
RULES OF CONSTITUTION

1 Constitution

The Club shall be called the **Medway Velo Club**. It is affiliated to the British Cycling Federation, Road Time Trials Council, Cyclists Touring Club, Kent Cycling Association, Southern Road Records Association and any other associate organisations recommended by the Committee and approved by members at the Annual General Meeting.

The words "**the Club**" where used hereinafter shall mean the "**Medway Velo Club**".

2. Membership

A person desiring to join must be proposed and seconded in writing by two members and the nomination submitted to and approved by the Committee, or a sub-committee called by that purpose only. No member may take part in any Club activity or represent the Club in any sphere unless fully paid up on the Club books. Active members must take out insurance through the British Cycling Federation or The Cyclists Touring Club.

Full Membership

Subscription payable upon election (Senior, Junior, and Juvenile) shall be the amount confirmed at the previous Annual General Meeting. Members shall be liable for Senior subscriptions in the year subsequent to their 18th birthday. A Juvenile is one who has not reached their 16th birthday on the day of election.

Grand Veteran (age 65 or over)

Subscription to be 2/3rds of Senior rate.

Associate Membership

Second claim, Associate and Social Membership does not entitle the individual to vote at Club meetings, hold any position on the Executive Committee or be eligible for any Club racing award or trophy.

Associate Member – May only participate in Club time trial events (not open or Association events), but will be awarded standard certificates.

Social Members – May only participate in a supporting role and the social activities of the Club.

Second Claim – Members may only represent the Club in Association events, provided the individuals' first claim club is not affiliated to that Association.

3. Subscriptions

The annual subscription shall be the amount confirmed at the previous AGM. Subscriptions are due on 1st January of each year and members shall, when three months in arrears, be excluded

from the Club. Subscriptions paid by members joining the Club on or after the 1st October of any year shall be valid also for the following year.

4. Meetings

The Annual General Meeting shall be held in December, and audited statement of accounts shall be presented at this meeting, the financial year to be from 1st November to 31st October the following year. Notice of meeting shall be given to all members at least 42 days prior to meeting. All motions for the meeting must be in the hands of the Secretary not less than 28 days prior to the meeting. All members shall receive a copy of the agenda and balance sheet at least 4 days prior to the meeting. Only items on the agenda may be voted upon.

A Special General Meeting may be called by the Committee or by no less than six full members of the Club. Not less than ten days' notice of the meeting must be given to members. Members wishing to call such a meeting must give written notice to the Secretary not less than 21 days prior to the meeting. All members shall receive a copy of the agenda and where applicable the balance sheet at least 4 days prior to the meeting. Only items on the agenda may be voted upon.

5. Club Officials

The Committee shall be composed of the following Officials:

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| Chairman | Dave Wright |
| General Secretary | Charlie Bruce |
| Treasurer | Charlie Bruce |
| Social Secretary | Dave Wright |
| Time Trial Secretary | Andy Iggulden |
| Track and Road Race Secretary | Charlie Bruce |
| Magazine Editor | John Clegg |
| Junior Representative | Not appointed |
| Coach | Not appointed |
| Acting Committee | Vic Williams |
| | Andrew Brown |
| | Andy Elvin |
| | Brian Fuller |

The Committee can co-opt other positions on to the Committee as and when required.

The Annual General Meeting shall elect Timekeepers and two auditors.

Club Officials and acting Committee shall be elected annually at the Annual General Meeting

6. President and Vice Presidents

(a) The President and Vice Presidents shall be elected annually at the Annual General Meeting.

(b) The honour of President or Vice President may be conferred upon a person other than a Club member.

- (c) The President and Vice Presidents are ex-officio members of the Committee, but eligible (Rule 5), can be elected to the Committee.
- (d) Living ex-Presidents shall automatically become Vice Presidents.

7. Duties of Committee

- (a) The Committee shall manage the affairs of the Club.
- (b) Meetings shall be held as required but at least quarterly.
- (c) No meeting shall be valid unless a quorum of five members are present
- (d) Any Committee members, being absent from two or more Committee meetings without tendering an apology for absence shall be deemed to have forfeited his seat, unless a satisfactory explanation is forthcoming. Any empowered to fill.
- (e) The Committee at their first meeting after the AGM shall appoint a Club handicapper or handicappers
- (f) The Committee are empowered from Club funds to allow assisted travelling expenses to Club nominated representatives in national championships.

8. Disciplinary Measures

Suspension – The Committee are empowered to suspend any member acting in a manner prejudicial to the good name, prestige and best interest of the Club. Such suspension shall not exceed a period of three months.

Expulsion – The Committee may recommend the expulsion of any member acting in a manner liable to bring the Club into disrepute. A Special General Meeting called for that purpose only, may enforce such expulsion.

Appeals – Any appeals against action taken under the rules of discipline must be made to the Committee in writing within seven days of the disciplinary action being enforced.

9. Change of Rules or Regulations

No alteration, amendment, deletion or addition to Rules and Regulations of the Club shall be allowed unless passed at a General meeting of the Club. The vote to be decided by a 2/3rds majority of those voting.

10. Chairman

The Chairman will preside over all meetings. Should the elected Chairman be a full member, he shall be entitled to two votes, the second being his casting vote on any issue requiring such action. In the event of the Chairman being absent, a Committee member will be elected to the Chair for that meeting. In the event of a member or non-member without voting rights occupying the chair, he shall have only the right of a casting vote.

11. Matters not otherwise provided for

The Committee is empowered to deal with any matters not covered by the Club constitution, Rules and Regulations.

COMPETITION

TIME TRIAL REGULATIONS

1. Conduct of Events

All events shall be carried out in accordance with these regulations and those of the RTTC. Only amateur first claim members shall be eligible for championships, B.A.R., Club records, time trial and handicap awards. A first claim member being one who, on joining the Club was a member of no other cycling club or who has, since the date of his election, resigned membership of such club.

2. Club Time Trial Best All Rounder Competitions

The Club shall promote annually:

- (a) A Time Trial Championship for men over distances of 10, 25 and 50 miles on any RTTC approved course throughout the country.
- (b) A Time Trial championship for men over distances of 50 miles, 100 miles and 12 hours on any RTTC approved course in the country.
- (c) A Time Trial Championship for ladies over distances of 10 and 25 miles on any RTTC approved course throughout the country.
- (d) A Time Trial Championship for Juniors (as per RTTC regulations) over distances of 10 and 25 miles on any RTTC approved course in the South East District.
- (e) A Time Trial Championship for Juveniles who are less than 16 years of age on the date of the event to be calculated on the three best 10 mile times recorded on any RTTC approved course in the South East District.
- (f) A Time Trial Championship for Veterans who are 40 years of age or over on the date of the event over distances of 50, 100 miles and 12 hours on any RTTC approved course in the country.
- (g) A Time Trial Championship for Veterans who are 40 years of age or over on the date of the event over distances of 10, 25 and 50 miles on any RTTC approved course in the country.

(a), (c), (d) and (e) above to be awarded on the average speed (i.e. total time divided by total distance), (b) to be awarded on "average of averages" (as per national BBAR). (f) and (g) to be awarded as per the rules of the VTTA. All Championships must have at least three finishers or "no contest" will be declared. If a "no contest" is declared and there are remissible circumstances the Committee are empowered to declare the contest valid.

- Official result sheets must be submitted when claiming a performance.
- Performances recorded in a private time trial are not eligible in any championship.
- All claims must be submitted on the appropriate forms, which are available from the Time Trial Secretary.
- All claims must be submitted by 31st October.

Individual Time Trial Championships

The Club shall decide annually individual championships at the following:

- (a) 10, 25, 30, 50, 100 miles, 12 hours, 24 hours and Hill Climb for Seniors;
- (b) 10, 25, 30, 50, 100 miles, 12 hours, 24 hours and Hill Climb for Ladies;
- (c) 10 and 25 miles for Juniors;
- (d) 10 miles for Juveniles;
- (e) 10 miles tandem (open to all combinations).

These Championships to be awarded for the best performances in nominated events on any RTTC approved course in Kent. In the event of promotion failure in Kent of any of the listed distances, the championship to be decided by the best performances in any event on any RTTC approved course in the country. There shall be no additional entry fee.

- (f) Evening ten competition for Seniors and Veterans. The competition for Seniors shall be based on the average time of their best 6 events. The competition for Veterans who are 40 years of age or over on the date of the event shall be based on the average of their best 6 times on age standard.

4. Entrance Fees

Entrance fees for Club time trial events and hill climbs shall be the amount fixed at the AGM for the following year. First claim members desiring private time trials in a Club event shall pay the full entrance fee. Entries, accompanied by the fee for Club events, must be in the hands of the time trial secretary prior to the event.

5. Conditions for Records (Place to Place)

A member attacking a record shall give seven days' notice to the Time Trial Secretary, from whom he shall obtain checking sheets, the onus of proving the ride shall rest with the member. Record attempts may be made at any time at the discretion of the Committee; an approved timekeeper using a certified watch must time such attempts. If successful, rider shall receive a gilt medal suitable inscribed.

6. Time Trial Records

- (a) A member breaking a Club individual time trial record shall receive a gilt medal suitably inscribed.
- (b) Members breaking a Club team record (3 riders), shall each receive a bronze medal suitably inscribed.
- (c) There shall be Club Time Trial Records for Veterans at 10, 25, 30, 50 and 100 miles and 12 and 24 hours and shall be based on age standard. The record shall be the highest plus recorded. There shall be only one record for each of the aforementioned distances/times.

The age standard shall be as per the V.T.T.A. current table.

The benchmark for each record shall be the highest plus recorded at the end of the 2000 season.

7. Certificates of Merit

Suitably inscribed good quality certificates shall be awarded to members breaking place to place records, time trial records, Club standards and reliability trial finishers.

8. Scale of Awards

Awards will be made for all championship events as applicable.

9. Medals, Plaques and Medallions

All medals shall be of Club design. If a member has a minimum of three medals due in any one season, the member shall have the option of receiving a plaque or mounted medallion of Club design upon which details of the member's prize-winning performances in such season will be engraved. Club trophies shall be perpetual, held for one year only and surrendered when requested.

10. Standard Certificates

At the completion of every season, members will receive certificates recording their highest standard achieved based on the standards as laid down in this Handbook in each of the tabled distances. Official result sheets must be submitted when claiming a performance.

ROAD RACE REGULATIONS

Conduct of Events

All Club events shall be carried out in accordance with these regulations and those of the BCF. Only first claim members as defined in time trial Club regulation 1 shall be eligible for Club events and championships.

ROAD RACE CHAMPIONSHIP

Qualifying Events – All BCF and LVRC sanctioned road races.

Earning Championship Points – Points will be awarded as follows:

2 points for *starting* a race

5 points for *completing* a race

10 points for a win, 9 for a second, 8 for a third etc. down to 10th individual place.

The championship is decided on each competitor's best 10 results through the season (February to October). In the event of a tie, the winner is the competitor with the highest number of second places etc.

The Road Race Secretary will monitor the championship. It is the responsibility of each competitor to notify the Secretary of race placings.

CYCLO-CROSS REGULATIONS

Conduct of Events

All Club events shall be carried out in accordance with these regulations and those of the BCCA. Only first claim members as defined in time trial Club regulation 1 shall be eligible for Club events and championships.

Championships

(a) Combined Senior / Junior

(b) Juvenile under 16 (not segregated events).

These to be decided on the members' two best placings in open and association events that the Club is affiliated.

Awards

1st, 2nd and 3rd place medals to be awarded.

TRACK REGULATIONS

Conduct of Events

All Club events shall be carried out in accordance with these regulations and those of the BCF. Only first claim members as defined in time trial Club regulation 1 shall be eligible for championships and Club records.

Track Championship

A track championship will be held at the discretion of the Committee.

IMPORTANT

Members' attention is invited to the rules of racing issued by the governing bodies of the various facets of the sport, i.e. The British Cycling Federation, The Road Time Trials Council, The British Cyclo-Cross Association and the League of Veteran Racing Cyclists.

CLUB PLACE TO PLACE RECORDS

Rainham Otterham Quay Lane to Dover and back (approximately 76 miles)

Rainham Crown Quay to Canterbury and back (approximately 46 miles)

Strood to Tonbridge and back (approximately 35 miles)

Additional place to place routes under consideration.