

Pembrokeshire Velo Cycling Club

Club membership rules and Constitution

In this Constitution, unless otherwise stated, 'The Club' member shall mean Pembrokeshire Velo, 'Member' shall mean an Elected Member of the Club and 'The Committee' shall mean The Elected Committee

1. **Name of the club.** The club shall be named 'The Pembrokeshire Velo'
2. **Object of the club.** The object of the club shall be to provide Members with facilities for all forms of cycling. Membership shall be open to both sexes and unlimited age. Membership is available via the Club's portal in the British Cycling website (<https://www.britishcycling.org.uk/club/profile/642/pembrokeshire-velo>).
3. **Insurance.** All active 'cycling' members of the club are required to have active third party liability insurance to take part in any club activities. You have several options to choose from, **join British Cycling** as a Commute, Ride or Race member, join CyclingUK (formerly the CTC) or speak to an insurance broker for a quote (e.g. Pedalcover). Occasionally we might ask for proof of cover - this is to protect you, other roads users and fellow members during club activities.
4. **Subscriptions.** The annual subscription rates shall be decided upon at the annual general meeting shall be due on January 1 of each year. New members joining after September 30 in any year shall be entitled to all privileges of membership up to December 31 of the following year. Any Member failing to renew their subscription before March 1 of any year shall be deemed to have resigned and will be removed from the club's closed members Facebook page.
5. **Affiliations.** The affiliations of the club shall be decided upon at the annual general meeting, or as and when necessary.
6. **Financial year.** The financial year of the club shall be from October 1st to September 30th.
7. **Management of the club.** The management of the club shall be by the Chairman, Honorary Secretary and Treasurer, +2 ordinary Members should the Membership be less than 20. If more than 20 Members the club shall have a Committee elected.
8. **Officials of the club.** The officials of the club shall be Chairman (Richard Coomer), Honorary General Secretary (Jill Colman), Honorary Treasurer (Robert Dyde), Boutique Manager (Tom Clode), and 3 committee members (Gethin Young, Michael George, Grant Arnold).
9. **Dissolution.** Dissolution shall only be passed by a two thirds majority of the Club's total Membership; the Chairman having a vote as an ordinary Member. If, after dissolution, the Club is insolvent, each Member shall pay an equal share of the liabilities. The Members shall decide upon the disposal of any balance. In the event

of dissolution, any cups, shields, trophies or suchlike, which may have been voluntarily donated to the Club, shall be returned to their donors.

10. **Annual general meeting.** The AGM of the club shall be held in the month of October.

The Agenda will include:

- a. A report from the committee
- b. Treasurer's report and the year's accounts
- c. Resignation of the current committee
- d. Election of the committee for the coming year
- e. Election of other relevant positions to the role and purpose of the Club
- f. All members have the right to vote at the AGM.

11. Members have the right to call for an **Extraordinary General Meeting (EGM)**. It shall be held at the request of at least 25% of members. Notice for an EGM will be the same as for an AGM.

Regulations for Club Time Trial Events

1. Entry Fees – £4 per ride
 2. No private trials will be allowed to persons who are not members of an affiliated CTT club. You can ride 1 club event on a “come and try” basis, but you must be a member of Pembrokeshire Velo, or an other CTT-registered club, to ride more than 1 club event per season. Priority will be given to 1st claim Pembrokeshire Velo members in the case of overflow.
 3. Any times and points generated by visiting and “come and try” riders will not count in the Club Championships.
 4. Riders under 18 years of age will be required to show a fully signed parental approval form before they compete in any club race. These forms are available from the general secretary, in advance, or from the timekeeper at any club event.
 5. The British standards approved helmet must be worn by all competitors that club events
 6. Please do not bother the timekeeper until all riders finished racing.
 7. Volunteers are always needed for timing, marshalling, pushing off etc. So if you are not racing, please feel free to offer your services.
 8. All competitors who intend riding club events must be signed in no later than 15 minutes before the official events that time.
 9. You must ride entirely alone and unassisted and not take shelter from another rider or vehicle. If one competitor overtakes another, they must pass as widely as is safe. The onus is on the overtaken rider to drop back slightly to avoid drafting.
 10. You may not be preceded, accompanied or followed in anyway see the assistance from a motorised vehicle except in events of over 100 miles, where a vehicle is allowed for feeding and backup.
 11. The highway code must be observed at all times. Racing a time trial does not give you precedence over other road users. **Riders breaking the law, riding in such a way to bring disrepute to the club, or in any way antagonising other road users in the judgement of any club official present will, following fair review, be disqualified and barred from taking part in any future club events.**
 12. To enter the road bike category in any of the club events from 2019 onwards, competitors must follow these additional rules:
 - a) No aerobars, clip-on aerobars or aero extensions can be used
 - b) Hands must be holding the handlebars or brake levers at all times while racing (i.e. not with forearms resting on the handlebar).
 - c) Legs must only be covered to mid calf.
 - d) Wheels may have no more than 90mm depth (total tyre plus rim) and must have at least 12 spokes
 - e) Helmets must have no visor. Ears must not be covered by the helmet. In addition, the use of a Giro Aerohead helmet will not be permitted.
- There will be spotters out on course to enforce rule ‘b’. Please note that the time for any rider in breach of these rules may still count in the standard (non-road bike) category for the evening. The decision of any or all committee members present at the event is final, though the standard club appeals process (listed elsewhere) remains available.
13. **Once the time trial has started, there is to be no warming up on the course. And you must not pass the timekeeper.**

Pembrokeshire Velo Club Championship Awards 2019

OPEN TO ALL CURRENT 1ST CLAIM MEMBERS ONLY

Men's and women's short distance best all-rounder This goes to the fastest rider in open time trials on Welsh courses over 10 miles 25 miles and 50 miles.

Men's and women's road race champion. This goes to the club rider with the highest number of points at the end of the season (October 31st) and is obtained in open road races through the year.

Men's and women's club course championship. Fastest time set on the club's Redberth 10 mile time trial course in any of the 5 monthly events.

Men's and women's club course championship road bike category. Fastest time set on the club's Redberth 10 mile time trial course, set during any of the 5 monthly events, on a road bike. 'Aerocoach rules' are strictly enforced for this category – see Regulations for Time Trials.

Men's and women's club time trial points competition. 10 points awarded for 1st Club member, reducing stepwise down to 1 point for 10th position. Visiting CTT riders, "come and try" and second claim members do not count positions for points. Highest points gained from a maximum of 4 club events ridden in the season to count to a total.

Hill climb trophy. This is awarded to the fastest club member 'up the hill' in a club hill climb event at the end of the season. In the event of no club hill climb running, the highest finishing position in an open hill climb held under CTT rules the same season will count in lieu.

Terry Francis achievement award. Awarded to the member whose average mph has improved greatest since previous year (over qualifying rides).

CTT club awards. Certificates are awarded to junior and juvenile riders would be to standards set by the CTT for the first time. Both open the club events of 10 and 25 miles count.

Blog of the year award. Awarded to the member who wrote the most popular blog. A shortlist will be generated by number of clicks on the club's website and members will have a chance to vote at the AGM.