

Handbook 2020



Maldon at the Velodrome



Steve Bass—Holder of multiple TT records



Matthew Dodsworth— Club Juvenile and U14 Chhampion



David Dodsworth—100 mile Shield / 12 hour Cup winner, and Club Track Champion



Tim Chilvers—Club Time Trial Champion

maldon
and district cycling club

Founded in 1953 as Crouch CC

PRESIDENT: John Philpott (Life Member)

Vice Presidents

Brenda Hall (Life Member) - Steve Cruse (Life Member) - David Dodsworth - Laurie Smith

2019/2020 Committee

Chairperson	Darren Steward	65, Southgate Crescent, Tiptree, CO5 0QZ darrensteward1961@gmail.com	01621 810189 07812 570767
Treasurer	Chris Ridley	8 Upper Chappel Street, Halstead, Essex CO9 2BZ writeoffrids@aol.com	01787 472484 07910 535938
General Secretary	Sarah Steward	65, Southgate Crescent, Tiptree, CO5 0QZ Sasteward94@gmail.com	01621 810189 07989 785231
Membership & BC Secretary & Club Coach	Mark McGee	2 Maple Villas, The Chase, Burnham Road, Southminster, Essex CMO 7EZ membership@madcc.org.uk	01245 400578
CTT Secretary	Graham Roper	105 Elderberry Gardens, Witham, Essex. CM8 2PY Grahamroper7@btinternet.com	01376-503856
Club Time Trials Marshalling Coordinator	Colin Edmond	clubtts@madcc.org.uk	01621 853526 07742 453515
Competitions Secretary	David Dodsworth	120 Beehive Lane, Chelmsford, Essex CM2 9SH competitions@madcc.org.uk	01245 353593 07793 425218
Club Runs Secretary	Hamish Hore	27 Medway Avenue, Witham, Essex CM8 1TF Clubruns@madcc.org.uk	07713 278255
Media Secretary	Gary Sanders	20 Lavender Drive, Southminster, Essex, CMO 7RX newsletter@madcc.org.uk	01621 773440 07771 357158
Marshalling Secretary	Brian Dixon	Wayside, Tolleshunt D'Arcy Rd, Tolleshunt Major CM9 8LN bdixon27@btinternet.com	01621 860286
Merchandising Secretary	Gary Sanders	20 Lavender Drive, Southminster, Essex, CMO 7RX merchandising@madcc.org.uk	01621 773440 07771 357158
Welfare Officer	Rebecca Hammond	Pilgrims, Chapel Lane, Purleigh, Essex, CM3 6PY HammondRebecca1@aol.com	01621 828787
Ex-Officio	Neil Chapman		07753 806488

Committee meetings are held on the second Wednesday of every even month (see calendar)

2019/2020 Non-Committee

Independent Examiner	Mike Gibson	5 The Cobbins, Burnham-on-Crouch, Essex, CMO 8QL mikeagibson@hotmail.co.uk	01621 784354
Annual Dinner	David Dodsworth	120 Beehive Lane, Chelmsford, Essex CM2 9SH	01245 353593 07793 425218

Roll of Honour

Pam Harding	1944 - 2016	Time Trial Timekeeper for many years
John Wilson	1940 - 2016	Former long-standing Committee Member
Bill Norris	1928 - 2015	Founder of SPOCO (Sporting Courses Competition)
Doris Philpott	1932 – 2019	Long standing club member and member of original Crouch C.C., responsible for catering at Club Nights and Open events for many years.
Tracy Low	1971 - 2019	Ladies Junior 100 miles TT Record Holder
Bill Hipsey	1929 - 2019	Long standing club member as well as member of the original Crouch C.C.

General Notices

Club Evenings

Held at Maldon Saints Football Club Hut, Promenade Park, Maldon, CM9 5JG from 8:00pm to 10:00pm on Monday evenings during the Lead Ride Programme in the Summer. Dates will be published on the Club's Website and on the Maldon and District Cycling Club Facebook page.

Club Runs

Club rides normally meet at 9am or 9.30am on Sundays at Maldon Police Station. Ride details are normally available a few days before hand on the club web site and Maldon and District Cycling Club Facebook page. Multiple rides of varying ability may be advertised.

In addition to club rides on Sundays, other rides are available, with details on the club website and Facebook page. These include; chaingang, off road chain gang email: Clubruns@madcc.org.uk Some special runs may leave earlier and will be published on the Club's Website.

Club Merchandise

For Club clothing including touring tops, racing jerseys, shorts and bib shorts contact our Club's Merchandising Secretary, email: merchandising@madcc.org.uk

Website

The Club's website www.madcc.org.uk is updated regularly with information, stories and pictures by the Media Secretary. email: webmaster@madcc.org.uk

Newsletter

The Club newsletter is published monthly on the Club's website and is distributed free to members who do not have internet access. It provides more information of forthcoming events, both racing and social, together with reports of recent events and activities. Please contact the Media Secretary with any interesting stories and important information for inclusion in the Newsletter. email: newsletter@madcc.org.uk

Social Media

The Club have a number of social media outlets including Facebook page/group, Twitter and Instagram. Club members are welcome to join/follow any of these social media outlets to be kept informed of club events, for sale items, information,

local/club events. We can be found on any of these by searching for Maldon Cycling Club.

email: newsletter@madcc.org.uk

Tours and Social Events

The Club promotes a selection of cycle tours and social events throughout the year. See the events schedule on the Club's website for details or contact the Club Runs Secretary.

email: clubruns@madcc.org.uk

Cycling UK and BC Affiliated Membership

The Club is affiliated to the Cycling UK (CUK, formerly CTC) and British Cycling (BC). As part of these, the Club can offer discount on first time CUK & BC memberships and affiliated membership of the CUK which includes third party insurance. For further details, contact the Membership Secretary, email: membership@madcc.org.uk

Competitions

It is important that we have a record of members' race times for the various competition calculations throughout the year. Members are asked to give the Competitions Secretary, copies of the result sheets for any events they enter outside of those organised by the Club.

Club Time Trials

The Club runs Tuesday evening 10 and 25 mile time trials from the second week of April to the end of August, followed by Saturday morning 10 mile time trials from the second week of September to the second week of October. For further details, contact the Club Time Trials Marshalling Coordinator, email: clubtts@madcc.org.uk

Annual Awards Dinner

Saturday 1 February 2020

Three Rivers Golf and Country Club, Stow Road, Cold Norton, Essex CM3 6RR

Club Coaches & Coaching

As part of the Club's active development, we have a newly trained 'Club Coach'. Please see contact details on page 1.

Club Member's Welfare

The Club has a Welfare Officer (CWO), whose contact details can be found on page 1. The CWO is available to offer support to all age groups within the club, and in respect of members under 18 years of age, the CWO works in conjunction with British Cycling's National Child Protection Officer (NCPO), which promotes and supports the implementation the British Cycling's policy on good practice and child protection.

Responsibilities

- To liaise with British Cycling's NCPO on matters of Child Protection
- To promote British Cycling's Child Protection and Good Practice Policy and Procedures in the Club, including the distribution and display of leaflets and codes of conduct to members, parents and young cyclists
- To advise the development of junior and youth activity within the Club
- To support the registration of all personnel involved with junior cycling
- To receive, record and pass on to the NCPO any concerns about the behaviour of members to other members and particularly those relating to the welfare of young cyclists.

Data Protection Act

Maldon and District Cycling Club is required by law to comply with the EU regulation “General Data Protection Regulation” (GDPR) (Regulation EU 2016/679). Membership information is collected and stored in accordance with the Act, and no personal information will be disclosed to a third party. A copy of the club’s GDPR policy can be viewed by visiting; madcc.org.uk and then selecting ‘Membership & Subscriptions’ from the ‘CLUB MEMBER’S AREA’ menu.

Financial Assistance for Club Members

The Committee will consider financial support to a member representing the Club in activities corresponding to the following guidelines:

1. National Championships of the major cycling bodies.
2. National League Series events (e.g. Premier Calendar Road Races).
3. Designated international events or events ridden overseas in the name of the Club.
4. Development courses e.g. coaching and commissaries courses, leading to the development of expertise of value to the Club in general, or leading to the enhancement of the Club’s reputation.
5. Other circumstances at the discretion of the Committee.
6. Competitive and non-competitive activities will receive equal consideration.

Applications for financial support should be made in writing to the General Secretary before the activity takes place. Retrospective applications will only be considered in exceptional circumstances. Any award made to a member will not be considered as a precedent for future awards.

Club Time Trial Notices

- Events open to paid up members only.
- Race Numbers: CTT regulations require all riders in any Time Trial to wear a fluorescent number on their backs. **Update: From 2020 onwards, competitors in all CTT events will not be allowed to start an event unless they have a working rear light (Flashing or Constant) affixed to the rear of their machine in apposition that is clearly visible to other road users.**
- Entry fees for all time trials: common rate of £4.50 for over 18s and £3.50 for under 18s to be paid on receipt of numbers. (Note this includes a £3.00 levy imposed by the CTT). **Note: Cyclo Cross entry fees are £5.00 and £3.00 (12-18 years), and £1.00 (under 12 years).**
- All riders taking part in Club events must sign on before every event.
- Riders under 18 years old must have a parental consent form signed by one of their parents or guardian. This can be done once for the year. Contact the CTT/BC Secretary for details. A copy of this form can be found at the end of this handbook.
- **NO 'U' turns** in the vicinity of the start or finish.
- Riders must not distract the timekeepers. Results are available after the event.
- Late starts will be penalised.
- **Evening events: no warming up is allowed on the course once the event has started.**
- Prior to any Evening series Time Trial being allowed to commence, the course to be used will need to have been Risk Assessed by the designated Chief Marshal, the appropriate signage will need to be deployed and marshals posted in the required positions. Failure to comply with these requirements, laid down by the CTT, will result in the event being cancelled. **It is therefore in the interests of those that race to ensure they volunteer to undertake marshalling duties throughout the series.**

Membership Benefits for Younger Members

Individual membership for Youth and Junior riders (all those up to and including the year of their 18th birthday) incorporates British Cycling silver membership. Benefits of this include:

- Third party public liability insurance
- Free legal aid
- Free racing licence for youths (up to 16)
- Weekly email newsletter

Racing licences are required for those wishing to ride road races (not time trials) and track races. Juniors must pay an additional £20 (2020), or pay for a day licence on the day of the race. An annual licence is cheaper if more than two races are ridden.

On payment of a supplement members will be enrolled at "Gold level". This includes further benefits, which include personal accident insurance and the BC quarterly magazine which incorporates the racing calendar. The exact amount of the supplement, to be paid to the Membership Secretary, can be found from the British Cycling web site. (www.britishcycling.org.uk)

Please note:

- This membership and the significant benefits it includes are incorporated into Club youth and junior membership only. Members who become seniors (year of 19th birthday and beyond) are responsible for maintaining this cover.
- Cover will only be maintained if membership fees are paid promptly
- Young members as part of the Club family membership package will only be enrolled with British Cycling, **upon request to the Membership Secretary**, from age 12, although the Committee will consider specific requests for younger family members.
- In all cases, initial enrolment must include a completed British Cycling membership form, downloadable from www.britishcycling.org.uk, or from the Membership Secretary.
- There is no Club membership fee reduction for members who are enrolled with British Cycling as part of their family membership package.

Information Regarding '10' and '25' Handicap Points

In each counting event a rider has deducted from the time recorded their best time since the 1st January of the previous year in Club evening events. After deductions, the five riders with the shortest times (sometimes minus) get 5 to 1 points in order of shortest times. If a rider has not recorded a time since the previous January, a standard scale of deductions is applied:

Category	10 Miles	25 Miles
Juveniles	35:00	1:27:30
Juniors	32:30	1:21:15
Seniors	30:00	1:15:00
Lady Juveniles	37:00	1:32:30
Lady Juniors	34:30	1:26:15
Lady Seniors	32:00	1:20:00

British Cycling/Club Age Categories

BC Category	Club Age Categories	Age Criteria
Youth E Under 8		Until 31st December of year in which 8th birthday falls
Youth D Under 10		From 1st January of year in which 9th birthday falls to 31st December of year in which 10th birthday falls
Youth C Under 12		From 1st January of year in which 11th birthday falls to 31st December of year in which 12th birthday falls
Youth B Under 14	U14	From 1st January of year in which 13th birthday falls to 31st December of year in which 14th birthday falls (or upgraded from Youth C).
Youth A Under 16	U16 / Juvenile	From 1st January of year in which 15th birthday falls to 31st December of year in which 16th birthday falls (or upgraded from Youth B).
Junior	Junior	From 1st January of year in which 17th birthday falls to 31st December of year in which 18th birthday falls.
Under 23 (espoir)	Senior	From 1st January of year in which 19th birthday falls to 31st December of year in which 22nd birthday falls.
Over 23	Senior	From 1st January of year in which 23rd birthday falls.
Women	Senior woman	From 1st January of year in which 19th birthday falls.
	Veteran 40+	Chronological age
	Veteran 50+	Chronological age
	Veteran 60+	Chronological age
	Veteran 70+	Chronological age

Younger riders are eligible for the regional heat of the National Schoolboy/girl 10 mile time trial championship ("GHS") if they are under 17 on 31st August of the year of that particular championship (see Dave Tyas for specific details).

Club Trophies and Awards

These are for first claim members only. Medals are given with each trophy and medals are given for each second place if three or more riders qualify and third place if five or more riders qualify.

Time Trial Championship Cup

For the fastest rider in the Club championship 25 mile event. Prizes awarded for fastest lady and fastest junior male and female. Prizes for fastest youth (U16) boy and girl in the corresponding 10 mile event

Ladies Championship Shield

For the fastest average speed (mph) from any two Club evening 10s and any two Club evening 25s. (See Note*)

Junior Championship Cup

For any 12 to 18 year-old with the fastest average speed (mph) from any two Club evening 10s and any two Club evening 25s. Lady competitors get an allowance of 0.85mph. (See Note*)

Juvenile Championship Cup

For any 12 to 16 year-old with the fastest average speed (mph) from any four Club 10s. Lady competitors get an allowance of 0.85mph. (See Note*)

Under 14s Championship Cup

For any 12/13 year old with the fastest average speed (mph) from any four Club 10s. Lady competitors get an allowance of 0.85mph. (See Note*)

Best All Rounder Shield

Fastest average speed at 10, 25 and 50 miles from any Club BAR qualifying event at each distance

***Note:** The average speed for each event counting event is calculated, then the average of these speeds is calculated to produce the overall average speed for the competition. Any allowance is added to the overall average speed

Veterans Best All Rounder Trophy

Best performance on standard from VTTA standards (men & women) at 10, 25 & 50 miles from any Club BAR qualifying event at each distance.

Club BAR Qualifying Events:

- 10 - Club Open 10 (June)
- 10 – Nominated event from Tuesday Evening Series
- 10 – Nominated event from Saturday Series
- 25 – Club open 25 (mid-May)
- 25 – Nominated event from Tuesday Evening Series
- 25 – ECCA 25 (September).
- 50 – Club Open 50 (June)
- 50 – SCW 50 (June)
- 50 – Colchester 50 (August)

Road Race Shield

For the senior or junior gaining the most BC points in BC road events up to 31st October. Scratch races held by other bodies (e.g. TLI, LVRC) shall also be included provided a claim is submitted to the Competitions Secretary by the same date. Positions from these races will be awarded the same point's tariff as BC regional B races.

Juvenile Road Race Shield

Points awarded as for senior/junior shield above.

Len Barnes Track Championship Shield

For the Senior or Junior gaining the most BC points in BC track events in the calendar year. Scratch races held by other bodies shall also be included provided a claim is submitted to the Competitions secretary. Positions from these races will be awarded at the same point tariff as BC regional C/C+ races.

Hilly Time Trial Cup

Medals for both males and females in Vets, Senior, Junior and Juvenile categories as per scale.

Hill Climb Cup

For the fastest rider in the Club hill climb. Medals for males and females in Vets, Senior, Junior and Juvenile categories as per scale.

Bain Cup

Awarded to the rider in the Club Championship time trial event with the greatest improvement on their fastest corresponding time in the current and previous season in any club, association or open event.

Star Trophy

Awarded to the Tuesday evening 25s' points winner. Points awarded at each event on a scale of 5 to 1 for the first five places on handicap. Plaques awarded to the first three gaining most points at the end of the season.

Hayley Smith Under 18 Cyclo Cross Trophy

Awarded to the under 18 rider with the most points for the season. From the Eastern League, points from the U10, U12, U16 & junior races count towards this total. Calculation as per the main trophy above.

Marshalling Trophy

For the Club member who gains the most points from Club duties in the year from November to October.

Points awarded as follows:

- Organising an event (Open TT/Association TT/ RR / Open Cyclo-x) – 10 points
- Main timekeeper for Club events – 3 points
- Primary marshal for club events – 2 points
- Assistant timekeeper (club event) - 1 point
- Ordinary marshal (Club event) 1 – 1 point
- Marshalling an open /association event 2 points

Evening and Saturday Morning TT Marshalling Guidelines

All riders participating in Club's time trials will be required to accept the Rules and Regulations of Cycling Time Trials and the safety instructions by signing the Time Trial Registration Form given on page 19. In addition, all riders (including guests) are required to commit to a Marshalling Duty after having participated in no more than 4 rides. A request for Marshalling duties on Saturday events will be posted on the Club's website and on the Maldon and District Cycling Club Facebook page.

Competitions with first place awards only

25 Mile Cup and 50 Mile Cup

For the rider with the fastest 25 or 50 in the Club, Association or Open events.

100 Mile Shield

As above but for 100 miles.

10 Mile Alex Dowsett Trophy

For the rider with the fastest 10 in a Club event (E21/10 course)

12 Hour Cup

For the rider with the farthest distance covered in a Club, Association or Open 12 hour event.

Triers Trophy

For the rider riding most Open, Association or Club events but gaining no other award or who in the opinion of the Committee showed most progress over the season.

Club Member of the Year Trophy

Awarded at the discretion of the Committee to a member who has made an outstanding contribution to the Club during the year. Nominations can be made by any Club member.

Road Bike competition

Awarded to the rider with the most points in all club Type B events riding on a road bike. Points to be awarded on a scale of 5 to 1 for the first five places.

A road bike means: No tri bars, no deep section wheels above 40mm and no aero TT helmets.

Retro Bike competition

Awarded to the rider with the most points in all club Type B events riding on a Retro bike. Points to be awarded on a scale of 5 to 1 for the first five places.

Definition of a retro bike, is NO clipless pedals, NO integrated brake and gear levers, and NO concealed brake cables.

Tandem Bike competition

Awarded to the same 2 riders with the most points in all club Type B events riding on a Tandem bike. Points to be awarded on a scale of 5 to 1 for the first five places.

Club Records

Records are only accepted from first claim members riding in the Club's name in Open, Association or Club events.

Under 14

10 Miles	A. Dowsett	24:40	2002
25 Miles	G. Wood	1:11:59	2008
30 Miles	G. Wood	1:41:04	2008
50 Miles	G. Wood	2:32:25	2008

Juveniles

10 Miles	A. Dowsett	20:18	2004
25 Miles	A. Dowsett	53:24	2004
30 Miles	A. Dowsett	1:12:20	2004
50 Miles	A. Dowsett	1:56:05	2004
10 Mile Team	M. Gibson/D. Cruse/N. Parker	1:15:49	1970
25 Mile Team	G. Philpott/G. Yuill/T. Waldock	3:14:12	1971

Juniors

10 Miles	A. Dowsett	20:18	2004
25 Miles	A. Dowsett	53:24	2004
30 Miles	A. Dowsett	1:12:20	2004
50 Miles	A. Dowsett	1:56:05	2004
100 Miles	T. Low (Lady)	5:48:54	1988
12 Hours	D. Dodsworth	198.933m	1989
10 Mile Team	M. Beattie/S. Saunders/J. Gibson	1:11:09	2006
25 Mile Team	G. Philpott/G. Yuill/M. Gibson	3:07:23	1972

Female Seniors

10 Miles	L. Haines	22:37	2015
25 Miles	L. Haines	59:57	2014
30 Miles	E. McCarthy	1:16:25	1991
50 Miles	L. Hurrell	2:10:32	2016
100 Miles	L. Hurrell	4:18:34	2017
12 Hours	E. McCarthy	227.26m	1991
24 Hours	E. McCarthy	403.02m	1991
10 Mile Team	L. Hurrell/R.Hammond/K.Marsh	1:20:27	2019
25 Mile Team	L. Hurrell/R.Hammond/K.Marsh	3:36:21	2019
30 Mile Team	M. Brand/A. Manley/E. McCarthy	4:43:51	1991
50 Mile Team	L. Arnold/A. Manley/E. McCarthy	7:48:48	1990

Male Seniors

10 Miles	S. Bass	20:04	2019
25 Miles	S.Bass	51:38	2019
30 Miles	S.Bass	1:00:05	2018
50 Miles	T.Chilvers	1:45:48	2019
100 Miles	D. Frostick	3:55:55	2011
12 Hours	D. Frostick	254.80m	2011
24 Hours	P. Leat	441.249m	1972
10 Mile Team	N. Chapman/M. Beattie/S. Saunders	1:05:26	2006
25 Mile Team	S. Hopson/J. Norris/B. Swallow	2:52:05	1978
30 Mile Team	A. Snook/K. Paterson/B. Swallow	3:29:09	1988
50 Mile Team	T.Chilvers/S.Bass/H.Wood	5:52:29	2019
100 Mile Team	M. Gibson/K. Bunton/G. Philpott	12:56:59	1984

12 Hour Team	J. Norris/B. Swallow/W. Norris	718.610m	1979
24 Hour Team	P. Leat/S. Cruse/D. Cruse	1280.991m	1972

Male Veterans - Over 40s

10 Miles	S. Bass	20:04	2019
25 Miles	S.Bass	51:38	2019
30 Miles	S.Bass	1:00:05	2018
50 Miles	S.Bass	1:47:52	2019
100 Miles	D. Frostick	3:55:55	2011
12 Hours	D. Frostick	254.80m	2011
24 Hours	M. Smith	434.45m	2000
10 Mile Tandem	K. Darragh/S. Clark	19:37	2013
25 Mile Tandem	K. Darragh/S. Clark	51:08	2013
30 Mile Tandem	K. Darragh/S. Clark	1:02:00	2012
50 Mile tandem	K. Darragh/S. Clark	1:48:31	2013
10 Mile Team	M. Ribiero/A. Tovey/D. Carey	1:05:43	2017
25 Mile Team	R. Taylor/D. Tyas/P. Mott	2:52:30	1997
30 Mile Team	K. Paterson/B. Swallow/K. Minting	3:32:41	1988
50 Mile Team	D. Frostick/G. Wood/S. Bass	6:6:35	2010
100 Mile Team	R. Taylor/K. Minting/G. Baker	13:32:07	1995
12 Hour Team	G. Philpott/S. Cruse/B. Hobbs	658.103m	1985

Female Over 40s

10 Miles	H. Wood	25:40	2014
25 Miles	H. Wood	1:07:46	2013
30 Miles	H. Wood	1:20:25	2012
50 Miles	H. Wood	2:20:25	2013
10 Mile Team	L. Wylie / S. Wood / L. George	1:26:01	2008
25 Mile Team	L. Wylie / Z. Bridges / L. George	3:51:56	2007

Male Over 50s

10 Miles	S.Bass	20:04	2019
25 Miles	S. Bass	51:38	2019
30 Miles	S.Bass	1:00:05	2018
50 Miles	S.Bass	1:47:52	2019
100 Miles	P. Hardiman	4:16:32	2011
12 Hours	G. Philpott	230.476m	1985
24 Hours	W. Norris	344.650m	1983
10 Mile Tandem	S. George/P. Hardiman	22:14	2008
25 Mile Tandem	K. Minting/A Siggers	56:31	1993
30 Mile Tandem	K. Minting/A Siggers	1:09:05	1997
10 Mile Team	B. Swallow/K. Minting/R. Sheath	1:09:53	1989
25 Mile Team	R. Taylor/K. Minting/R. Sheath	2:59:31	1997
30 Mile Team	B. Swallow/K. Minting/R Sheath	3:42:41	1992
50 Mile Team	A. Siggers/B. Swallow/K. Minting	6:21:51	1991

Female Over 50s

10 Miles	H. Wood	25:40	2014
25 Miles	H. Wood	1:07:46	2013
30 Miles	H. Wood	1:31:05	2014
50 Miles	H. Wood	2:20:25	2013
10 Mile Team	Z. Bridges/L. George/ J. Gould	1:32:51	2007

Male Over 60s

10 Miles	P. Hardiman	21:34	2012
25 Miles	P. Hardiman	56:37	2013
30 Miles	P. Hardiman	1:09:05	2012
50 Miles	K. Minting	2:07:44	1991
100 Miles	K. Minting	4:39:47	1993

12 Hours	L. Barnes	197.128m	1988
10 Mile Team	M. Mott/ B. Farrow/ C. Edmond	1:18:20	2017
25 Mile Team	B. Swallow/J. Wilson/ R. Sheath	3:25:44	2010

Female Over 60s

10 Miles	L. George	28:59	2014
25 Miles	L. George	1:20:44	2013

Male Over 70s

10 Miles	R. Sheath	24:47	2002
25 Miles	R. Sheath	1:05:23	2002
30 Miles	J. Wilson	1:20:36	2011
50 Miles	R. Sheath	2:20:11	2002
100 Miles	R. Sheath	5:11:13	2002
12 Hours	L. Barnes	197.128m	1988
10 Mile Team	J. Wilson / B. Swallow /R. Sheath	1:21:36	2010
25 Mile Team	B. Swallow/J. Wilson/ R. Sheath	3:25:44	2010

Male Over 80s

10 Miles	R. Sheath	31:02	2012
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Tandem

10 Miles	K. Darragh/S. Clark	19:37	2013
25 Miles	K. Darragh/S. Clark	51:08	2013
30 Miles	K. Darragh/S. Clark	1:02:00	2012
50 Miles	K. Darragh/S. Clark	1:48:31	2013
100 Miles	K. Bunton/J. Bunton	4:01:27	1986
12 Hours	A. Wenden/E. McCarthy	241.989m	1990
24 Hours	G. Yuill/C. Tait	399.466m	1985

Mixed Tandem

10 Miles	P. Whent/E. McCarthy	21:31	1991
25 Miles	K. Bunton/J. Bunton	56:13	1986
30 Miles	K. Bunton/J. Bunton	1:11:22	1987
50 Miles	K. Bunton/J. Bunton	1:59:12	1986
100 Miles	K. Bunton/J. Bunton	4:01:27	1986
12 Hours	A. Wenden/E. McCarthy	241.989m	1990
24 Hours	G. Yuill/C. Tait	399.466m	1985

Female Tandem

10 Miles	L. Hurrell/R. Hammond	25:14	2016
25 Miles	L. Hurrell/R. Hammond	1:07:25	2018

Trike

10 Miles	M. Smith	24:29	1980
25 Miles	M. Smith	1:03:04	1980
30 Miles	M. Smith	1:22:02	1988
50 Miles	M. Smith	2:19:00	1988
100 Miles	M. Smith	4:39:36	1988
12 Hours	M. Smith	231.581m	1980
24 Hours	M. Smith	415.812m	1980

Tandem Trike

25 Miles	M. Smith/S. Davis	1:03:09	1985
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Hill Climb

Hill Climb	D. Markey	1:23	1989
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Course Descriptions

To help you understand these descriptions please reference the Colchester and Blackwater Ordinance Survey map, sheet 168. The start and finish grid references are given in *italics*.

Hill Climb , Loddarts Hill, Hazeleigh. (EH/08)

This course is used for the Club Hill Climb Championship in November.

START at telegraph pole opposite the north gates of Woodham Mortimer Lodge, Woodham Mortimer. Proceed up Loddarts Hill to **FINISH** at top at telegraph pole by house gateway.

This hill is 700 Yards long.

10 Mile Course Steeple. (E21/10)

Course Record 19:01 2016 - A. Dowsett

This course is used for all 10 mile events.

START (947033) at St Lawrence sign, east of "Steeple Star PH" on Latchingdon to Bradwell Rd. Follow this road past the "Queens Head PH" at Bradwell. The road now becomes the B1021. Continue on past the garage on the right, ignoring this turn and the next turn on the right. Take the 3rd turn on the right. Follow to the end and Turn Left. Continue to take next left. Follow to end and Turn Left. Retrace back to **FINISH** (942032) about a third of a mile west of start at TP 1.

25 Mile Course Steeple (E21/25a)

Course Record 49:24 2016 – A. Dowsett

This course is used for all 25 mile events.

START (928024) west of Steeple at drain about 20 yards south of TP No. 6 and proceed to '10' start. Complete the course as indicated above. On retracing to the 10 finish continue west out of Steeple to Mayland. Take the 1st left (by Mayland Mill PH). Continue to end and turn left. Follow road (after short climb) through to end where you turn left (though is actually straight on) onto the B1021. Continue through Asheldham and Tillingham to Bradwell. At the Junction of the "Queens Head PH", turn left and continue to the **FINISH** (942032) as in the 10.

50 Mile Course Steeple (E21/50)

Course Record 1:44:12 – C. Ward

This course is used for the Open Events.

START By manhole cover in road 40 yards west of letter box near "Huntsman & Hounds" PH, green lane, Althorne. Proceed east to Asheldham, where bear LEFT onto B1021. Continue on B1021 via Tillingham to Bradwell "Queens Head". Turn LEFT and continue via Steeple and Mayland to Latchingdon Church Mini roundabout. Turn LEFT on B1018 towards Althorne, after 1.4 miles bare LEFT into Green lane to complete one circuit.

Repeat circuit

Then carry on around circuit and **FINISH** East end of Layby, just East of Mayland about 100 yards East of the Mayland sign.

9 Mile Hilly Course - Woodham Walter (E20/9) Course Record 0:40:32 – A. Dowsett (18miles) 2011

START (808073) alongside 30mph roundel approx. 40 yards north of Woodham Walter village hall. Proceed north via Ulting lock & Nounsley to merge LEFT (CARE) at Hatfield Peverel onto B1019 Maldon Road (3.00 miles). Take next LEFT, just beyond Wheatsheaf P.H. into Church Road (3.10 miles). Follow Church Road past Scout HQ to turn sharp LEFT into Crabbs Hill Lane (3.80 miles). Continue to "T" junction at end where RIGHT (care) (4.65 miles). Follow lane to junction with Little Baddow Road where turn LEFT (5.13 miles). Follow Little Baddow Road via Papermill Lock (CARE) to climb North Hill, Little Baddow. At top, just beyond village hall (alternative HQ & start / finish point) turn left at pink house into Spring Elms Lane (7.0miles). Follow Spring Elms Lane to Woodham Walter where LEFT (CARE) at "Bell" P.H. (8.90miles). Continue through Woodham Walter to **FINISH** (808073) opposite the start. (9.20miles). For a course of approximately 18 miles, make a second lap.

12 Mile Hilly Course – North Woodham Ferrers (E21/12)

START (GR796006) in Crows Lane, Woodham Ferrers, approx. 400 yards east of junction with B1418. Proceed south-east along Crows Lane to junction with unclassified road (Edwins Hall Lane) at the top of Radar Hill turn left (M) and descend Radar Hill to junction with old B1012, where turn left CARE (M). Continue through Stow Maries to turn (M) first left into Hagg Hill. Bear left at top, through Cock Clarks and left at crossroads (M) into Slough Lane. At B1418 turn left CARE (M) to Bicknacre, left at mini RAB by Swan PH then 1st exit at next mini RAB to Woodham Ferrers. Beyond Woodham Ferrers turn left (M) into lane signed 'unsuitable for motors', Edwins Hall Lane, to climb to Radar Hill. At junction at top, (M) turn left (*) into Crows Lane to **FINISH** opposite start (approx. 12 miles).

NOTE For course of approx. 22 miles, continue to make 2nd lap by going straight on at (*) to descend Radar Hill.

Rules

1. The Club colours are White and Blue.
2. The Club is affiliated to the :
CTT, BC, ECCA, Cycling UK (trade name of CTC), ERRL, and BSCA
3. The Annual subscriptions are:

• Seniors (over 18)	£20.00
• Second Claim	£10.00
• Under 18s	£10.00
• Pensioners (over 65)	£15.00
• Associate	£10.00
• Family (Parents and Children up to and including year of 18 th birthday)	£30.00

The age category for membership is calculated on the 1st January
- 4 Any Committee members absent from three consecutive meetings without good cause can be replaced by action of the Committee.
- 5 The financial year shall end on 30th September. The Treasurer will present an independently examined statement of accounts to the AGM, which will be held by 30th November.
- 6a Every Club member will be required to marshal or assist twice during the year, with exceptions of new members, under sixteen-year-olds and others at the

Committee's discretion.

- 6b In addition to the marshalling requirement of 6a, the competitors who take part in the Club evening events and Saturday 10 events are expected to marshal these events on a rota system.

Constitution

1 The Club will be called: Maldon and District Cycling Club

2 The Purposes of the Club

The purposes of the Club are to promote the amateur sport of cycling in the Maldon and district area and community participation in the same area.

3 Permitted means of advancing the purposes

The Committee has the power to:

- a) Acquire and provide grounds, equipment, coaching, training and playing facilities, Club house, transport, medical and related facilities;
- b) Provide coaching, training, medical treatment, and related social and other facilities
- c) Take out any insurance for Club employees, contractors, players, guests and third parties
- d) Raise funds by appeals, subscriptions, loans and charges
- e) Borrow money and give security for the same, and open bank accounts
- f) Buy, lease or licence property and sell, let or otherwise dispose of the same
- g) Make grants and loans and give guarantees and provide other benefits
- h) Set aside or apply funds for specific purposes or as reserves
- i) Deposit or invest funds in any lawful manner
- j) Employ and engage staff and others and provide services
- k) Co-operate with or affiliate to firstly any bodies regulating or organising the sport and, secondly, any Club or body involved with it and thirdly with government and related agencies; and
- l) Do all things reasonably necessary to advance the purposes.

None of the above powers may be used other than to advance the purposes consistently with the Rules below and the general law.

4 Membership

- a) Membership of the Club shall be open to anyone interested in the sport on application regardless of sex, age, disability, ethnicity, nationality, sexual orientation, religion or other beliefs. However, limitation of membership according to available facilities is allowable on a non-discriminatory basis.
- b) The Club may have different classes of membership and subscription on a non-discriminatory and fair basis. The Club will keep subscriptions at levels that will not pose a significant obstacle to people participating.
- c) The membership year is from 1st January to 31st December. Subscriptions are to be paid by 31st March, after which non-payment may count as defaulted membership. New members joining after 30th September will have their subscription valid to the end of the following year.
- d) The Club Committee may refuse membership, or remove it, only for good cause such as conduct or character likely to bring the Club or sport into disrepute. Appeal against refusal or removal may be made to an appointed panel consisting of Club members.

5 All General Meetings

- a) All members may attend all General Meetings of the Club in person.
- b) Such meetings need 14 clear days written notice to members.
- c) The quorum for all General Meetings is one quarter of the total membership.

- d) The Chairperson or (in his or her absence) another member chosen at the meeting shall preside.
- e) Except as otherwise provided in these Rules, every resolution shall be decided by a simple majority of the votes cast on a show of hands.
- f) Formalities in connection with General Meetings (such as how to put down resolutions) shall be decided by the Committee and publicised to Club members.

6 Annual General Meeting (AGM)

The Club will hold an AGM once in every calendar year and no later than 30th November. At every AGM:

- a) the members will elect a Committee including a Chairperson, Treasurer and Secretary to serve until the next AGM and determine the number of Vice Presidents;
- b) the Treasurer will produce accounts of the Club for the latest financial year independently examined as the Committee shall decide;
- c) the Committee will present a report on the Club's activities since the previous AGM;
- d) the members will appoint a suitable person to independently examine the accounts;
- e) the members will discuss and vote on any resolution (whether about policy or to change the Rules) and deal with any other business put to the meeting.
- f) the AGM agenda is to be published by the secretary at least 4 days before the meeting.

7 Extraordinary General Meetings (EGM)

An EGM shall be called by the Secretary within 14 days of a request to that effect from the Committee or on the written request of not less than one third of members signed by them. Such an EGM shall be held on not less than 14 or more than 21 days' notice at a place decided upon by the Committee or, in default, by the Chairperson.

8 The Committee

A) Role

Subject to the Constitutional Rules the Committee shall have responsibility for the management of the Club, its funds, property and affairs. The Committee will have due regard to the law on disability discrimination and child protection

B) Property

- a) The property and funds of the Club cannot be used for the direct or indirect private benefit of members other than as reasonably allowed by the Rules.
- b) The Club may provide sporting and related social facilities, sporting equipment, coaching, courses, insurance cover, medical treatment, event expenses, post event refreshments and other ordinary benefits of Community Amateur Sports Clubs as provided for in the Finance Act 2002.
- c) The Club may also in connection with the sports purposes of the Club:
 - I. Sell and supply food, drink and related sports clothing and equipment;
 - II. Employ members (though not for riding) and remunerate them for providing goods and services, on fair terms set by the Committee without the person concerned being present;
 - III. Pay for reasonable hospitality for visiting teams and guests; and
 - IV. Indemnify the Committee and members acting properly in the course of the running of the Club against any liability incurred in the proper running of the Club but only to the extent of its assets.

C) Composition

- a) The Committee shall consist of at least ten and not more than sixteen first claim members (including Officers). The posts are: Chairperson, General Secretary, Treasurer, CTT Secretary, Membership and British Cycling Secretary, Competitions Secretary, Club Runs Secretary, Merchandising Secretary, Media Secretary, Chief Coach, Marshalling Secretary, Welfare Officer and one ex-officio.
- b) The Committee may co-opt Club members (up to the maximum permitted number) to serve until the end of the next AGM.
- c) Any Committee member may be re-elected or re-co-opted without limit.
- d) Officials not resigning their positions need not be re-nominated.
- e) A Committee member ceases to be such if he or she ceases to be a member of the Club, resigns by written notice, or is removed by the Committee for good cause after the member concerned has been given the chance of putting his/her case to the Committee with an appeal to the Club members, or is removed by Club members at a general meeting. The Committee shall decide time limits and formalities for these steps.

D) Committee meetings

- a) Whenever a Committee member has a personal interest in a matter to be discussed, he/she must declare it, withdraw from that part of the meeting (unless asked to stay), not be counted in the quorum for that agenda item and withdraw during the vote and have no vote on the matter concerned.
- b) The Committee may decide its own way of operating. Unless it otherwise resolves the following rules apply:
 - i. At least 5 members must be present for the meeting to be valid;
 - ii. Committee meetings shall be held face to face;
 - iii. The Chairperson, or whoever else those present choose shall chair meetings;
 - iv. Decisions shall be by simple majority of those voting.
- c) The General Secretary shall present a full copy of the minutes of each Committee meeting on the Club's website within fourteen days of that meeting.

E) Delegation

The Committee may delegate any of its functions to a sub-Committee but must specify:

- i. the scope of its activity and powers;
- ii. the extent to which it can commit the funds of the Club;
- iii. its membership;
- iv. its duty to report back to the Committee.

The Committee may wind up any sub-Committee at any time or change its mandate and operating terms.

F) Disclosure

Annual Club Reports and Statements of Account must be made available for inspection by any member and all Club records may be inspected by any Committee member.

G) Disputes

Particulars of disputes shall be made in writing to the Secretary, who shall take these to the Committee. The Committee's findings shall be final and binding to all parties. Organisers and officials of open time trials organised on behalf of the Club shall bring any complaints to the Committee before any action is taken.

9 Amendments

- a) The Constitution may be amended at a General Meeting by two-thirds of the votes cast but not (if relevant) so as to jeopardise the Club's status as a Community Amateur Sports Club as first provided for by the Finance Act 2002, and not in any event to alter

its purposes (unless the procedure set out in 9 (b) has been followed) or winding up provisions.

- b) The Club purposes may be changed to include another eligible sport if the Committee unanimously agree and the members also agreed the change by a 75% majority of votes cast at a General Meeting.

10 Winding up the Club

- a) The members may vote to wind up the Club if not less than three quarters of those present and voting support that proposal at a properly convened general meeting.
- b) The Committee will then be responsible for the orderly winding up of the Club's affairs.
- c) After settling all liabilities of the Club, the Committee shall dispose of the net assets remaining to one or more of the following:
 - i. to another Club with similar sports purposes which is a charity and/or
 - ii. to another Club with similar sports purposes which is a registered CASC (Community Amateur Sports Club) and/or
 - iii. to the Club's national governing bodies for use by them for related community sports.
 - iv. any other Club with similar sports purposes which is affiliated to the Clubs national governing bodies.

11 Club Constitution

The Club Constitution was adopted at the AGM held on the 20th November 2006.

The use of an Independent Examiner to audit the Club's financial accounts was adopted at the AGM held on 24th November 2014.

At an EGM held on 23rd June 2015, it was agreed to move the financial year to end 30th September.



PARENTAL CONSENT TO BE SIGNED BY PARENT OR GUARDIAN OF ENTRANTS UNDER THE AGE OF 18

To entry of rider under 18 years of age during the (year) season in

(name of club) club events

I (Name and address)

.....
.....

Being the parent (or guardian) of

.....

Who was born on:

.....

HEREBY AGREE to his/her participation in the club events promoted for and on behalf of Cycling Time Trials under its Rules and Regulations and **DECLARE** as follows:

1. I understand and agree that my said son/daughter participates in such events entirely at his/her risk and without liability whatever on the part of the promoter, promoting club, Cycling Time Trials, its Chairman, directors, district committee members, officers and officials of member clubs, event secretaries (promoters), timekeepers, marshals, course measurers, caterers or helpers in the conduct of the event in respect of any injury loss or damage suffered by him/her however caused.
2. I understand that the function of the marshals in such events is to do no more than indicate the precise spot at which the rider should turn or the direction he or she should take and that the responsibility for safely negotiating a turn or any other change of direction must rest with the rider alone.
3. I understand further that all competitors in or in the vicinity of the event must observe the law of the land relating to road travel and when racing must ride entirely alone and unassisted.
4. I am satisfied that my son/daughter is sufficiently responsible and experienced to assume full and entire responsibility for his/her own safety whilst engaged in a competition of this kind on the public highway.
5. As an entrant to this event your son's/daughter's information may be shared on the event or promoting club website, social media pages or in emails sent by or on behalf of the promoting club. This data will only be shared in relation to your son's/daughter's participation in the event, e.g. the list of entrants, results or event reports. This data will be limited to your son's/daughter's name, gender, age or age category, the name of the affiliated club or team of which your son/daughter is a member and your son's/daughter's finishing time and/or position. A copy of the Cycling Time Trials data privacy notice can be accessed on the CTT website at <https://cyclingtimetrials.org.uk/articles/view/318> and I consent to my son's/daughter's personal data being used for such purposes.
6. I agree to my son/daughter participating in the Drug Testing Programme whenever required to do so.

Signed..... **Dated**.....

Photocopied signatures are not acceptable

Witness: (Signature, name, address and official position in club)

.....
.....

**Cycling for all ages, all abilities
and all interests**

**CLUB TIME TRIALS REGISTRATION FORM
SEASON 2020**

The purpose of this form is to ensure:

- the Club has fully up to date contact information on all riders
- you don't have to write contact details every week
- that all participating Club members acknowledge and agree to participate in marshalling duties
- you help the Club organise the marshalling rota.

Name			
Club: Maldon 1st or 2nd claim or other please state.			
Home Address			
Phone		Email	
Emergency Contact			
Contact's Address			
Contact's Phone			

The events are being run for and on behalf of Cycling Time Trials under their Rules and Regulations as shown in the current Handbook. I am conversant with such Rules and Regulations and undertake to abide by them and to participate in the Drug Testing Programme whenever required to do so. I am at present not under suspension by Cycling Time Trials or any organisation with which Cycling Time Trials has an agreement.

I accept the decision of the promoter in all the matters concerning the event and my participation in it subject to such rights of appeal or review as may be provided for in the Rules and Regulations of Cycling Time Trials. I understand that the event is held wholly or in part on public or private property or the public highway. That I participate therein at my own risk and that no liability whatsoever shall attach to the property owner or anyone devolving an interest in the property there under, the promoting Club, its officers, officials, helpers in the conduct of the event, Cycling Time Trials or any Club affiliated thereto or any member of such Club or any injury loss or damage suffered by me in or by reason of the event howsoever such may be caused and whether by negligence or otherwise. I confirm that I will observe the particular rules and conditions of this event of which I have been informed.

I CONFIRM THAT I HAVE READ ALL THE SAFETY INSTRUCTIONS CONTAINED IN THE START SHEET AND/OR DISPLAYED AT THE SIGNING-ON POINT. I ALSO UNDERSTAND THAT CYCLING TIME TRIALS RECOMMENDS THAT I WEAR A HARD SHELL HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD.

Signature	Date

Our record breaking and Championship winning Ladies Team for 2019 - Lisa Hurrell, Rebecca Hammond and Kerry Marsh.



Lisa Hurrell



Rebecca Hammond



Kerry Marsh



Erica Dodsworth - U12 Cyclo Cross



Just some of our greatly appreciated volunteers