

# WREXHAM ROADS CLUB

## MEMBERS HANDBOOK

Version: 17.2

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Doc Ref: FWRC Handbook v17.2

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# 1 Rules Wrexham Road Officers

## 1.1 List of Club Officers and Roles

For up to date details on club officials please check the following page:

<http://www.wrexhamcyclingclub.co.uk/whoswho.asp>

# 2 Rules of Wrexham Road Club

## 2.1 General Rules

- 2.1.1 The objective of the club shall be to promote all aspects of cycling.
- 2.1.2 The club colours shall be green, red and white.
- 2.1.3 Responsibility for all aspects of the management of the Club shall be vested in a committee elected by members.
- 2.1.4 The rules of the club can be amended by agreement of the Committee. In addition the Committee may settle any points not specifically provided for by the published rules.

## 2.2 Membership Rules

- 2.2.1 Membership shall be open to male and female cyclists and supporters and shall be available in a number of grades and classifications with different benefits and membership costs (see Members' Information).
- 2.2.2 The annual subscription shall become due on 1 January each year. Members whose renewal subscriptions are not paid by 31 January shall be deemed to have resigned their membership. From such time they shall not be eligible to represent the club in events or take part in official club events, functions or meetings.
- 2.2.3 Members joining the club after 30 September shall, upon payment of the subscription, be entitled to membership up to 31 December of the following year.
- 2.2.4 In the event of the conduct of any member being considered detrimental to the club's interests, the club's committee shall have the power to remove membership privileges.

## 2.3 Committee Rules

- 2.3.1 The committee shall consist of the officers and three other First-Claim members.
- 2.3.2 The committee shall meet each month.
- 2.3.3 Seven committee members shall be required to form a quorum for deciding committee business.
- 2.3.4 Where more than one officer role is held by the same committee member,

he shall be entitled to one vote only on committee business.

- 2.3.5 Any First Claim member not on the committee may attend committee meetings, but shall not be eligible to vote on committee business.
- 2.3.6 Any committee member absent from three consecutive meetings without satisfactory reason shall be deemed to have resigned his/her office and the committee shall have the power to fill the vacancy.

## **2.4 General Meetings Rules**

- 2.4.1 An Annual General Meeting (AGM) shall be held after the completion of each road racing season.
- 2.4.2 Any First Claim member can submit an item for the agenda of the AGM. Any such item must be received by the Club Secretary at least 14 days prior to the meeting date.
- 2.4.3 Confirmation of the AGM agenda and logistics shall be made available to all members at least 7 days before the meeting.
- 2.4.4 The Club officials and members of the committee shall be appointed at the AGM.
- 2.4.5 An Extraordinary General Meeting (EGM) may be called by a decision of the Committee in order to consult with the membership. EGM agenda and logistics shall be made available to all members at least 7 days before the meeting.
- 2.4.6 Any First Claim member may, if unable to attend a General Meeting, vote on an item on the agenda by written notification to the Club Secretary prior to the meeting. The Club Secretary shall disclose votes given in absentia to the general meeting attendees.

For an explanation of membership grades see 'Members' Information'.

## **2.5 Anti-Dopy Policy and Code of Conduct**

Wrexham Roads Club believes in clean cycling and will work fully with all relevant governing bodies, such as British Cycling, UK Anti-Doping (UKAD) and the UCI etc., if and as required to ensure that the integrity of our club and sport is safeguarded.

### **Club and Rider Integrity**

The use of any banned performance-enhancing drugs and or other doping behaviour severely damages the legitimacy of cycling and undermines the integrity of clean riders. This document explains;

- The meaning of strict liability and the responsibility of all individual members
- Wrexham Roads Club's Anti-Doping Policy and Code of Conduct
- External source sources of information on banned substances and therapeutic use exemptions (TUEs)
- Disciplinary action response

## **Individual Rider Responsibility**

The fundamental anti-doping principle of strict liability means that all individual club members are responsible for their own conduct, the decisions they make and the results of any test they undergo regardless of whether or not they intended to cheat.

The use of banned performance enhancing substances risks the future of our club and our sport. Any rider found to be in breach of anti-doping regulations risks alienating the club and its riders from other clubs, cycling events, affiliations to other cycling bodies and damage to our reputation that could risk loss of sponsorship and access to vital resources needed to help and support competitive cycling in our community. Therefore, Wrexham Roads Club operates a zero-tolerance doping policy and will cooperate fully with all the relevant authorities in respect of routine anti-doping control and testing. Specifically, any member of the club failing a test or found to have abused any anti-doping regulations (such as avoidance or refusing to undertake testing) face immediate and permanent expulsion from the club. Any rider found to have used any illegal performance enhancing substances, regardless of circumstances, which includes non-competitive riding, without a valid TUE, will be regarded as conduct that is detrimental to the club's interests and any such individuals face similar action and be asked to leave the club. The club reserves the right to make public statements, in the interests of the club, its membership base, its sponsors or other affiliates, to explain any action taken regarding a doping violation under rules of relevant anti-doping authorities and in doing so the identity of those facing any sanctions may become public.

It is therefore important that all members conduct themselves within the rules and make informed decisions to ensure they ride clean at all times. It is the responsibility of all individual members to be aware of the latest prohibited substances list and to ensure their full compliance at all times – this includes filing necessary applications for therapeutic use exemptions (TUE) for prescribed treatments for any allergy, illness or injury that contain substances on the prohibited list. TUEs can be applied for retrospectively, within a fixed time period set by the relevant authorities after an adverse analytical finding. Ignorance or a failure to obtain valid exemption(s) for any prohibited substances contained in medicine(s), knowingly or unknowingly taken by any member will not be acceptable as an excuse and face action and exclusion.

Members with any questions or concerns can contact a committee member or UKAD directly.

Read more about anti-doping policy on the British Cycling web site at;  
<https://www.britishcycling.org.uk/membership/article/bcst-Anti-Doping-Home#i5LFR0ZD1wFLRWDZ.99>

Read more about the therapeutic use exemptions (TUEs) on the UCI web site;  
<http://www.uci.ch/clean-sport/therapeutic-use-exemptions/>

All riders submitting claims for race event entry expenses from 2017 onwards or enrolling in the WRC Performance Development Academy will be required to sign the declaration.

## **3 Members' Information**

### **Benefits of Membership**

The club offers members a range of benefits depending on membership grade. All benefits described below apply to all classifications of first claim members. Other membership grades and membership benefits as they apply to other membership grades are explained in section Membership Grades Explained.

### **3.1 Affiliations**

Members benefit from the club's affiliation to a number of national and local bodies. The club shall affiliate annually to The Welsh Cycling Union (and hence British Cycling), Cycling Time Trials and the West Cheshire Time Trials Cycling Association. Other appropriate affiliations may be undertaken the discretion of the committee. Details of specific benefits associated with affiliation to these bodies may be found on their own websites.

### **3.2 Fibrax Discount**

Members may register for trade discount on Fibrax products via the Fibrax website ([www.fibrax.com](http://www.fibrax.com)). Full details of the registration process may be found on the club's website (<http://www.wrexhamcyclingclub.co.uk/>).

### **3.3 Clothing Discount**

A range of quality kit featuring the club's colours is available to members. First claim members benefit from a subsidy towards the expense of this kit. Details of items of clothing availability, how to order, subsidies and stock levels etc. may be accessed on the club's website or by contacting the Kit Rep.

### **3.4 Club Rides and Events**

Members have the opportunity to join fellow FWRC members on club runs, training rides and in races (including the club's own promotions) across the full range of competitive and non-competitive cycling disciplines.

### **3.5 Go Ride**

The club organises 'Go Ride' events to encourage children/youth participation in cycling. A specific membership grade is available at a nominal cost to allow individuals to participate in structured Go Ride education sessions.

### **3.6 Social Events / Networking**

The club organises a number of social events throughout the year for members to meet up when they are off the bike!

The club also maintains a presence on social networking and websites and can be found at the following locations:

Website – <http://www.wrexhamcyclingclub.co.uk>

Facebook – <https://www.facebook.com/groups/fwrc.members/>

Twitter – Follow @Fibraxwrexham

### **3.7 Club House**

The Club House Limited, Oak Road, Wrexham Industrial Estate, Wrexham, LL13 9RG, Tel 01978 662266. The club makes use of 'The Club House' sports and social club venue in Wrexham (formerly the Pirelli Club). The Club House is a

licensed premises and can provide hot and cold food as required as well as meeting rooms.

### **3.8 Awards & Prizes**

A number of awards and prizes for performance in various cycling disciplines over the cycling season are made to members. Specific details of these are included in the Awards section below. The club also holds an Annual Awards Ceremony event for the presentation of prizes.

### **3.9 Club Support – Members’ Participation**

The club encourages full participation in all aspects of club life and relies upon members volunteering in a variety of capacities in order to maintain all the club’s activities. A variety of opportunities are available to help support the club and maybe learn a new skill or two. These include:

- Leading a club run.
- Marshalling or assisting in the promotion of any race or time trial of the Club or of any association to which the Club is affiliated.
- Time-keeping (training can be given) of the club’s own time trial series.
- Helping out at Go-Ride sessions.
- Taking responsibility for a committee officer function.

To express an interest in helping the club in any capacity, please speak in the first instance to any committee member directly.

### **3.10 Sponsorship Obligations**

First Claim members entering competitive events must do so under the name Wrexham Road Club – Alf Jones Cycles, listing the sponsor as ‘Fibrax Limited / Alf Jones Cycles Limited/ DC Legal’.

## **4 Membership Grades Explained**

### **4.1 First Claim Membership**

First claim membership means that FWRC is your primary club and you are entitled to all benefits of membership of FWRC. You can only be a first claim member of one club and you can only enter open events in the name of that club.

### **4.2 Second Claim Membership**

It is possible to join one or more other clubs in addition to your first claim club in order to participate in their events or activities or benefit in some way from membership. Second claim members of FWRC are members of other clubs who can benefit from a subset of first claim member benefits, while agreeing to adhere to FWRC rules.

### **4.3 Go-Ride Membership**

Go-Ride membership is available fundamentally to allow individuals to participate in FWRC organised Go Ride sessions. Go Ride members may graduate to fuller grades of membership with associated benefits at the appropriate time.

### **4.4 Associate Membership**

Associate membership is available for non-riding supporters of the club to allow



individuals to demonstrate their affiliation to FWRC and to be allowed to participate in the ongoing operations of the club, but with limited membership benefits.

#### **4.5 Temporary Membership**

Temporary membership may be issued while 1st or 2nd claim membership is being processed for the sole purpose of allowing access to a specific club benefit (i.e. to participate in club events) for the period of the application process.

The membership fees associated with the different membership grades and classifications can be found on our website

<http://www.wrexhamcyclingclub.co.uk/membership.asp>

	First Claim	Second Claim	Temporary	Go-Ride	Associate
<b>Affiliations</b>			n/a	n/a	n/a
<b>Fibrax Discount</b>			n/a		n/a
<b>Clothing Discount</b>			n/a	n/a	n/a
<b>Club rides and events</b>				n/a	n/a
<b>Go Ride!</b>	n/a	n/a	n/a		n/a
<b>Social Events / Networking</b>			n/a		
<b>Club House</b>					
<b>Awards &amp; Prizes</b>			n/a		

Membership benefits listed above are available to the various membership grades as detailed below. Any queries relating to membership benefits and costs should be directed at the club’s membership secretary as listed in the Club Officers.

## **5 Program of Events**

The club promotes a number of competitive open and club events throughout the season which are listed below.

### **5.1 The Club Time Trial Series**

The time-trial series is made up of 19 Time Trials events, which count towards the series championships. Marshals and riders should assemble between 45 and 15 minutes before the start time at the Club House car park on Wrexham Industrial Estate.

Members must participate in at least TWO club duties (marshalling or timekeeping) in our Club Time Trials, to be eligible/qualify for prizes in our Club Time Trial Series.

Please check the events page on the club website for details and specific dates.

## **5.2 Club Championship Hill Climb**

Cefn-y-Bedd

Normally last Sunday September (11.00am)

Please check the events page on the club website for details and specific dates.

## **5.3 Club Open Promotions – Time Trials**

### **5.3.1 Mountain Time Trial**

Horseshoe Pass

Normally last Sunday April (9.00am)

Please check the events page on the club website for details and specific dates.

### **5.3.2 Hill Climb**

Horseshoe Pass

Normally first Sunday October (10.00am)

Please check the events page on the club website for details and specific dates.

## **5.4 Club Open Promotions – Circuit Races**

### **5.4.1 TLI Road Race**

Please check the events page on the club website for details and specific dates.

## **5.5 Notable Dates**

- ANNUAL GENERAL MEETING: The Club House, Normally first Monday in November (7.30pm)
- ANNUAL AWARDS PRESENTATION: The Ramada Hotel. Date tbc January / February (7pm).

Please check the events page on the club website for details and specific dates.

# **6 Awards**

The club makes a number of annual and permanent awards as follows for cycling performance and club contribution:

## **6.1 Annual Awards**

### **6.1.1 Road Race Championships**

- Border Trophy - For the rider gaining the most BC points in the current season (up to 31 Oct) in UK-based road races open to Elite Category riders; or if no such rider, then open to 1st Category riders; or if no such rider, then open to 2nd Category riders; or if no such rider, then open to 3rd Category riders; or if no such rider, then open to 4th Category riders.
- Junior Road Race Trophy - For the most BC points achieved as above by a Junior rider.

### **6.1.2 Time Trial Trophies and Championships**

Except where otherwise stated awards are for the lowest number of points gained, riders being awarded points equivalent to their finishing positions in any open individual time trials (up to 31 October) which do not have restrictions

intended to reduce the standard of performance of the leading competitors. Claimants must produce their results lists for verification.

If any claimants tie on points the winner will be the rider who has beaten more competitors, including DNFs.

Performances at non-standard distances will count for these awards as follows:

- "10" includes any event exceeding 5 miles but not exceeding 15 miles.
- "25" includes any event exceeding 15 miles but not exceeding 35 miles.
- "50" includes any event exceeding 35 miles but not exceeding 65 miles.
- "100" includes any event exceeding 65 miles but not exceeding 135 miles.

#### **Club Time Trial Series Shield - For the lowest points in EIGHT individual Wrexham Road Club TT counting events.**

- Bill Hughes Trophy - For the lowest points in FOUR "10s".
- Les Blake Trophy - For the lowest points in FOUR "25s".
- Club 50 Trophy - For the lowest points in TWO "50s".
- Club 100 Trophy - For the lowest points in ONE "100".
- Club 12 Hour Trophy - For the lowest points in ONE 12 hour.
- Club 24 Hour Trophy - For the lowest points on ONE 24 hour
- Schoolboy Shield - For the lowest points in TWO "10s" by a Juvenile.
- Peter O'Brien Trophy (Junior Best All Rounder) - For the lowest points in TWO "10s" and TWO "25s" by a Junior.
- Senior Best All Rounder Trophy - For the lowest points in FOUR "25s", TWO "50s" and ONE "100" by a Senior (including Veteran).
- Neville Spurdle Trophy - For the overall best on VETERANS STANDARD TIMES in any open, association or Wrexham Road Club for ONE "10", ONE "25" and ONE "50" by a Veteran. Any times at non-standard distances will be adjusted pro rata.
- Terry Smith Trophy - For the winner of the Championship Hill Climb.

#### **6.1.3 Other Annual Awards**

- Club Person of the Year - Awarded in recognition of overall contribution to the club (based on members' votes).
- Best Novice Racer - For the best performance by a member competing in their first year in open events (based on committee decision).
- Most Improved Rider - For the rider having shown the greatest improvement in performance in any cycling discipline over the calendar year (based on committee decision).

## **6.2 Permanent Awards**

### **6.2.1 Club Time Trial Series Medals**

For every member who competes in the Club Time Trial Series and finishes in a minimum of EIGHT counting events. The winners on points in each of the following classifications will receive an engraved medal: JUVENILE, JUNIOR, SENIOR, and VETERAN & LADY.

### **6.2.2 Championship Hill Climb**

The winners in the following classifications will each receive an engraved medal: JUVENILE, JUNIOR, SENIOR, VETERAN, LADY

**6.2.3 Club Standard Times**

Riders ACHIEVING FOR THE FIRST TIME whilst a member of the Club the STANDARD TIMES in any individual open, association, or Wrexham Roads Club time trial will be entitled to claim a medal in accordance with their performance against standard times which are shown in the tables below.

**CLUB STANDARD TIMES – MALE**

	<b>Senior</b>		
<b>EVENT</b>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>
8.6miles	19.21	20.38	22.22
10miles	22.3	24	26
25miles	59	1.03.00	1.08.30
30miles	1.12.00	1.17.00	1.23.30
50miles	1.59.30	2.07.30	2.18.00
100mile	4.13.30	4.30.30	4.53.00
12Hr	244m	229m	211m
24Hr	424m	397m	367m
	<b>Juvenile</b>		
	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>
8.6miles	21.2	22.5	24.45
10miles	24.45	26.3	28.45
	<b>Junior</b>		
	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>
8.6miles	20.15	21.4	23.3
10miles	23.3	25.1	27.2
25miles	1.02.30	1.06.50	1.12.40

**CLUB STANDARD TIMES - FEMALE**

	<b>Senior</b>		
<b>EVENT</b>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>
8.6miles	21.56	23.4	25.23
10miles	25.3	27.3	29.3
25miles	1.04.00	1.08.00	1.14.00
30miles	1.22.00	1.27.30	1.35.00
50miles	2.13.30	2.22.30	2.34.00
100mile	4.41.30	5.00.00	5.25.00
12Hr	232m	217m	200m
24Hr	366m	343m	317m
	<b>Juvenile</b>		
	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>
8.6miles	24.45	26.25	28.45
10miles	28.45	30.45	33.25
	<b>Junior</b>		
	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>
8.6miles	22.5	24.2	26.3
10miles	26.3	28.2	30.5
25miles	1.07.10	1.11.50	1.18.10