers 46:20

Female Course Record: 2014 Paula Moseley (Climb On Bikes) 50:51
Female Hereford Wheeler 2016 Sarah Lloyd-Stephens 57:03

Start – Map Ref 466427 on A4103 200m east of roundabout junction with A480 at farm gate. Proceed east to turn left onto Burghill / Tillington road. Continue through Tillington and Wormsley to Weobley. In Weobley turn left at junction with minor road to Dilwyn. Continue through Weobley and turn left onto B4230. Continue south along B4230 to junction with A480 and turn left. Continue south east along A480 through Yazor and Credenhill to finish at farm gate 100m from roundabout junction with A4103 Map Ref 465427.

Leominster 25 mile K44/25

Course Record: 2016 Danny Axford (Arctic Tacx RT) 55.01
Hereford Wheelers 2011 George Burgess 56:22

Female Course Record: 2010 Paula Moseley (Climb On Bikes) 1:01:21
Female Hereford Wheeler 2017 Christie Jones 1:02:28

Start – Map Ref 509551 at southern end of lay-by on A49 Leominster by-pass opposite Stoke Prior road exit. Proceed north to A44 Island, circle and retrace to Marlbrook traffic island. Map ref. 509551 Circle and retrace back to A44 Island; circle and retrace again to the Marlbrook Island. Continue on A49 to fork left onto A417 to Burley Gate Island. **Turn** and retrace, to **Finish** at green road sign,

100 yards short of A49. Map ref. 513529

Stretton Sugwas 25 mile (Stretton)

Course Record: 2015 Edmund Bradbury (NFTO) 52:11

Hereford Wheeler 2011 George Burgess 58:29

Female Course Record: 2017 Christie Jones (Hereford Wheeler) 1:02:26

Female Hereford Wheeler 2017 Christie Jones 1:02:26

Start – Map Ref 473424 on Hereford to Stretton Sugwas road 215 yards east of island at junction with A480 opposite electricity pole on fence line 30 yards west of “junction 300 yards sign”. Ride westwards to island junction with A480. Take third exit along A480 through Credenhill Pedestrian lights to Sarnsfield crossroads junction with A4112. Turn left along A4112 to T junction with A4111 near Eardisley. Turn left along A4111/A438 to junction with A480 Kings Acre. Turn sharp left along A480 for 780 yards to finish at lamp standard 6633 approaching island at junction with A4103. Map ref 468423.

Club 30 Leominster

Course record 2016 Mark Corbett (Worcs St Johns) 1:02:28

Hereford Wheeler 2017 Paul Jones 1:06:58

Female Course Record: 2015 Katie Price 1:16:57

Female Hereford Wheeler 2015 Katie Price 1:16:57

Start – at beginning of first layby A49 North Leominster bypass. Follow A49 North towards Ludlow and turn at first island at Sheet to return South passing start to Cadbury roundabout. Take third exit back North onto A49 to finish at end of second layby.

Weobley 25 mile R25/8C

Course Record: 2017 Kieron Davies 51:48

Hereford Wheeler: 2017 Henry Lort 58:11

Female Course Record: 2017 Christie Jones 1:04:53

Female Hereford Wheeler 2017 Christie Jones 1:04:53

OS References: Sheet 149 Start – Map Ref 387520 Finish – 378497

Start at lay-by on A4112 west of junction with B4230 one mile west of Weobley. Proceed southwest through Sarnsfield, straight on at cross roads and through Kinnersley to junction with A438 (5.347 miles). Turn left with care and proceed straight on at next junction towards Hereford, through Letton, over Tin Hill, continue on A438, through Swainshill to Kings Acre Halt (16.495 miles). Turn left on A480, through Stretton Sugwas and Yazor. Remain on A480 at junction with B4230, through Eccles Green to Finish at Sun Valley Farm Entrance TB160 on left at approximately 1 mile beyond Eccles Green and ¾ mile short of

junction with A4112. (25.179 miles)

Golden Valley 35 Mile CS/11

Course Record: 2014 Luke Moseley (Climb on Bikes) 1:24:45

Club Course Record: 2018 Paul Jones 1:26:36

Female Course Record: 2018 Christie Jones (Hereford Wheelers) 1:34:49

Female Hereford Wheeler 2018 Christie Jones 1:34:49

3Up Mens:

Team Course Record: 2009 Luke Moseley/Ben Dale/Stu Griffiths 1:24:19

H.W. Record: 2009 Ian Rivers/Jon Tetley/Ian Peake 1:28:49

Start – Map Ref. 470369 on A465 Abergavenny road at painted yellow mark at north end of Webtree lay-by. Proceed north east towards Hereford to Junction with B4349 Map ref 480377 Turn left on B4349 to Clehonger, where continue forward on B4352 through Madley, Moccas and Bredwardine to junction with B4348. Turn left and proceed on B4348 through Dorstone, Peterchurch, Vowchurch and Thruxton to Lock's Garage, turn left on A465 to **Finish – Map Ref. 465364** at bus shelter by road junction at Goose Pool, near Pateshall Hall.

Stretton Club 50 course

Course Record 2013: Earl Smith 1:57:52

Hereford Wheelers 2017 Paul Jones 2:03:29

Female Course Record: 2013 Paula Moseley (Climb On Bikes) 2:02:14

Female Hereford Wheeler 2016 Katie Price 2:12:03

Start Map Ref 473424 on A41103 at Stretton Sugwas by entrance to Lower Veldifer Cottage ,east of island junction on A480. Ride west to island junction on A480. Take 3rd exit along A480 to junction with A4112 at Sarnsfield. Turn left along A4112 to junction with A4111 at Eardisley. Turn left onto A4111 and keep straight on along A438 to Kings Acre Garage. Turn sharp left onto A480 to island at Stretton Sugwas. Take 2nd exit along A480 and ride second circuit to Kings Acre Garage. Turn sharp left onto A480 to finish 100m after sign for cycle path by post 6638. **Map Ref 467419.**



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could take you**