

# Cycle Club Sudbury



## 2012 Handbook

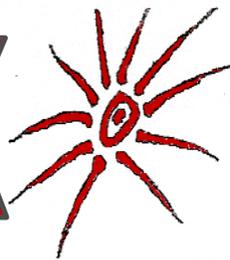
[www.cycleclubsudbury.com](http://www.cycleclubsudbury.com)

Affiliated to: British Cycling

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## ABOUT CYCLE CLUB SUDBURY

The Club holds a whole range of events to meet most cyclists' needs. For full details of all events, see the website at [www.cycleclubsudbury.com](http://www.cycleclubsudbury.com), or the Club's monthly magazine, Spindle, which is e-mailed to members and also available on the website.

### Reliability Ride

So you have had too much over Christmas and the bike has gathered dust. What better way to prove that you are fit and ready for the coming year; a Reliability Ride.

To be held on January 29th 2012, and taking place over two course lengths with two finish target times for each distance.

### Open Time Trial

The Club is running the 35k Mad March Hilly Open Time Trial on a course from Lavenham. This will be held on Sunday 4 March 2012, and is an event on a 'sporting' course. Closing date for entries is Saturday, 18 February. (cont)

## **Time Trials**

During the summer months the club holds a season of time trial events. These take place every Thursday evening (19 April until 30 August in 2012) from Lavenham, based at the public car park beside the Cock public house opposite the church. We have four courses varying in length from 8.3 to 13.1 miles. We welcome visiting and new riders to our time trials, but riders must be a member of Cycle Club Sudbury or another Club affiliated to Cycling Time Trials (CTT), for insurance purposes. All riders must use a rear light. Under 18's must wear an approved helmet.

## **Audax**

The club organises Audax rides during the year, open to riders of all abilities – you don't need to be an AudaxUK member to ride.

On Sunday 29 April 2012, from Woodham Mortimer (new for CCS this year); 100k Witham Wander, 150k Witham 150, 200k Witham Westerley.

On Saturday 26 May, 2012, from Long Melford; two new routes; 105k Edmund's Kingdom, 211k Edmund's Folk Go Paddling!

On Saturday 30 June 2012, from Bildeston; 104k Bildeston Lanes, 209k Suffolk Lanes Extravaganza..

Club riders also take part in other audax events, often riding as a group.

For full details of all audax events, see the website, or the AudaxUK website; <http://www.aukweb.net/index.htm>.

Other informal long distance rides are organised by Club members during the year.

## **Hill Climb**

An Open Hill Climb event is run by the Club each year, incorporating the East District Cycle Association Championship. This will be held on Sunday 4 November 2012, at Semer. The closing date for entries is Saturday 20 October.

## **Sunday Club Runs**

The Club has a club run of about 37-38 miles most Sunday mornings throughout the year, from Market Hill Sudbury at 9:00am. The pace is relaxed and the option of a bacon sandwich is almost certain! On the first Sunday of each month, the club run is shorter, at about 27-28 miles, for those who are thinking of joining the Club, or are happier with a shorter distance. For further information about club runs contact the club runs co-ordinator via the CCS website contacts page. There is also a Wednesday club run for 'retired' members.

## **Social events**

These run throughout the year, and include family days, social rides, a quiz night, club meetings with guest speakers, trips to velodromes, and an annual dinner and awards presentation evening.



## CLUB HISTORY

The Club was formed in 1979 by two of our Life members, Harold Raymond and Len Finch, by placing an advert in the Free Press inviting anyone interested to an inaugural meeting on 27 August. A previous Sudbury club had disbanded some years earlier. A number of people responded, and a committee was formed with Pat Raymond as Secretary, Len as Treasurer, and Gordon Richards, the first member, as Chairman. Other early members included the Webber family, Pete and Marlene Broomfield, Tony Hall, and second claim member Colin Dales.

Clubroom meetings were held at Great Cornard Upper School, and annual subscriptions were £4 for seniors, £6 for families, and £2 for juniors.

During the first year, Sunday club runs were established (up to 16 riders), Len started the Spindle newsletter, and a Boxing Day fancy dress time trial was held, with a reliability trial in January. By June 1980 there were 33 members.

Early time trials were held on two courses, with Harold timekeeping with a wristwatch with a sweep second hand. The first course ran from Great Cornard Sports Centre to Bures, across to Assington, and back to Cornard via the A134, Joes Road and Sheepshead Hill. A 10 mile course was then established from Cramphorns (Sudbury Garden Centre) along the A134 to Leavenheath and back, with a U-turn at Leavenheath!

The '80s saw a number of younger riders in the Club, including Harold's son Kevin, and current member Viv Marsh; there was frequent weekend racing for them at the Eastway circuit, now the Olympic Velodrome site.

In the early '90s, Scott Jones established a strong hold on the Club's time trial records – he held them all, from 10 miles to 100 miles, until the 2010 season, when his time over 25 miles was bettered by Rob Davies.

Stalwarts of the Club over the last two decades and longer have been Geoff Morse, now our president, who has served as chairman, secretary, treasurer and timekeeper, Alan Wiseman, Harold Raymond, Len Finch, and Brian Webber as time trial organiser and timekeeper.

The Club currently has a healthy 105 members. As well as our own Club and open time trials, a committed group of riders take part in open time trials in East Anglia and beyond, and over recent years others have taken to Audax long distance riding. Circuit racing is also growing in popularity, and grass track racing has one or two followers. The club kit of orange and black is therefore increasingly recognised on the roads of East Anglia.

## CCS 2012 EVENTS LIST

Date	Event
Sunday 29 January	Reliability Trial
Sunday 4 March	Mad March Hilly Open Time Trial
Sunday 29 April	Audaxes from Woodham Mortimer: 100, 200k
Saturday 26 May	Audaxes from Long Melford: 100k, 200k
Saturday 30 June	Audaxes from Bildeston: 100k, 206k
Sunday 4 November	Semer Open Hill Climb

### THURSDAY EVENING TIME TRIAL SERIES

Date	Course	Start Time
19 April	Lavenham 10	18:45
26 April	Brent Eleigh	18:45
3 May	Acton Circuit	18:45
10 May	Hitcham Hilly	19:00
17 May	Lavenham 10	19:00
24 May	Brent Eleigh	19:00
31 May	Lavenham 10 – Interclub with Colchester Rovers	19:00
7 June	Acton Circuit	19:30
14 June	Hitcham Hilly	19:30
21 June	Lavenham 10	19:30
28 June	Lavenham 10 – Interclub with West Suffolk Whlrs & Haverhill Whlrs	19:00
5 July	Brent Eleigh	19:30
12 July	Acton Circuit	19:30
19 July	Hitcham Hilly	19:30
26 July	Lavenham 10 – Club Championship	19:30
2 August	Brent Eleigh	19:30
9 August	Hitcham Hilly	19:00
16 August	Acton Circuit	19:00
23 August	Lavenham 10	18:45
30 August	Brent Eleigh	18:45



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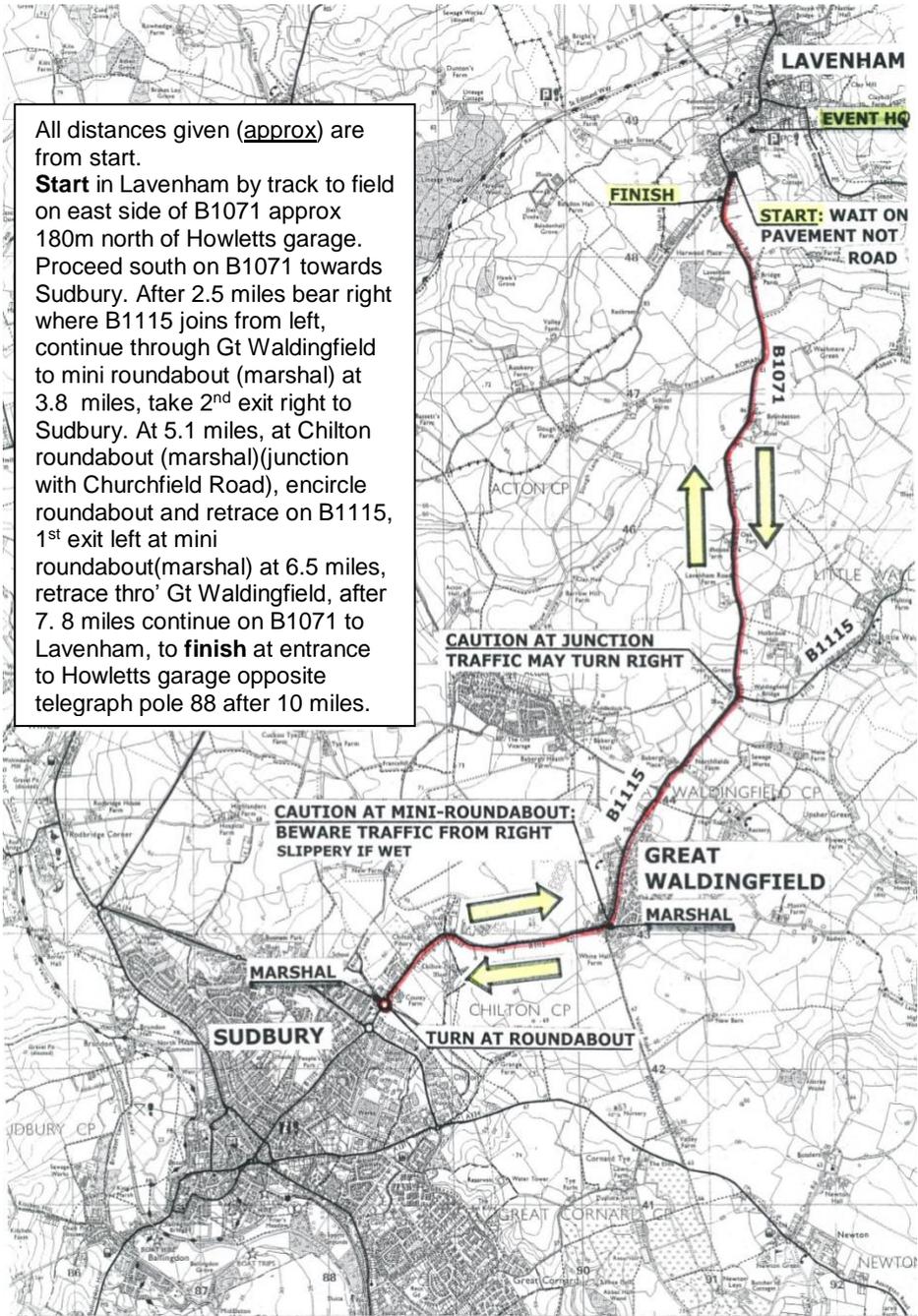


**admin@robinsrow.com**

**www.robinsrow.co.uk**

All distances given (approx) are from start.

**Start** in Lavenham by track to field on east side of B1071 approx 180m north of Howletts garage. Proceed south on B1071 towards Sudbury. After 2.5 miles bear right where B1115 joins from left, continue through Gt Waldingfield to mini roundabout (marshal) at 3.8 miles, take 2<sup>nd</sup> exit right to Sudbury. At 5.1 miles, at Chilton roundabout (marshal)(junction with Churchfield Road), encircle roundabout and retrace on B1115, 1<sup>st</sup> exit left at mini roundabout(marshal) at 6.5 miles, retrace thro' Gt Waldingfield, after 7.8 miles continue on B1071 to Lavenham, to **finish** at entrance to Howletts garage opposite telegraph pole 88 after 10 miles.

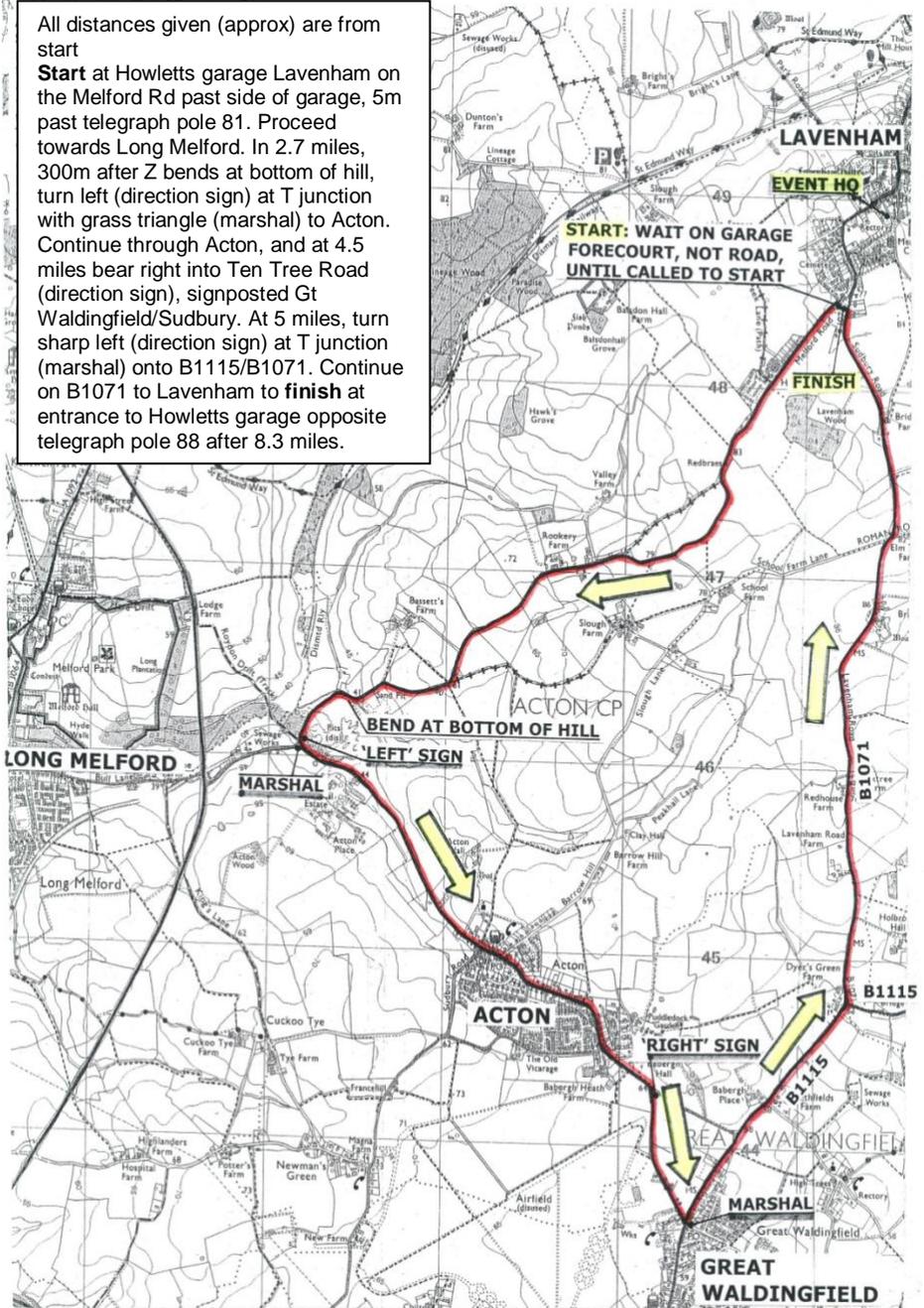


**'LAVENHAM 10' COURSE 'B' (B10/39): APPROX 10 MILES: ROUTE**

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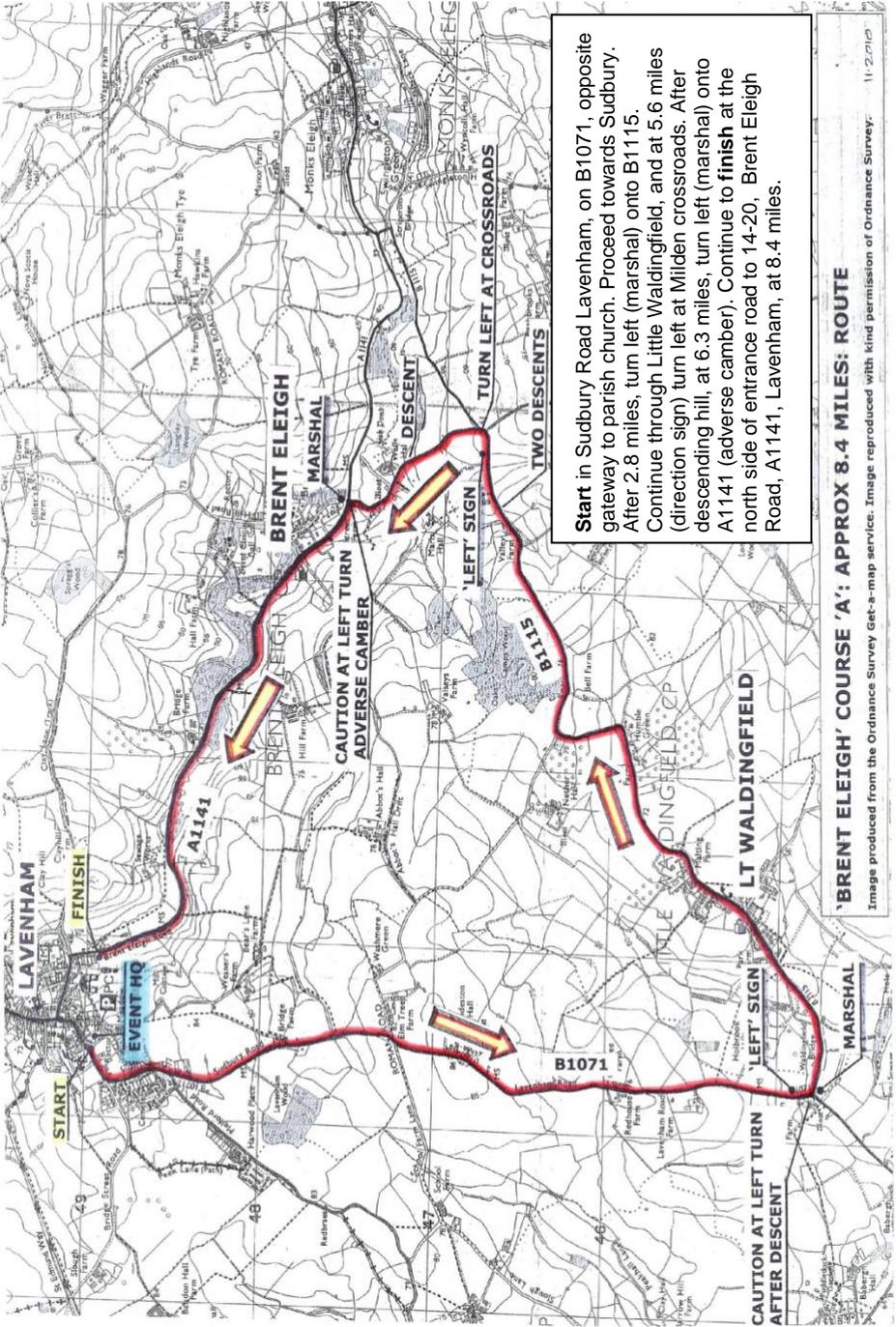
All distances given (approx) are from start

**Start** at Howletts garage Lavenham on the Melford Rd past side of garage, 5m past telegraph pole 81. Proceed towards Long Melford. In 2.7 miles, 300m after Z bends at bottom of hill, turn left (direction sign) at T junction with grass triangle (marshal) to Acton. Continue through Acton, and at 4.5 miles bear right into Ten Tree Road (direction sign), signposted Gt Woldingfield/Sudbury. At 5 miles, turn sharp left (direction sign) at T junction (marshal) onto B115/B1071. Continue on B1071 to Lavenham to **finish** at entrance to Howletts garage opposite telegraph pole 88 after 8.3 miles.



**'ACTON CIRCUIT' COURSE 'C': APPROX 8.3 MILES: ROUTE**

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**Start** in Sudbury Road Lavenham, on B1071, opposite gateway to parish church. Proceed towards Sudbury. After 2.8 miles, turn left (marsh) onto B1115. Continue through Little Waldingfield, and at 5.6 miles (direction sign) turn left at Milden crossroads. After descending hill, at 6.3 miles, turn left (marsh) onto A1141 (adverse camber). Continue to **finish** at the north side of entrance road to 14-20, Brent Eleigh Road, A1141, Lavenham, at 8.4 miles.

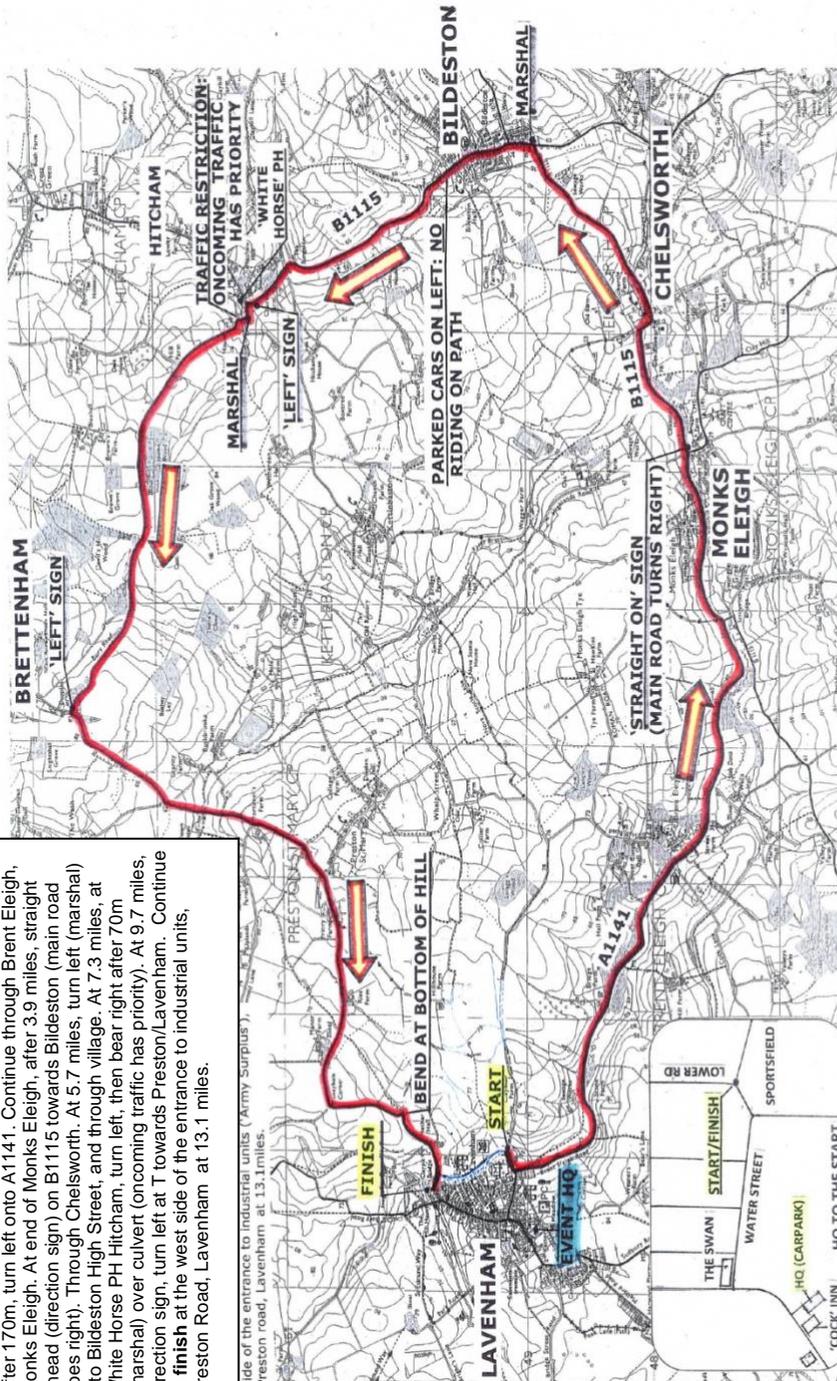
**'BRENT ELEGH' COURSE 'A': APPROX 8.4 MILES: ROUTE**

Image produced from the Ordnance Survey Get-a-map service. Image reproduced with kind permission of Ordnance Survey: 11/2/2018

All distances given (approx) are from start

**Start** in Lower Road Lavenham at entrance road to Clayhill Farm. After 170m, turn left onto A1141. Continue through Brent Eleigh, Monks Eleigh. At end of Monks Eleigh, after 3.9 miles, straight ahead (direction sign) on B1115 towards Bildeston (main road goes right). Through Chelsworth. At 5.7 miles, turn left (marshal) into Bildeston High Street, and through village. At 7.3 miles, at White Horse PH Hitcham, turn left, then bear right after 70m (marshal) over culvert (oncoming traffic has priority). At 9.7 miles, direction sign, turn left at T towards Preston/Lavenham. Continue to **finish** at the west side of the entrance to industrial units, Preston Road, Lavenham at 13.1 miles.

side of the entrance to industrial units ('Army Surplus'), Preston road, Lavenham at 13.1 miles.

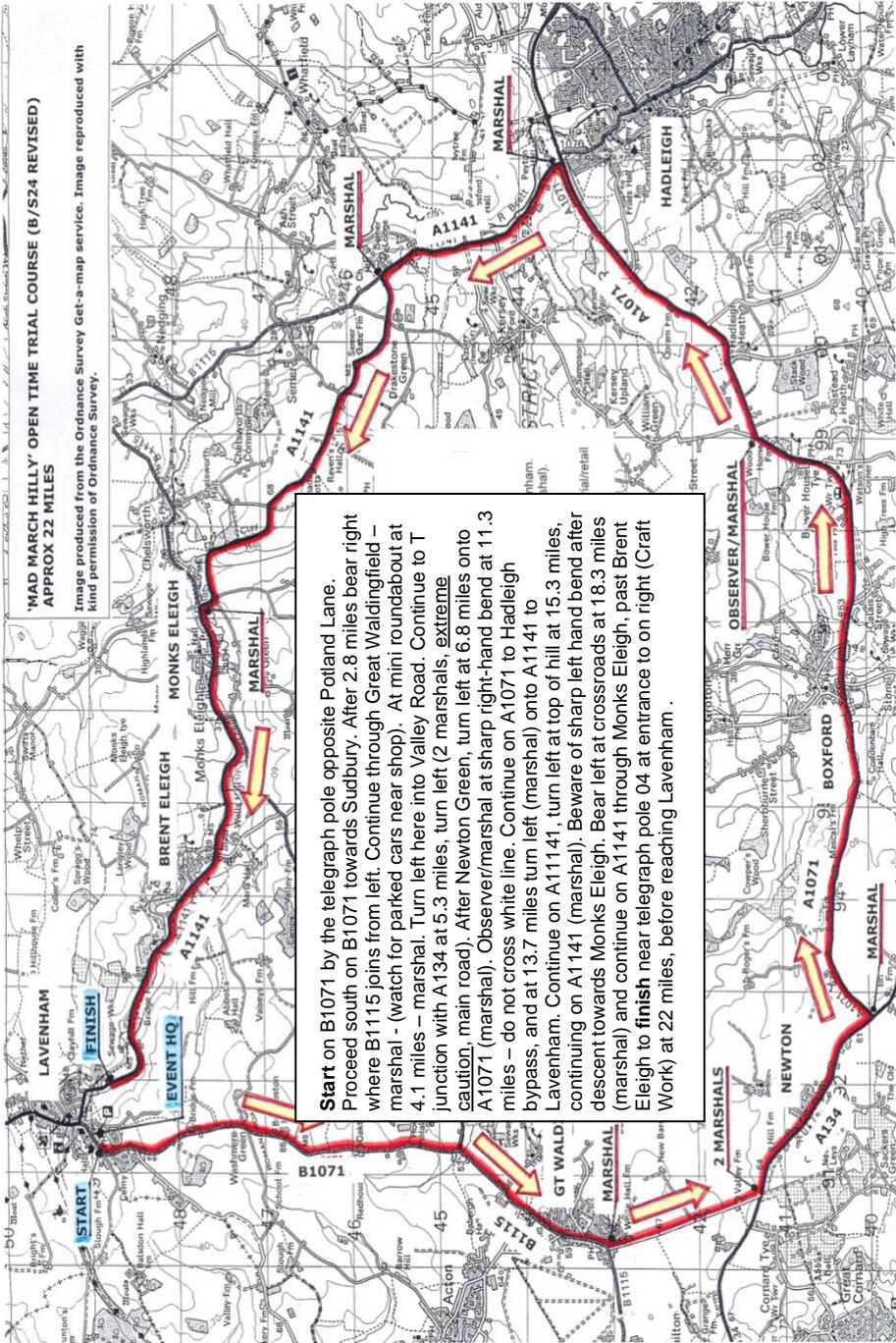


'HITCHAM HILLY' COURSE 'D': APPROX 13.1 MILES: ROUTE

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**'MAD MARCH HILLY' OPEN TIME TRIAL COURSE (B/S24 REVISED)  
APPROX 22 MILES**

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**Start** on B1071 by the telegraph pole opposite Poiland Lane. Proceed south on B1071 towards Sudbury. After 2.8 miles bear right where B1115 joins from left. Continue through Great Waldingfield – marshal - (watch for parked cars near shop). At mini roundabout at 4.1 miles – marshal. Turn left here into Valley Road. Continue to T junction with A134 at 5.3 miles, turn left (2 marshals, extreme caution, main road). After Newton Green, turn left at 6.8 miles onto A1071 (marshal). Observer/marshal at sharp right-hand bend at 11.3 miles – do not cross white line. Continue on A1071 to Hadleigh bypass, and at 13.7 miles turn left (marshal) onto A1141 to Lavenham. Continue on A11141, turn left at top of hill at 15.3 miles, continuing on A1141 (marshal). Beware of sharp left hand bend after descent towards Monks Eleigh. Bear left at crossroads at 18.3 miles (marshal) and continue on A1141 through Monks Eleigh, past Brent Eleigh to **finish** near telegraph pole 04 at entrance to on right (Craft Work) at 22 miles, before reaching Lavenham .

## **EVENING TT SERIES RULES**

- 1.** The competition will be known as 'The Cycle Club Sudbury Evening Points Series'.
- 2.** Qualifying events will be all the Thursday evening Time Trials organised by CCS in any one season, including Club Championships and Inter-Club competitions.
- 3.** Riders eligible to enter the competition will be all paid up first and second claim members.
- 4.** All classes (Vets, Seniors, Juniors, Juveniles and Ladies) will compete in the same single competition.
- 5.** The winner of the series will be rider with the higher number of points at the end of the season.
- 6.** Points will be awarded to individuals as follows:  
For each start = 5 points  
For each finish = 5 points  
For each one second improvement over his/her best time on each course = 1 point  
For turning up, then event is cancelled = 5 points
- 7.** A rider's base time for each year will be his/her fastest time on the course for the previous season increased by an allowance of 3.5%.
- 8.** Where a rider has no recorded time for a course from the previous season, his/her first ride on each course will become his/her best time.
- 9.** Where a rider joins the series after the start of the season and has no record time for a course from the previous or current season, his/her first ride will become his/her base time.
- 10.** When a rider joins the series after the start of the season but has a recorded time or times on a course for the previous or current season (riding for another club), his/her fastest time recorded in either year will become his/her base time for the current season. Improvement points will only be earned on rides on or after the date of joining the club.
- 11.** In the case of rules 8,9, and 10 the 3.5% allowance on base times will not apply.
- 12.** When a rider joins CCS in the closed season and joins the series at the beginning of a new competition with times recorded on a course for the previous year when riding for another club, rule 7 will apply.
- 13.** Base times must be set on reasonably competitive bikes. Base times established on non competitive bikes such as mountain bikes, touring bikes and bikes with mudguards, saddle bags, panniers etc. will be disallowed unless that bike is ridden all year without modification. Such disallowance will be confirmed by the committee. If a rider has completed a whole season on a non competitive bike but changes prior to the next season to a more orthodox machine, his/her base time for a new season will be the first ride on the new cycle.
- 14.** CCS riders are required to marshal during the series. It is a requirement that all CCS riders must marshal at least once minimum per season but twice may be necessary. CCS riders who marshal on their allocated date will receive 30 points towards their total for the first marshal duty, 40 points for the second marshal duty. CCS riders may marshal more than twice, if they wish to do so they may only be allocated 70 points for marshalling duties in any one season.
- 15.** When a rider cannot meet his/her allocated marshal date he/she may swap dates

with another member, any change must be advised to a member of the committee. If a change is not possible the Time Trial Secretary must be informed, or one of the time keepers must be advised, as soon as possible.

16. The Points Series Statistician will keep a running points total during the season and will calculate the provisional final result as soon as possible after the event.

17. The result shall not be considered final until ratified by the committee.

18. Qualifying courses for the series will be advised each season by the committee.

19. When a new course is approved by the committee and comes into use either at the beginning or during a season, for the first two events on this course only start, finish points will be awarded to both riders and marshals. A rider's base time will be his/her fastest time in the said two events. No 3.5 % allowance will be applied.

20. Changes to these rules may only be made by the committee.

21. Riders should note that CTT rules and regulations apply to the Evening Points Series. Additionally **please note that the start sheet (signing on sheet) will close 15 minutes prior to first riders start time.** Any rider arriving after the start sheet has been closed will not be allowed to ride.

22. The following entry fees for the Evening Time Trial Series will apply.

Per season: CCS 1 and 2 claim members; £25-00. Members of other clubs; £30-00

Per evening: CCS 1 and 2 claim members; £2-00. Members of other clubs; £3-00.

23. **At all CCS Evening TT's all competitors must have a working rear light**, either flashing or constant, to be fitted to the bike in a position visible to following road users, and that is active whilst riding. No light, no ride. This is for the riders safety.

**24. All competitors under the age of 18 years must wear a properly affixed helmet which must be of hard/soft shell construction.** Helmets should conform to a recognised standard such as a SNELL B95, ANSI Z90.4, AUS/NZ2063:96, DIN33-954, CPSC or EN1078, it is the responsibility of the rider (or parent or guardian if the rider is under 18 years of age) to select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.

#### CYCLING NATIONAL TIME TRIAL REGULATION 15

Note the current British Standard BS 6863 is primarily for use by young riders and is not intended to provide a complete specification for helmets for high speed or long distance riding.



## CLUB TROPHIES

### **Veterans Best All-Rounder Shield**

Awarded on the fastest average speed over 10, 25 and 50 miles on Standard. Open events and club events qualify.

### **Best All-Rounder**

Awarded on the fastest average speed over 25, 50 and 100 miles. Open events and club events qualify.

### **100 mile Open TT Cup, 50 mile Open TT Cup, 25 mile Open TT Cup, Ladies 25 mile Open TT Bowl**

Awarded to the fastest rider in each category.

### **Clubman of the Year Shield**

Awarded to the person who in the opinion of the Committee has made an outstanding contribution to the Club.

### **Rider of the Year Cup**

Awarded to the person who in the opinion of the Committee has had outstanding rides during the year.

### **Ladies Trophy**

Awarded to the lady who in the opinion of the Committee has been outstanding during the year.

### **Audax Trophy**

Awarded to the person or team who covers the highest aggregate distance in AudaxUK events during the AudaxUK year (November 1<sup>st</sup> to October 31<sup>st</sup>).

### **Boxing Day Trophy**

Awarded to the person or team that wins the annual Boxing Day (or shortly after) event.

### **Hill Climb Champion Shield**

Awarded to the fastest Club rider in the annual CCS Open Hill Climb.

### **Schoolboy Hill Climb Champion Shield**

Awarded to the fastest Juvenile or Junior Club rider, boy or girl, in the annual CCS Open Hill Climb.

### **Club 10 mile TT Champion Shield, Club 10 mile TT Ladies Champion, Club 10 mile TT Junior Champion, Club 10 mile TT Juvenile Champion**

Awarded to the fastest rider in each category riding in the annual Club Championship.

### **Club 10 mile TT Champion Veteran on Standard**

Awarded to the fastest rider on Standard (age related) in the annual CCS Club Championship.

### **Club 10 mile TT Champion on Handicap**

Riders will be handicapped on their fastest time on the Lavenham 10 course over the last 2 seasons; handicap based on a scratch time of 17 mins (CTT recommendation).

### **Club Evening Points TT Series Champion**

Awarded to the winner of the Thursday Evening TT Series Points competition.

### **Club Evening TT Series Overall Champion**

Awarded to the rider with the fastest aggregate time on the four courses used for the Evening TT Series.

## 2012 CLUB TROPHY WINNERS

Veterans B.A.R.	Gold	Rob Davies	5.39
	Silver	Stewart Kirk	4.83
	Bronze	Barbara Law	2.11
B.A.R. (25, 50, 100 miles)		Stewart Kirk	22.996mph
100 mile Open T.T. Shield		Stewart Kirk	4h 28m 55s
50 mile Open T.T. Cup		Rob Davies	1h 56m 17s
25 mile Open T.T. Cup		Rob Davies	54m 09s
Ladies 25 mile Open T.T. Bowl		Barbara Law	1h 16m 15s
Audax Trophy	Gold	Peter Faulks	8066km
	Silver	David Fenn	6899km
	Bronze	Deneice Davidson	4558km
Hillclimb Champion - Senior	Gold	James Rush	52.0s
	Silver	Rob Harman	55.0s
	Bronze	Jon'th'n Weatherley	55.7s
Hillclimb Champion - School age	Gold	George Hoppit	1m 2.5s
	Gold	Simon Wright	22m 39s
Club 10 mile T.T. Champion	Silver	Matt Shotbolt	22m 56s
	Bronze	James Rush	23m 16s
		Tom Littlewood	29m 56s
Club 10 mile T.T. Juv. Champion		Barbara Law	31m 13s
Club 10 mile T.T. Ladies Champ. (on Standard)	Gold	Simon Wright	+4.03
	Silver	Simon Daw	+3.05
	Bronze	Nick Baker	+2.42
Club 10 mile T.T. Champion (on Handicap)	Gold	Darren Rule	16.26
	Silver	Jon'th'n Weatherley	16.30
	Bronze	{ John Shotbolt { Nick Baker	16.31
Club Evening Points Series	Gold	Nick Baker	822 points
	Silver	Tom Moore	816 points
	Bronze	Jon'th'n Weatherley	781 points
Club Evening Points Series BAR (All 4 courses)	Gold	Mat Shotbolt	92.13
	Silver	Simon Daw	93.32
	Bronze	Rob Davies	94.30
Boxing Day Trophy	TBA	2010 - Maurice (Mac) McDermott	
Clubman of the Year	TBA	2010 - Robin Weaver	
Rider of the Year	TBA	2010 - Viv Marsh	
Ladies Trophy	TBA	2010 - Linda Pillet	
Road Race Trophy, ATB Shield, Club 10 mile T.T. Junior Champ.– no contenders			

## CLUB RECORDS AS AT OCTOBER 2011

### Senior Mens Individual Time Trial Records

Dist.	Name	Time	Course	Date
10 Miles	Scott Jones	20.52	Essex & Suffolk Border Comb	12/7/94
25 Miles	Rob Davies	53.11	VTTA	E2/25 12/6/10
30 Miles	Scott Jones	1.06.59	Herts Wheelers	14/6/92
50 Miles	Scott Jones	1.53.44	ECCA	26/6/94
100Miles	Scott Jones	4.02.25	Goodmayes Wheelers	18/7/93

### Senior Men Time Trial Team Records

10 Miles	Scott Jones	21.07	Essex & Suffolk Border Comb	10/7/93
	Mark Jay	21.36		
	Graham White	22.27	Accumulative Time = 1.05.10	
25 Miles	Scott Jones	53.38	CC Sudbury	5/6/93
	Mark Jay	55.03		
	Graham White	57.31	Accumulative Time = 2.46.12	
30 Miles	Mark Jay	1.10.44	Leo Road Club	30/7/00
	Alan Wiseman	1.12.52		
	Barry Lee	1.15.56	Accumulative Time = 3.39.32	
50 Miles	Rob Davies	1.58.53	CC Breckland	B50/18 20/9/09
	Simon Daw	2.00.27		
	Stewart Kirk	2.06.15	Accumulative Time = 6.05.35	

### Junior Male Individual Time Trial Records (16 - 18 years old)

10 Miles	Hugo Gladstone	23.45	CC Sudbury	26/6/93
25 Miles	Hugo Gladstone	1.01.43	West Suffolk Wheelers	17/4/94

### Juvenile Male Individual Time Trial Records ( 14 - 16 years old)

10 Miles	Matt'w Andrews	24.04	CCS Club Event	Lavnhm	7/8/93
25 Miles	Ben Rudd	1.15.27	West Suffolk Wheelers		17/4/94

### Schoolboys Individual Time trial Records (Under 14 years old)

10 Miles	Ben Rudd	29.19	CCS Club Event	Lavnhm	7/8/93
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### Ladies Individual Time Trial Records

10 Miles	Barbara Law	28.15	ECCA	E2/10	8/8/09
25 Miles	Barbara Law	1.14.58	Shaftesbury CC	E2/25	16/8/08
50 miles	Barbara Law	2.34.21	ECCA Shaftesbury CC	E2/50	20/6/11

### Club Course Records

10 Miles	Simon Wright	CCS	Lavenham	22.04	24/6/10
8.4 Miles	Dean Fuller	Team Swift	Brent Eleigh	18.39	19/5/11
8.3 Miles	Simon Wright	CCS	Acton	18.43	7/7/11
13.1 Mile	Simon Wright	CCS	Hitcham Hilly	30.57	6/5/10
22 miles	Peter Balls	WSW	Mad March Hilly	51.07	6/3/11
500 yds	Tom Stephenson	Col Rov.	Semer Hill Climb	43.4s	6/11/11



The following is an extract from the **CLUB RULES**; the full version is on the website.

### 1) The Club

The club will be known as CYCLE CLUB SUDBURY, its objective shall be the encouragement of cycling for all.

### 2) Affiliation

The club shall affiliate annually to the following cycling bodies, British Cycling and Cycling Time Trials. The club shall also affiliate to any other cycling or sporting body that the committee feels appropriate. The club is a member of The Eastern Counties Cycling Association.

### 3) Membership

**A)** Is open to all persons subject to the approval of the Management Committee.

**B)** First and Second Claim Members, it is recommended belong to either BC or CTC for insurance purposes. (Note, members requiring the additional services offered by the British Cycling and the Cyclists Touring Club such as legal aid, are encouraged to join one of these bodies).

**C)** A member who completes a full racing season (31st Oct) may be presented with medals won by themselves whilst a member of the club, but if he/she resigns prior to the annual prize presentation no other trophies will be awarded.

### 4) Juvenile Membership

**A)** Is open to those persons up to and not attaining the age of 16. Application for this class of membership must be made by a parent or guardian and countersigned by two senior members of the club.

**B)** Juvenile members are to enjoy full privileges of membership except that they shall be debarred from voting at General Meetings.

### 5) Junior Membership

Is open to all juniors as defined in the CTT/BC Rules, ie from 16th birthday until end of the year in which 18th birthday occurs.

### 6) Second Claim Membership

**A)** Is accepted by the club. Those Second Claim Members wishing to ride in Cycle Club Sudbury evening Time Trials must be members of a club affiliated to Cycling Time Trials.

**B)** These members can enjoy full privileges except that they shall be debarred from voting at General Meetings, taking club records, trophies, shield championship awards, scratch and handicap medals in club events with the exception of the Evening Points Series where they may compete for awards.

**C)** Associate Members are accepted. Associate Members are non riding members.

### 7) Family Membership

Family membership is open to parents and children up to and not attaining the age of 16 resident at the same address.

### 8) Subscriptions

**A)** Subscriptions shall be due on 1st January of each year.

**B)** Members not paying their subscriptions by March 31st will be deemed to have resigned

**C)** Subscriptions from new members shall be due from the time of membership being approved by the committee.

**D)** New member's subscriptions due and paid after 30th September are to carry forward until the end of the following year.

Subscription Rates:	£		£
Life members	0	2nd claim	10
Family	18	Junior	8
Senior over 65	10	Juvenile	5
Senior	15	Associate	4

Life members of the club will be proposed by the Management Committee and their election shall be approved at the Annual General Meeting of the club. Life members are not required to pay subscriptions unless they elect to do so.

### 9) Committee

**A)** The clubs affairs are to be run by a committee, which shall be known as the Management Committee. The Management Committee shall consist of Chairman, Vice Chairman, General

Secretary, Treasurer, Membership Secretary, Audax Co-ordinator, Clothing Secretary, Time Trial Secretary, Road Race Secretary, Magazine Editor, Press Secretary, and up to seven other members appointed at the Annual General Meeting. Any other persons whom the Management Committee feel appropriate for the transaction of business may be invited to attend.

**B)** The Management Committee will meet at least 5 times per year on a previously decided date. The Management Committee will meet only if a "Quorum" of 5 members including the Chairman is present. If a "Quorum" is not present, the meeting shall be postponed. A further meeting will be called and members will be given 14 days notice of the new date. At this second meeting a quorum will be those members who attend even if less than 5. In the absence of the Chairman than the Vice Chairman will conduct the meeting. The Management Committee may elect a Chairman for the meeting among its members if the Chairman and the Vice Chairman are absent.

**C)** Any committee member missing three consecutive meetings and not able to give a satisfactory explanation may be required to resign from the Management Committee and that members place will be taken by another club member invited by the Management Committee.

**D)** The Management Committee shall have the power to expel or suspend any member who, in their opinion, behaves in a manner likely to be detrimental to the club or any member who constantly infringes Club Rules.

**E)** The financial year to close on 31st August.

### **10) Rules Governing General Meetings**

**A)** The Annual General Meeting of the club will be held on the last Thursday in November.

**B)** A date fixing meeting of the Management Committee shall be held prior to the AGM to decide the events, organisers, courses and dates of the open events the club is promoting the following year. The promotion of any events not placed before the date fixing meeting must be ratified by the following AGM.

**C)** The first business of the AGM will be to elect a Chairman who will preside over the meeting and all Management Committee meetings thereafter until the day of the next AGM.

**D)** An Extraordinary General Meeting may be called upon supplication of not less than 25% of the first claim membership. A quorum of an EGM will be 5 members or 25% of first claim members whichever is the smaller number.

**E)** Members entitled to to vote at all General Meetings will be all paid up First Claim members and Life Members attending the AGM with the exception of juvenile members.

**F)** The rules of debate shall apply for the purpose of the conduct of all General Meetings, that each member shall be entitled to speak, either for or against the motion being debated; the exception being the mover, who will be allowed to reply at the end of the debate and answer questions. The Chairman shall have discretionary powers to allow the motion to be "discussed" if he thinks that it will be better resolved that way. This would apply only if the motion was not one that would radically affect the club policy.

**G)** Voting at all General Meetings will be by show of hands unless a proposal for a ballot is mooted. A motion will be carried by a simple majority.

**H)** The Management Committee shall neither repeal nor amend any of the standing orders of the club, neither shall it repeal nor amend any decision of majority policy made by the Annual General Meeting.

**I)** Agendas for all General Meetings shall be circulated at least 7 days prior to the day of the meeting. Items for inclusion on the agenda must be submitted to the Secretary at least 7 days prior to the date of the meeting.

### **11) Marshalling**

The club hopes that members will assist at Open and Association events (more details are stated in Appendix A).

### **12) Expenses**

The club may assist first claim members only with a contribution towards the costs of travel to events or training courses. The amount of financial assistance will be decided by the Management Committee. The club will also consider financial assistance towards the cost of clothing and equipment for junior, juvenile and young members.

## 2012 EAST ANGLIAN AUDAXES

This is a provisional list; additional events will be added to the AudaxUK on-line Calendar as more rides are organised.

You can check details of the rides listed below, and any additional rides, at the AudaxUK website:

[www.aukweb.net/cal/index.htm](http://www.aukweb.net/cal/index.htm).

21 January	Sat	Hellesdon, nr Norwich	100k
12 February	Sun	Bedford	200k
25 February	Sat	Henham, nr Stansted	50, 100k
3 March	Sat	Henham, nr Stansted	50, 100, 150, 200k
10 March	Sat	Ugley, Nr Stansted	100, 200k
17 March	Sat	Hellesdon, nr Norwich	100, 200k
25 March	Sun	Stevenage	60, 110, 200k
7 April	Sat	Huntingdon	200k
<b>29 April</b>	<b>Sun</b>	<b>CCS, Woodham Mortimer</b>	<b>100, 150, 200k</b>
<b>26 May</b>	<b>Sat</b>	<b>CCS, Long Melford</b>	<b>100, 200k</b>
16/17 June	Sat	Hempnall, Norfolk	National 400k
24 June	Sun	Chelmsford	110, 200k
<b>30 June</b>	<b>Sat</b>	<b>CCS, Bildeston</b>	<b>104, 209k</b>
8 July	Sun	Garboldisham	50, 100, 200k
11 August	Sat	Bedford	200k
25 August	Sat	Mildenhall	110, 200, 300k

CCS audax, 2011



## CLUB CLOTHING

Clothing is available from the Clothing Secretary; contact details on back cover. There is a £10 discount for members on their first purchase of clothing in each subscription period – makes that sub a real bargain!

Sizes available if in stock: S, M, L, XL, XXL

Short sleeve road jersey	£40
Long sleeve road jersey	£43
Sleeveless road jersey	£38
Lightweight Windtex training top	£52
Gilet	£34
Ultra-packable windproof top	£44
Bib shorts	£45
¾ Lycra bib knickers	£44
¾ thermal bib knickers	£44
Bib longs	£44
Lycra arm warmers	£17
Thermal arm warmers	£20
Premium skinsuits (to order only)	£68



## MEMBER BENEFITS

Apart from the obvious (riding with a great bunch of fellow club members on very well organised events), Club membership also brings the benefit of a 10% discount on most items (not including bikes/frames) at LifecycleUK in Bildeston – see their advert inside the front cover.

## CYCLE CLUB SUDBURY OFFICERS

### President

Geoff Morse

### Chairman

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### Vice Chairman

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Geoff Morse    Brian Webber

Assistant Timekeepers:

Alison Steed    Linda Pillet