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1. FIBRAX WREXHAM ROAD CLUB OFFICERS

1.1. List Of Club Officers and Roles

Role	Holder
Chairman	Barry Williams
Club Secretary	Roger Squire
Racing Sec (TT)	Roger Squire
Racing Sec (Road)	Rob McDonald
Membership Sec	Sue Seller
Press Sec	Dave Williams
Treasurer (acting)	Dave Spencer
Go-Ride Coordinator	Sam Jones
Recorder (acting)	Ryan Morley
Sponsors' Rep	Rich Whitley
Webmaster	Rob McDonald
Social Sec	Dave Williams
Kit Rep	Dave Spencer
Committee member	Simon Waters
Committee member	Suzanne McDonald
Committee member	Ryan Morley

1.2. Useful Contact Details

R Squire, 21 Stansty Rd, Rhosddu, Wrexham. LL11 2HR
Tel: 01978 357944

S Seller, Pen y Bont, Lower Denbigh Road, St. Asaph, Denbs. LL17 0EP
sellersusan@yahoo.co.uk
Tel: 07880 703563

D Williams, 18 Lamberton Drive, Brymbo, Wrexham, LL11 5FN
Tel: 07834 288345
Boonenbeagle79@yahoo.co.uk

B Williams, 8 Min Y Ddol, Vounog Hill, Penyffordd, Chester, CH4 0EB
Tel: 07583 020517

D Spencer, The Brambles, Oak Alyn Court, Cefn-y-Bedd, LL12 9YT
Tel: 07971 252901

R Whitley, 50 Well House Drive, Penymynydd, Chester, CH4 0LB
Tel: 07968 743420

R & S McDonald, 1 Howard's Close, Penyffordd, Chester, CH4 0GG
Tel: 01244 545030

S. Jones
Tel: 07801 543305

2. RULES OF FIBRAX 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-Claim¹ 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

¹ For an explanation of membership grades see 'Members' Information'.

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.

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 at 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). Full details of the registration process may be found on the club's website (fwrc.org.uk).

3.3. Clothing Discount

A range of quality kit supplied by Giordana and featuring the club's colours is available to members. First claim members benefit from a subsidy towards the expense of this kit. This subsidy amounts to 40% for members in the Espoirs classification and 20% for all other members. Details of items of clothing availability 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 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 – www.fwrc.org.uk

Facebook – www.facebook.com/groups/fibrax

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 a subsidised 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

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

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 shall be as follows for 2012.

Grade	Classification	Fee (£)
First Claim	Espoir (U23)	10
First Claim	Senior	22
First Claim	Senior Citizen (60+)	10
Second Claim	As First Claim	50% of First Claim
Temporary	N/A	N/A
Go-Ride	N/A	2
Associate	N/A	FOC

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.

	First Claim	Second Claim	Temporary	Go-Ride	Associate
Affiliations	✓	✓	n/a	n/a	n/a
Fibrax Discount	✓	✓	n/a	✓	n/a
Clothing Discount	✓	✗	n/a	n/a	n/a
Club rides and events	✓	✓	✓	n/a	n/a
Go Ride!	n/a	n/a	n/a	✓	n/a
Social Events / Networking	✓	✓	n/a	✓	✓
Club House	✓	✓	✓	✓	✓
Awards & Prizes	✓	✗	n/a	✓	✓

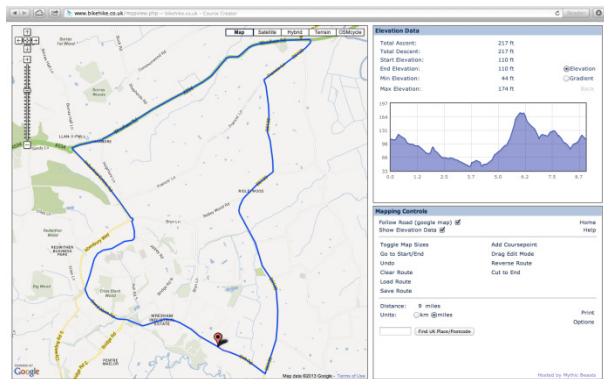
5. 2012 PROGRAM OF EVENTS

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 21 Time Trials events which count towards the series championships. Marshals and riders should assemble between 45 and 30 minutes before the start time at the Club House car park on the Wrexham Industrial Estate. Changing road configurations have forced a number of course modifications over the last couple of years, but the course is now confirmed as a 9 mile circuit starting and finishing at the Club House.

Details of the new 2013 circuit below.



Date	Venue	Distance (miles)	Time (pm)	Event Type
Apr 16	Club House	9.0	7.00	Counting
Apr 23	Club House	9.0	7.00	Counting
Apr 30	Club House	9.0	7.00	Counting
May 7	Club House	9.0	7.00	Counting
May 14	Club House	9.0	7.00	Counting
May 21	Club House	9.0	7.00	Counting
May 28	Club House	9.0	7.00	Counting
Jun 4	Club House	9.0	7.00	Counting
Jun 11	Club House	9.0	7.00	Counting
Jun 18	Club House	9.0	7.00	Counting
Jun 25	Club House	9.0	7.00	Counting
Jul 2	Club House	9.0	7.00	Counting
Jul 9	Club House	9.0	7.00	Counting
Jul 16	Club House	9.0	7.00	Counting
Jul 23	Club House	9.0	7.00	Counting
Jul 30	Club House	9.0	7.00	Counting
Aug 6	Club House	9.0	7.00	Counting
Aug 13	Club House	9.0	7.00	Counting
Aug 20	Club House	9.0	7.00	Counting
Aug 27	Club House	9.0	6.45	Counting
Sep 3	Club House	9.0	6.30	Counting

5.2. Club Championship Hill Climb

Cefn-y-Bedd

Sunday, September 29th 2013 (11.00am)

5.3. Club Open Promotions – Time Trials

MOUNTAIN TIME TRIAL

Horseshoe Pass

Sunday, April 14th 2013 (9.00am)

HILL CLIMB

Horseshoe Pass

Sunday, October 13th 2013 (10.00am)

5.4. Club Open Promotions – Circuit Races

K-Tape Cycles Series - Fibrax Wrexham RC Race Nights

Marsh Tracks Circuit, Rhyl

Race 3 – 17th April

Race 9 – 29th May

Race 15 – 10th July

Race 21 – 21st August

6. NOTABLE DATES

- ANNUAL GENERAL MEETING: The Club House, Monday November 4th 2013 (7.30pm)
- ANNUAL AWARDS PRESENTATION (2013 SEASON): The Ramada Hotel, Saturday January date tbc 2014 (7pm)

7. AWARDS

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

7.1. Annual Awards

7.1.1. 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 (aged 16-18 years) rider.

7.1.2. 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 SIX individual Fibrax 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.

7.1.3. 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).

7.2. Permanent Awards

7.2.1. Club Time Trial Series Medals

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

7.2.2. Championship Hill Climb

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

7.2.3. Club Standard Times

Riders ACHIEVING FOR THE FIRST TIME whilst a member of the Club the STANDARD TIMES in any individual open, association, or Fibrax Wrexham RC 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

	Senior		
EVENT	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>
9.8miles	22.05	23.30	25.30
10miles	22.30	24.00	26.00
25miles	59.00	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
	Juvenile		
	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>
9.8miles	24.15	26.00	28.10
10miles	24.45	26.30	28.45
	Junior		
	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>
9.8miles	23.00	24.40	26.50
10miles	23.30	25.10	27.20
25miles	1.02.30	1.06.50	1.12.40

CLUB STANDARD TIMES - FEMALE

	Senior		
EVENT	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>
9.8miles	25.00	27.00	28.55
10miles	25.30	27.30	29.30
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
	Juvenile		
	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>
9.8miles	28.10	30.10	32.45
10miles	28.45	30.45	33.25
	Junior		
	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>
9.8miles	26.00	27.45	30.15
10miles	26.30	28.20	30.50
25miles	1.07.10	1.11.50	1.18.10