
Anerley BC

HANDBOOK

Founded
1881

**The Anerley
Bicycle Club
Founded 1881**

HANDBOOK

This handbook was revised in February 2025

The club is affiliated to the following organisations:

Cycling Time Trials (Ltd)
Southern Counties Cycling Union (SCCU)
Cycling UK

Club website anerleybc.org

“Palmarum qui meruit ferat”

“Let whoever bears the palm earn it”

President:

Tom Vaz

Vice Presidents

Denise Bray
Des Donohoe
John Dadson
Fran Stedman
Meike Turnbull

June Jackson (Honorary)

Past Presidents

W. M. Ruston*
Sir John Blundell-Maple*
H. S. Hughes*
R. H. Fry*
Sir C. Lawes-Wittewronge*
F. W. Bailey*
G. H. Smith*
S. F. Edge*
H. H. Clarke*
D. W. Wells*
W. H. M. Burgess*
B. H. Hogan*
W. P. Harmsworth*
F. S. Burgess*
W. J. Mountain*
D. E. S. Kirby*
R. Edgar*
Mrs D. Cooke*
J. F. Jackson BEM*
Mrs Meike Turnbull

*Deceased

Officers

President: Tom Vaz

Captain: Peter Roberts

Treasurer: Brian Chapman

Social Secretaries: Jo Smith and Jo Rifaat

Webmaster and Communications: John Diamond

Touring Secretary: Denise Bray

Ride and Administration Officer: Vince Hemment

Racing Secretary: Mark Hancock

Secretary: Sally Styles

Vice Presidents:

Des Donohoe

John Dadson

Meike Turnbull

Denise Bray

Fran Stedman

June Jackson (Honorary)

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), Family, Unwaged and Honorary and 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. Every member should organise their own cycling public liability insurance. The club does not provide this.
5. That should any person apply for second claim membership, he or she shall not be eligible to take any of the trophies, medals or handicap prizes.
6. That an annual subscription shall become due and payable before the 31st March each year.
7. That if any member’s subscription is unpaid by the 31st March, the Membership Secretary shall apply to that person for the membership sum plus £5 for penalty of late payment. If still unpaid after a further month, that person shall be suspended from the club until such time that full payment including the penalty has been made.
8. That no member in arrears of payment to the club shall be allowed to take part in any club activity.
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, Secretary, Treasurer, Racing Secretary, Webmaster and Communications officer and Social Secretary.
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 Secretary shall have the power to call a Committee meeting whenever they 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 Leaders during rides.
15. That the colours of the club be Black on Gold.
16. That the committee shall have the power to act as it may deem fit should anything arise not provided for in these rules.

17. That there be one General Meeting (AGM) between November and February. The Secretary shall call a special meeting on a requisition in writing, signed by not less than five members, stating the reason for such a 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.
18. That none of these rules be altered without the consent of a majority present and voting at the General Meeting.
19. 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.
20. That members pay an annual subscription. Rates as at November 2024 were as follows:

| | |
|--------------------------|-----------------------------|
| Senior | £15 |
| Junior Under 18 | £10 |
| Family | £20 |
| Second-Claim | £10 |
| Unwaged | £10 |
| Honorary | At the member's discretion. |
| Penalty for late payment | £5 |

These rates to be reviewed at the AGM on acceptance of the treasurer's report.

21. That committee meetings be open to committee members only and that no other person may attend unless invited by the committee.
22. That every member shall be provided with a copy of these rules, by which they shall be bound.

Club Ride

All club rides will be advertised on the Club Ride Register detailing meeting points and time and other information. All ride numbers are as specified on the register and overspill riders also require a leader. RLs (Ride Leaders) must manage the numbers of riders on a ride to ensure that no more than eight riders are in a group on the road at any time. This can either be done by setting a limit of eight or less when posting the ride on the register, or splitting the riders into groups of eight or less at the start.

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 an experienced and responsible person. 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 roads as much as possible. Lunch stops are often at cafes.

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 their own way back. Riders are requested to bring enough money to get home in case of emergencies. If riders become separated from the group, they should be contacted through the Ride Update WhatsApp group, or by telephone. RLs who do not use this WhatsApp group should ensure that all group members have their mobile number before setting off, especially new or inexperienced riders.

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 they have a roadworthy bicycle.

The Role of Ride Leaders

The role of Ride Leaders (RLs) in ABC is primarily as a navigational leader. In addition they should do everything they can to ensure that everyone enjoys the ride and arrives back safely by controlling those aspects of the ride that they can. However, cycling on the road is an activity which has risks which are mostly beyond the control of the RL and riders are responsible for their own safety during the ride.

Approved ABC RLs are insured, through Cycling UK affiliation, against any claims against the RL arising from group riders due to any incident on the ride. This insurance covers RLs only, and only in respect of claims from group members. All riders must ensure they have third part insurance to protect them in the event of claims arising from other road users. (New riders may join up to three rides before joining and taking out insurance)

RLs should ensure they know the route and can navigate it. They should post accurate details on the Register, preferably at least a few days before the ride. Full and accurate ride information helps riders to choose suitable rides. RLs using an “electronic” route should make it available as a GPX file via the Register. Plan for unforeseen issue such as road closures and diversions, with the capability to adopt alternative route where necessary.

RLs must manage the numbers of riders on a ride to ensure that no more than eight riders are in a group on the road at any time. This can either be done by setting a limit of eight or less when posting the ride on the register, or splitting the riders into groups of eight or less at the start.

Wherever possible the second group should be led by an Approved ABC Ride Leader, and preferably ride independently to the destination.

If a second Approved ABC Ride Leader is not available or route information is not available, the ride must split into two groups under the overall control of the Approved ABC Ride Leader, with the second “group leader” ensuring an adequate gap is maintained to allow traffic to pass safely at all times. Riders should be allocated to the two groups and told to remain in their groups and not to cross or ride in the gap between the groups.

The eight rider rule should only be relaxed in exceptional circumstances, for example when on a segregated cycle path, but riding as two separate groups should be adopted again whenever riding on the road. Whatever the group size there may be other times during the ride when the RL may need to split the group into smaller groups due to road conditions.

Wherever possible, the RL should nominate a volunteer back marker for every group. The back marker’s role is to ride at the rear of the group and assist the RL with managing and maintaining the group.

RLs should ensure that they and members of the ride stick to the guidelines in the Anerley BC Ride Standards document. If a rider refuses to comply and/or rides unsafely the RL should tell them to leave the group. RLs should be familiar with the latest Highway Code and the guidance from Cycling UK on road positioning, and the Cycling UK Ride Leaders Toolkit.

Guests and new riders should be checked to ensure they are suitable for the ride, with a quick look at their bike to assess its condition, although it must be stressed that the responsibility for each rider's bike being roadworthy and safe rests wholly with the rider. Children under 16 without a parent or guardian cannot ride without a responsible adult unless they have a letter from their parent or guardian.

RLs should stick to the advertised average speed and total distance, and adjust speed accordingly if any riders are struggling. They should look after any new or inexperienced riders and anyone else who is struggling.

RLs should stop the group and wait for slow riders at a suitable location. If riders become separated from the group, they should be contacted through the Ride Update WhatsApp group, or by telephone. RLs who do not use this WhatsApp group should ensure that all group members have their mobile number before setting off, especially new or inexperienced riders.

If riders become separated from the group due to riding "off the front" of the group, without the agreement of the RL they are deemed to have left the group of their own accord.

In the event of an incident involving injury to a member of the group or third party, the RL should stop the group, get riders to control the traffic if necessary, assess the extent of the injuries as far as possible, and call the emergency services if appropriate. If possible first aid should be given. If an injured rider decides to carry on, the RL should reduce the pace of the group and observe the rider as far as possible until they are seen to be riding confidently, it should be stressed, however, that if an injured rider insists on continuing to ride, this is the sole responsibility of the injured rider.

For mechanical breakdowns and punctures, the RL should stop the group and assistance should be given until the problem is fixed. The RL may decide that part of the group can carry on if the affected rider insists, or is assisted by one or more other riders, however, novice or inexperienced riders should NEVER be left alone. Where the problem cannot be fixed the rider should make alternative arrangements to get home, with appropriate assistance if necessary, although riders should always carry sufficient funds to enable them to get home in the event that their bike becomes unrideable.

Wherever possible quiet roads should be used, but this is not always possible, and it should be remembered that cyclists have full legal rights as vehicles to ride on virtually all roads, with the exception of motorways and a few others.

Whenever practicable, RLs should warn the group about any special hazards that may be present, but riders are responsible for their own safety at all times.

Ride leaders are appointed by the club Captain after an appropriate assessment which will depend on the individual concerned. Once appointed, the Captain will notify the Rides & Administration Officer who in turn will notify Cycling UK.

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 under the name of Anerley Bicycle Club.
9. All qualifying rides for the Club's "Best All Rounder" competitions to be "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.

CLUB EVENTS are events promoted by the Anerley BC

Perpetual Challenge Trophies

| | |
|------------------------------|--|
| Appletree Shield | |
| Ladies BAR | |
| Calder Trophy | |
| R. H. Fry Memorial Cup | |
| Lawes Cup | |
| Mountain Memorial Shield | |
| Old Members Cup | |
| S. F. Edge New Members Cup | |
| S. F. Edge Brighton and Back | |
| A. J. Cooke Memorial Trophy | |
| Ann Butler Cup | |
| Anerley B.C. Shield | |
| Freewheeling Trophy | |
| J Jackson Cup | |
| J Turnbull Cup | |
| Long Distance Shield | |

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. Birkin | 1934 | |

| 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) | | | | | |

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 | 191.401m |
|----------|--------------|------|----------|

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)

| 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 |

Tandem

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

| | | | |
|------------------------------|---------------------------------|------|---------|
| 12 Hours (Northern Roads) | P.F. Nosworthy & P.H. Miles | 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 | R. Bradley | 1988 | 0 | 28 | 32 |

Club Time Trial

Standard times for medal rides

| Bicycle | Distance | Gold | Silver | Bronze |
|-----------------------------------|-------------|---------|---------|---------|
| Senior & Junior Men | 10 Mile | 22.00 | 23.00 | 24.00 |
| | 10 Mile 69" | 25.30 | 26.30 | 27.30 |
| | 25 Mile | 57.00 | 59 | 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 Ladies | 10 Mile | 26.00 | 27.00 | 28.00 |
| | 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 | 56.00 | 27.00 |
| | 25 Mile | 1.03.00 | 1.05.00 | 1.08.00 |

| Bicycle | 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 |