

Anerley BC

HANDBOOK

“Palnam qui meruit ferat”

Founded

1881

(This handbook was revised March 2023)

Affiliations

The club is affiliated to the following organisations:

Cycling Time Trials (Ltd)

Southern Counties Cycling Union (SCCU)

Cycling UK

Club Website: anerleybc.org

President:

Mrs. M. Turnbull

Vice Presidents:

J. Jackson (Mrs).

J. Dadson Esq.

D. Donohoe Esq.

T. Vaz Esq.

Past Presidents

W. M. Ruston Esq. *

Sir John Blundell-Maple *

H. S. Hughes Esq. *

R. H. Fry Esq. *

Sir C. Lawes-Wittewronge *

F. W. Bailey Esq. *

G. H. Smith Esq. *

S. F. Edge Esq. *

H. H. Clarke Esq. *

D. W. Wells Esq. *

W. H. M. Burgess Esq. *

B. H. Hogan Esq. *

W. P. Harmsworth Esq. *

F. S. Burgess Esq. *

W. J. Mountain Esq. *

E. S. Kirby Esq. *

R. Edgar Esq. *

Mrs. D. Cooke. *

J. F. Jackson BEM *

**Deceased*

Club Officers

Hon. Secretary: Fran Stedman

Hon. Treasurer & Membership Secretary: George Leung

Hon. Racing Secretary: Mark Hancock

Hon. Webmaster: Stuart Grove

Captain: Peter Roberts

Racing Secretary: Mark Hancock

Touring Secretary: Tim Styles

Gazette Editor: Des Donohoe

Social Secretary: Jo Rifaat

Archivist: Des Donohoe

Rides & Administration Officer: Vince Hemment

Delegates

S.C.C.U. – Mark Hancock

C.T.T. - Mark Hancock

General Rules

1. That the club be called the "ANERLEY BICYCLE CLUB". The object of the club shall be to foster cycling in all forms.
2. That the membership be for the following categories: Senior, Junior (under 18), Juvenile (under 16), Family, Unwaged and Honorary & Second Claim.
3. That in the interest of expediency, the Secretary with approval of the Captain and at least one Committee Member, be empowered to grant membership to suitable applicants.
4. We welcome all people as members who shall be either first or second claim membership.
5. That second claim members shall not be eligible to take any of the trophies, medals, or handicap prizes.
6. That an annual subscription shall become due and payable in advance on the first day of April each year.
7. That if any member's subscription is one month in arrears the Membership Secretary shall apply to that person for the sum and if still unpaid after a further month, that person shall be suspended from the club until such time that full payment has been made.
8. That no member in arrears of payment to the club shall be allowed to compete for any club prizes or in the club's name.
9. The financial and official year to commence on 1st November and end 31st October at which date the Financial Secretary shall prepare a Balance Sheet, which, after being audited, shall be presented to the members not later than the club's AGM.
10. That the officers of the club shall consist of:
President, Vice-Presidents, Captain, Honorary Secretary, Honorary Membership and Financial Secretary, Touring Secretary, Honorary Racing Secretary, Honorary Webmaster, Gazette Editor, Social Secretary and Club Administrator who with a committee of up to five members shall be elected at the Annual General Meeting.
11. That any member of the committee being absent from three consecutive meetings shall, failing satisfactory explanation, lose his/her seat. The committee has the power to fill such a vacancy. This also applies to ex officio members of the committee with the exception of the President and Vice-Presidents.
12. That the Honorary General Secretary shall have the power to call a Committee meeting whenever he/she may deem it advisable. The quorum for such a meeting shall be five members.
13. That if the conduct of any member be inconsistent with the character and interest of the club, or obnoxious to the other members, the committee shall have the power, upon the complaint being laid before it and after thoroughly investigating the matter, to expel that member provided a two-thirds majority is reached. Should a member be

expelled he or she shall forfeit all interests in the club and shall not be eligible for re-election at any future date.

14. That all members obey the Captain or Ride Leader during runs, meets etc.
15. That any member of the club wishing to resign shall give notice in writing to the General Secretary before the 1st March, failing which he/she shall be held accountable for his/her subscription for the ensuing year.
16. That the colours of the club be Black on Gold.
17. That the committee shall have the power to act as it may deem fit should anything arise not provided for in these rules.
18. That there be one general meeting held each year, between November and February. The Honorary Secretary shall call a special meeting on a requisition in writing, signed by not less than five members, stating the reason for such meeting, and that each member shall have one week's notice thereof. Only the business stated on the notice calling the special meeting may be transacted at the meeting.
19. That none of these rules be altered without the consent of a majority present and voting at a General Meeting.
20. That the club support any members representing the club in national championships. This may include financial help as defined by the committee, as well as moral backing.
21. That members pay an annual subscription. Rates as at November 2000 were as follows:

Senior	£15
Junior Under 18	£10
Juvenile (under 16)	£10
Family	£20
Second-claim	£10
Unwaged	£10
Honorary	At the members' discretion

These rates to be reviewed at the A.G.M. on acceptance of the treasurer's report.

22. That committee meetings be open to committee members only and that no other person may attend unless invited by the committee.
23. That every member shall be provided with a copy of these rules, by which he/she shall be bound.
24. That Anerley BC business and rules will be governed by UK law. As a club affiliated to Cycling UK Anerley BC will normally follow Cycling UK guidelines unless the Committee decides otherwise. Rules on eligibility and participation in cycle racing and other organised cycling activities will be governed by the relevant organisation for that activity, for example TTs will be governed by the rules of the CTT.

25. That Anerley BC is proud to be a friendly club which welcomes people of all genders, races, sexual orientation and religious beliefs, including those with no such beliefs.
26. Any member who feels uncomfortable at any time due to their treatment by another member or for any other reason should discuss the issue to the club captain or any member of the Committee.
27. Political issues will generally be excluded from Anerley BC business, but support will be given to pro-cycling initiatives.
28. All members who participate in Anerley BC rides must have third party cycling insurance.

A Special Prize

This will be given to any member who, riding solely under the name of the Anerley Bicycle Club, secures a properly authenticated national record or records, on path or road, or Championship, or record of other recognised record association, in recognition of his or her performance.

Club Rules of Racing

1. Races are open to all active amateur members of the club. The club prizes are open only to First Claim members.
2. No member will be allowed to start in any race until he has paid his subscription to the club and entry fee.
3. Any member riding a time trial shall comply with all current C.T.T. (Ltd.) regulations as specified in their current handbook.
4. Any member riding a road race or circuit race or track shall comply with all current B.C. regulations as specified in their current handbook.
5. All results to be sent to the Honorary Racing Secretary, who will maintain Club Racing Records.
6. All prizes subject to the approval of the committee.
7. No club record may be set or trophy won other than in an open, semi-open, or club event, furnishing an official start and result sheet.
8. No ride shall be recognised as a club record unless the rider enters and rides solely under the name of the Anerley Bicycle Club.
9. All qualifying rides for the Club's "Best All Rounder" competitions to be on "G", "H" or "Q" courses. In the event of there being no qualifying rides on these courses, then rides from any area will be accepted.
10. Members shall pay a fee of £5 for each engraved standard medal claimed.

CLUB EVENTS are events promoted by the Anerley B. C.

Perpetual Challenge Trophies

Appletree Shield*	Best long distance ride or fastest 12 or 24 hour TT
Ladies 100 Cup*	Best ladies TT or best time for Ride London or Rebel Ride.
Calder Trophy*	Best ladies hill climb performance.
R. H. Fry Memorial Cup*	Best men's time for a 100 mile TT or a sportive between 100 and 125 miles.
Lawes Cup*	Best mens time for a 50 mile TT or a sportive between 50 and 75 miles.
Mountain Memorial Shield*	Best mens time for 25 mile TT.
Old Members Cup	Fastest Anerley rider in the Catford Hill Climb
S. F. Edge New Members Cup	Most improved new member.
S. F. Edge Hill Climb Cup*	Best men's hill climb performance.
A. J. Cooke Memorial Trophy	Fastest Anerley rider on handicap in the Moon Trophy
Ann Butler Cup*	Best ladies time for a 50 mile TT or a sportive between 50 and 75 miles.
John Jackson Cup	Best ladies time for 25 mile TT.
John Turnbull Cup	Best ladies time for 10 mile TT.
Anerley B.C. Shield	Senior 10 miles
Anerley B.C. Shield	Junior 10 miles
Anerley B.C. Shield	Ladies 10 miles
Anerley B.C. Shield	Ladies 25 miles
Anerley B.C. Shield	Ladies 50 miles
Anerley B.C. Shield	Juvenile 10 miles
Anerley B.C. Shield	Juvenile 25 miles
Anerley B.C. Shield	Vets Best All Rounder (Fastest aggregate 10 & 25 miles)
Anerley B.C. Shield	Club Runs Attendance (Assessed by Captain)
Anerley B.C. Shield	Criterium Champion
Anerley B.C. Shield	Map Reading
Anerley B.C. Shield	Track Champion
Anerley B.C. Shield	Merit Award (Awarded by the President)

Anerley B.C Shield	Handicap Events Award
Freewheeling Trophy	Annual Downhill Event
Anerley Darts Trophy	Clubroom Championship

*Indicates alternative criteria may be used subject to agreement of the Committee

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Club Records

Bicycle

Distance	Name	Year	Hours	Minutes	Seconds
10 miles	J. Dadson	1998	0	21	51
25 miles	J. Dadson	1998	0	54	42
30 miles	R. Tully	2002	1	07	24
50 miles	R. Tully	2006	1	57	03
100 miles	J. Dadson	1998	4	10	13

12 hours	A. Smith	1992	238.65 miles		
24 hours	W. Birking	1934	407.85 miles		

Distance	Name	Year	Hours	Minutes	Seconds
London to Brighton/Back	W. Birkin	1933	5	20	01
Coulsdon to Brighton/Back	J. Turnbull	1977	3	31	57
Hill Climb (Catford) (Yorks Hill)	R. Tully	1998		2	19

Bicycle - Ladies

Distance	Name	Year	Hours	Minutes	Seconds
10 miles	V. Tully	1996	0	25	21
25 miles	K. Clements	1978	1	04	02
50 miles	G. Glowinski	2002	2	16	47
100 miles	G. Glowinski	2002	5	04	02

12 hours	S. J. Charlton	1990	194.04 miles		
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Mixed Tandem

Distance	Name	Year	Hours	Minutes	Seconds
10 miles	K. E. Herbert M.W. Herbert	1990	0	24	01
25 miles	K. E. Herbert M.W. Herbert	1990	1	02	00

Tricycle

Distance	Name	Year	Hours	Minutes	Seconds
25 miles	J. F. Jackson	1955	1	13	58
50 miles	D. E. S. Kirby	1930	2	30	43
100 miles	J. F. Jackson	1955	5	29	57
12 hours	J. F. Jackson	1955	202.98m		
London to Brighton/Back	E. G. Godman	1935	6	00	13

Tricycle - Ladies

Distance	Name	Year	Hours	Minutes	Seconds
10 miles	S. J. Charlton	1990	0	31	23
25 miles	S. J. Charlton	1990	1	22	46
50 miles	S. J. Charlton	1990	2	45	28
100 miles	S. J. Charlton	1990	5	46	58
12 hours	S. J. Charlton	1990	171.577m		
24 hours	S. J. Charlton	1990	316.270m		

Juniors (Under 18 years of age)

Bicycle

Distance	Name	Year	Hours	Minutes	Seconds
10 miles	K. R. Herbert	1987	0	24	13
25 miles	K. R. Herbert	1987	1	04	26
50 miles	V. Tully	1996	2	20	32

Juveniles (Under 16 years of age)

Bicycle

Distance	Name	Year	Hours	Minutes	Seconds
10 miles	K. R. Herbert	1987	0	24	13
25 miles	K. R. Herbert	1987	1	04	26
50 miles	K. R. Herbert	1987	2	31	04

Mixed Tandem

Distance	Name	Year	Hours	Minutes	Seconds
10 miles	K. E. Herbert & A. Smith	1990	0	21	15
25 miles	K. E. Herbert &	1990	0	56	00
50 miles	R. F. Cullum & W. Birking	1931	2	05	02
100 miles	R. Edgar & A. E. Ward	1931	4	25	35

12 hours (Northern Roads)	P. F. Nosworthy &	1903		192.50m	
12 hours (Southern Roads)	P. F. Nosworthy & P. H. Purvis	1904		185.75m	

10 mile - 69" Gear Challenge

Distance	Name	Year	Hours	Minutes	Seconds
Juveniles	R. Bradley	1988	0	25	03
Juniors	R. Bradley	1988	0	25	03
Seniors	R. Bradley	1988	0	25	03
Ladies	M. Herbert	1988	0	28	32

Club Time Trial

Standard times for medal rides

Bicycle	Distance	Gold	Silver	Bronze
Senior & Junior	10 Mile	22.00	23.00	24.00
Men	10 Mile 69"	25.30	26.30	27.30
	25 Mile	57.00	59.00	1.02.00
	50 Mile	2.00.00	2.04.00	2.10.00
	100 Mile	4.15.00	4.30.00	4.45.00
	12 Hour	230m	210m	180m
	24 Hour	400m	380m	350m
Ladies & Junior	10 Mile	26.00	27.00	28.00
Ladies	10 Mile 69"	29.00	30.00	31.00
	25 Mile	1.05.00	1.08.00	1.12.00
	50 Mile	2.18.00	2.24.00	2.32.00
	100 Mile	5.15.00	5.30.00	5.45.00
	12 Hour	190m	170m	150m
Juveniles	10 Mile	25.00	26.00	28.00
	10 Mile 69"	27.00	28.00	30.00
	25 Mile	1.06.00	1.09.00	1.13.00
	50 Mile	2.35.00	2.45.00	2.55.00
Tandem	10 Mile	22.00	23.00	24.00
	25 Mile	57.00	59.00	1.01.00
	50 Mile	2.06.00	2.10.00	2.16.00
	100 Mile	4.30.00	4.45.00	5.00.00
	12 Hour	190m	180m	160m
Mixed Tandem	10 Mile	25.00	26.00	27.00
	25 Mile	1.03.00	1.05.00	1.08.00

Tricycle	Distance	Gold	Silver	Bronze
Men	10 Mile	26.00	27.00	29.00
	25 Mile	1.14.00	1.18.00	1.24.00
	50 Mile	2.30.00	2.35.00	2.45.00
	100 Mile	5.30.00	5.45.00	6.10.00
	12 Hour	200m	190m	170m
Ladies	10 Mile	32.00	33.00	35.00
	25 Mile	1.25.00	1.30.00	1.40.00
	50 Mile	2.50.00	3.00.00	3.15.00
	100 Mile	5.50.00	6.10.00	6.30.00
	12 Hour	170m	160m	140m
	24 Hour	310m	290m	260m

Club Rides

Club rides are organised through the ABC Rides Register. Approved Ride Leaders may post future rides and special events on the Register. Members should sign on to rides up to any limit specified by the Ride Leader. If members are unable to ride after signing onto a ride they should remove their name and if possible notify the Ride Leader.

The rides are open to non-members for a few introductory runs, then membership of the Club would be required. If riders are unsure of their fitness or competence of group riding practice, advice will be given. All runs are led by Ride Leaders who have been approved by the Club Captain. The Club rides as a group so no one is left behind. The rides are planned so as to keep to quiet lanes and will avoid main road as much as possible. Lunch stops are often at country pubs.

Riders are responsible for their own safety. They are expected to observe cycling etiquette as well as the Highway Code. Riders are also expected to show consideration to other road users such as horse riders, pedestrians, animals, cars and other vehicles as well as other cyclists.

The Club or its individual members will not be held responsible and will not accept liability if any rider (Club member or non-Club member) has an accident while on a ride with the Anerley Bicycle Club. In case of a mechanical breakdown of a rider's bicycle, if repairs cannot be done on the spot, the rider is responsible for making his/her own way back. Riders are requested to bring enough money to get home in case of emergencies.

At least one rider on every Club run will have a mobile phone.

Riders are expected to be self-sufficient. Each rider should bring a pump, puncture repair kit, at least one inner tube, waterproof clothing and a small amount of food in case of an emergency. Although the Club has many experienced members who will always help in case of mechanical failure or breakdown, it is up to every individual rider to ensure that he/she has a roadworthy bicycle.

Detailed guidance on riding on ABC Club Runs is given in the document "Anerley BC Club Runs"