

CHIPPENHAM

Wheeler's

CLUB PLAN AND HANDBOOK 2019



CHIPPENHAM AND DISTRICT WHEELERS

CLUB HANDBOOK AND CLUB PLAN 2019

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CLUB MISSION STATEMENT

“TO ENCOURAGE CYCLING IN ALL ITS FORMS”

We aim to develop a greater volunteer base to help to expand and grow the Youth, Community and Activities part of the Club Plan.

To facilitate this, we need to measure, manage and prepare to support the growth of the club. Alongside the growth of the membership we need to develop a strong team of volunteers across all disciplines – this is critical to the success of the expanded plan.

In order to guide and grow of our club, we have developed a series of objectives as follows;

GOVERNANCE
YOUTH
COACHING
COMMUNITY
COMMUNICATION
ACTIVITIES

These objectives are described in the main body of this Handbook. Please speak to any Committee Member if you have any comments or suggestions regarding the Club Plan, or if you are willing to volunteer to assist the committee deliver our objectives and substantial programme of events.

CLUB OBJECTIVE #1 – GOVERNANCE

We will operate a review process of the club constitution, governance procedures and communication to members. This will help to ensure that the club is managed to the highest standards and continues to operate in an efficient and effective manner.

Objective:

To encourage the involvement of a wider membership in the running of the club by actively seeking volunteers and encouraging involvement at all levels and in all activities. To ensure committee decisions are fully communicated in an appropriate and accessible manner. This includes giving the membership full access to the committee and visibility of decisions taken.

We will do this by appointing a Governance Co-ordinator onto the Club Committee.

The Governance Co-ordinator's specific responsibilities are to:

- Encourage the involvement of a wider membership in the running of the club by actively seeking volunteers and encouraging involvement at all levels and in all activities.
- Ensure that committee decisions are fully communicated in an appropriate and accessible manner.
- Own and enforce the club constitution to ensure that the Chairman and Committee Members are acting in accordance.
- Ensure that any actions arising are given to the right committee member based on their role; liaises with Chairman on matters of conflict.
- Ensure that any resources required for delivery of the Governance Strategy are made available.
- Contribute opinions on the Club Committee whether to implement recommendations on proposed changes to the Governance Strategy
- Development of the Governance Strategy to ensure that it will meet the Club Member's needs and that the Club keeps progressing towards the Strategy target.
- Report at every committee meeting any official correspondence or constitutional matters or any new ideas.

We will continue to encourage involvement in all club activities by all members new and old. This will include keeping a database of volunteers with their areas of capability and their contact details. We will capture what new members are willing to do when we accept their membership applications. This will provide a volunteer base for all tasks from marshaling to making tea.

CLUB RULES

1. The Club

The Club shall be known as CHIPPENHAM & DISTRICT WHEELERS. The Club colours shall be ORANGE, BLACK and WHITE.

2. The Object

The object of the Club shall be to “encourage cycling in all its forms”.

3. Membership

Membership of the Club is open to all. Candidates for membership must be approved by the committee. The minimum age limit to be eleven years, except when parents of the applicant are active riding members of the Club. *Members under 14 years of age must be accompanied by a nominated responsible adult when participating in a non-competitive Club event on an open road.*

4. Affiliations

Club affiliations to be: British Cycling, Cycling Time Trials, We Are Cycling UK, Western Counties Road Records Association, Western Time Trials Association and any other association agreed by the committee.

5. Annual Subscription

Annual subscriptions will be as follows, but from Jan 1st 2019, will include full section membership to Chippenham Sports Club.

Senior Membership (Aged 18 and over at time of joining)

£40

Couple Membership (Aged 18 and over at time of joining)

£60

Junior Membership (Aged 18 and under at time of joining)

£5

Membership categories are not to be confused with the age categories as set out by relevant affiliations (e.g. British Cycling)

2nd Claim (not eligible to be awarded club trophies)

£40

Life membership

Free

(May be awarded by recommendation of two Senior members to be approved by a general meeting).

Honorary membership

Free

(To be awarded on recommendation of the committee).

Resignation

Any member wishing to resign from the Club to join another should inform the General Secretary in order that the BC and CTT rules may be observed.

6(a). Officials of the Club shall be:

President and Vice Presidents, and the Committee comprising;

Chairman	General Secretary
Treasurer	Governance Co-ordinator
Youth Co-ordinator	Coaching Co-ordinator
Community Co-ordinator	Communication Co-ordinator
Website Co-ordinator	Social Events Co-ordinator
Competitive Events Co-ordinator	Non-Competitive Events Co-ordinator

Plus two other club members.

The committee shall be elected by vote at the Annual General Meeting (AGM) with the exception of the Social Events Co-ordinator who shall be elected at the Pre-Annual General Meeting, and the General Secretary who shall be elected at the Pre-Annual General Meeting but shall not hold office until the AGM.

The AGM shall be called in the month of November each year. At least 21 days notice of the AGM to be given to members. Motions for the agenda to be with the Secretary 14 days prior to the meeting to enable the agenda to reach members 7 days prior to the AGM.

The Pre-Annual General Meeting is to be called each year for the purpose of determining the following season's programme, and for the election of General Secretary and Social Secretary. Special General Meetings may be held at any time at the request of seven members. The Secretary to give one weeks notice of same. The General Secretary may call an extraordinary General Meeting giving one week's notice.

6(b) Club Officer Duties

If a duly elected Club officer or official finds that they are not able to carry out their duties, they should inform the General Secretary. The Club Committee is then empowered to co-opt a club member to carry out those duties until the next Annual General Meeting.

6(c) Quorum

A quorum at a General Meeting, where a change in the club rules may be made, is to consist of 20% of the membership or 30 persons whichever is the fewer.

6(d) 2nd Claim members

Any committee or sub-committee may not comprise of more than 1 (or 20%, whichever is the greater) 2nd claim member.

7. Committee Meetings

Committee meetings shall be held monthly, except when a General Meeting is held in the month and at any time deemed necessary by three members of the committee. All discussion in committee is strictly private and confidential.

8. Sub Committees

The committee shall, by resolution, appoint any sub-committee needed, and co-opt any member for special duties.

9. Club Activities

Club activities shall be arranged by the committee, and a notification of these events made available to members.

10. Discipline

The committee shall have the power to expel or otherwise deal with, any member guilty of conduct detrimental to the interest of the Club. Anyone wishing to make a complaint against the Committee or any member of the Club shall do so, in writing, to the Secretary.

11. Other Matters

The committee has the authority to decide all matters not provided for in these rules.

12. Accounts

The accounts shall be made up to 30th September, duly audited and submitted to the AGM

13. Trophies

Introduction of new trophies to be submitted to the Committee for consideration before acceptance.

14. Proposed amendments to Club and Competition Rules

Club and Competition Rules may only be changed at a General Meeting by 2/3 of voting members present, subject to conditions of rule 6(c).

15. Protection of Minors

The Committee are authorised at any time to prepare and install appropriate policy regarding the suitable Safeguarding of Junior and Youth members.

COMPETITION AND TROPHY RULES AND REGULATIONS

1. Time Trials

All time trials shall be run in strict conformation with Cycling Time Trials (CTT) regulations, or any other organisation approved by the committee.

2. Racing

All road racing, track and cyclo-cross promotions shall be run in strict conformation with British Cycling (BC) regulations or any other organisation approved by the committee

3(a) Timekeeping

All club event timekeeping should normally be carried out by a CTT approved person using a certified watch. However, in the absence of an approved timekeeper, a senior, responsible club member may carry out timekeeping duties.

3(b) Handicapping

All handicapping in club time trials shall be done by a senior, responsible person.

4. Entries

Entries for all club time trials and trophy events requiring handicapping to be submitted to the Competitive Events Co-ordinator at least 7 days prior to the event.

5. Qualification

In solo racing events, where a club trophy is competed for, the fastest 1st claim member shall be winner.

6. The Best All Rounder (BAR) Championship

The first claim member who returns the fastest average of average speeds achieved over 25, 50 and 100 miles holds the Best All Rounder Trophy for one year. Claims required as in Rule 37.

7. Veterans Best All Rounder Championship

The first claim veteran member who returns the fastest average of average speeds achieved based on Veteran Time Trials Association (VTTA) standard times over 25, 50 and 100 miles will be the Veterans BAR Champion and hold the Veterans BAR Trophy for one year. Claims required as in rule 37.

8. Senior Road Race Champion

To be open to all 1st claim members competing in open road races on a points basis, to be awarded based on the number of British Cycling points obtained. The rider amassing the most points shall be the Road Race Champion, and hold the Road Race Champion Salver for one year.

9(a). Boys Youth Circuit Trophy and Junior Road Race Trophy

To be open to all 1st claim boy competing in open road races and circuit races on a points basis, to be awarded based on the number of British Cycling points obtained.

9(b). Girls Youth Circuit Trophy and Junior Road Race Trophy

To be open to all 1st claim girl competing in open road races and circuit races on a points basis, to be awarded based on the number of British Cycling points obtained.

10. Junior Time Trial Champion Trophy Best All Rounder (BAR)

The first claim Junior member who returns the fastest two performances in 10 mile events and the fastest two performances in 25 mile events calculated in Miles Per Hour, and the average calculated of the resultant speeds, shall be the Junior Time Trial BAR Champion and hold the Junior Championship Trophy for one year. Claims required as in rule 37.

11. Ladies Best All Rounder (BAR) Championship Cup

The 1st claim Lady Member who returns the fastest two performances in 10 mile events and the fastest two performances in 25 mile events (calculated as in Rule 10) shall be the Ladies Time Trial Champion and shall hold the Ladies Championship Cup for one year. Claims required as in Rule 37.

12. Track Championship Shield

The 1st claim member who scores the most points in any open, club or club-approved meetings shall be the Track Champion and shall hold the Vintage Shield for one year. The points to be awarded on the following basis:

- 4 points for 1st place
- 3 points for 2nd place
- 2 points for 3rd place
- 1 point if qualifying for the final.

Claims required as in Rule 37

13. Junior Track Cup

To be awarded to the 1st claim Junior member with conditions as in Rule 12.

14. Youth Time Trial Champions Cup (BAR)

The 1st claim youth member who returns the fastest average speed over any four 'club' or 'open' 10 mile time trials will be the youth champion and hold the Woodland Cup for one year. Claims required as in Rule 37.

15. Club Evening 10 mile Time Trial Cup.

Awarded to the 1st claim member amassing the greatest number of points from the evening 'Jack Nunn 10 mile Time Trial' series. The award of the trophy is based on a handicapping system. 1 point per ride is awarded up to a max of 12 points (i.e. 12 rides at 1 point per ride). Only the best 6 handicap scores count towards overall points. The handicap is based on aggregate times from the best 6 previous years events, or for newcomers 2 times for that year taken from the first 4 rides (the fastest and slowest being discarded). Where a seasons rides are disrupted by using different courses the Competitive Events Co-ordinator may, with the committees approval, use that seasons result to calculate handicaps for all riders. Claims required as per Rule 37.

16. Youth Evening 10 mile Time Trial Cup

Awarded to the 1st claim Youth member amassing the greatest number of points from the evening 10 mile Time Trial series.

17(a) The Ted Sawyer Cup

Awarded to the 1st claim Youth Member recording the fastest aggregate time in the Youth Evening under 5 mile Time Trial series over 6 events.

17(b) The Mrs Day Cup

Awarded to the 1st Claim Youth member amassing the greatest number of points in the Youth Evening under 5 mile Time Trial series. Points to be awarded on handicap times, the best six performances to count, with one point awarded for each ride completed.

18. Jack Nunn 10 mile Time Trial Trophies

Awarded to the Senior, Veteran, Lady and Junior 1st claim members recording the fastest aggregate time over 6 rides in the Evening Jack Nunn 10 mile Time Trial Series.

19. Jack Nunn Tandem Trophy (see page 24)

Awarded to the tandem pair recording the fastest handicap time in an evening nominated club event. This event is open to 2nd claim members, providing they are partnered by a 1st claim member. Such pairings are not eligible for club records.

20. Audax shield

Awarded to the 1st claim member amassing the greatest number of kilometres whilst competing in club or open events. All qualifying events must be under AUK regulations. Any distance from 50km upwards, including 'odd' distances to qualify. Foreign events also to be included provided they comply with AUK regulations. All events to be supported by completed and homologated brevet cards showing distance. All brevet cards to be handed in by 30th November. Any Open or Club event can qualify provided brevet cards are used. In the event of a tie, the rider with the distance achieved with the least number of events will win the trophy.

21. Time Trial Championship

Awarded to the 1st claim member achieving the lowest points total based on results in nominated events. Points to be awarded relative to the finishing position of Chippenham Wheelers riders in each nominated event. At least one event in each of four categories must be completed for qualification. A tiebreaker should be introduced when required based on a points count back.

Events to be nominated by the Club Committee before 1st March in each year. Club events should be omitted. Claims required as in Rule 37.

22. Nixon Cup

Awarded to the fastest in a designated Club 50 mile Time Trial.

23. Mike Edwards Cup

Awarded to the fastest on handicap in a designated Club 50 mile Time Trial.

24. Hinder Cup

Awarded to the fastest in a designated Club 25 mile Time Trial.

25. Gerald's Cup

Awarded to the fastest lady in a designated Club 25 mile Time Trial.

26. Jackman Cup

Awarded to the fastest time in a designated 100 mile Time Trial.

27. 12 hour Championship Cup

Awarded to the 1st claim member achieving the greatest number of miles in a designated 12 hour Time Trial.

28. Jack Nunn Trophy

Awarded to the 1st claim member achieving the greatest number of miles in any Open 12 hour Time Trial. Claims required as in Rule 37.

29. Hill Climb (Roberts Tankard)

Tankard awarded to fastest 1st claim rider in a designated event.

30. 1 Kilometre (Kilo) Trophy

Awarded to the fastest time in a designated Club 1 kilometre Time Trial.

31. Club 2-up Team Trophy.

Awarded to the fastest team of 2 riders in a designated event based on the fastest handicap time.

Medals awarded to the fastest team. Teams to be based on a lottery to be drawn 7 days prior to the event. Open to 2nd claim members providing they are paired with a 1st claim member.

32. Touring Competition (Senior and Junior)

Awarded to winners of the Club Touring Competition.

33. Best Improvement

Awarded to the rider achieving best improvement on previous year's best performance in Club evening 10 mile Time Trials.

34. Harriers Trophy for Effort

Awarded annually to the member of the Club showing what is considered to be the most determination in cycling related activities without necessarily achieving success. To be decided by discussion and general consensus by the Committee.

35. Youth Activities Award (David Evans Clubman Cup)

Awarded to the 1st Claim Young Wheeler amassing the greatest number of points awarded for Club and Cycling activities. Note: Young Wheeler Log Book or other proof required by the points co-ordinator. Member must be aged 15 or under at time of participation.

36. Club Records

Club Time Trial Records will be accepted following receipt of official result sheet or proof of performance in any event held under CTT regulations.

37. Claims

All claims for club trophies requiring proof of performance are to be forwarded to the Competitive Events Co-ordinator by 30th November. To qualify, each competitor must marshal or provide assistance for at least one Club or Open event during the season and include details of the event marshalled or at which assistance was provided.

38. Fuel Contribution

The club will contribute 50% towards the fuel for travelling to an event outside a radius of 35 miles from Chippenham in which 3 club members travel together and where all members are representing the club. For the sake of clarification this will not include travelling to Sportives or other non-competitive events. Proof of participation must be submitted to the treasurer. Subject to a budget cap and review by the committee.

39. Obeying the Highway Code

All competitors must observe the law of the land relating to road use. In particular, without prejudice to the general principles of this rule, competitors must:

Not ride in a manner that is unsafe either to themselves or to other road users;

Ride on the left side of the road except for safe overtaking and when making right hand turns;

Conform to all traffic signs, signals and direction indicators.

Where there has been an accident as a result of a competitor's contravention of the above then the competitor shall be subject to Regulation 20 for the conduct of road time trials.

For other minor incidents or infringements of this rule reported by a fellow competitor, marshal, event official or member of the public then the following action will be taken:

1st Offence: 30 sec penalty and verbal warning;

2nd Offence: Disqualification from the event and written warning

3rd Offence: Disqualification from the event, 4 week ban from all club events with written notification to both the competitor and West District Council;

Subsequent Offences: Disqualification from the event with subsequent sanction to be awarded by means of written notification from West District Council.

The offences would be cleared after a 12 month period of safe racing with no reported offences.

40. Club Evening Youth 5 mile Time Trial Cup.

Awarded to the 1st claim Youth member amassing the greatest number of points from the evening 5 mile Time Trial series. Points to be awarded on handicap times, the best six performances to count, with one point awarded for each ride completed. To qualify for this each competitor must marshal or provide assistance for at least one evening or open club event during the season. Claims required as per Rule 37 by competitors with 6 qualifying performances.

41. Club Evening Ladies 5 mile Time Trial Cup.

Awarded to the 1st claim Lady amassing the greatest number of points from the evening 5 Mile Time Trial series. Points to be awarded on handicap times, the best six performances to count, with one point awarded for each ride completed. To qualify for this each competitor must marshal or provide assistance for at least one evening or open club event during the season. Claims required as per Rule 37 by competitors with 6 qualifying performances.

42. Time Trial Restrictions

Competitor's wanting to qualify for club trophy and to be considered for club records for all time trial event must ensure that their machine comply with current CTT regulations.

43. Ted Barlow Hardriders Challenge Trophy

Awarded to the 1st claim member achieving the highest points total based on results in the Western Time Trial Association (WTTA) Hardriders Series where points are awarded relative to the finishing position of Chippenham Wheelers riders in each event within the overall field. If the WTTA series is not run then a set of equivalent events will be nominated and the results calculated in the same way. The placing will be based on the

best 6 rides as per the WTTA Hardrider rules or the highest points scoring Chippenham Wheeler in the event that no rider has completed 6 events (i.e. any points gained in the series will count towards the trophy but a rider completing 6 events would qualify over a rider with more points who only took place in 5 events).

Claims are not required as results will be taken from the WTTA Results or calculated by the Racing Secretary.

CLUB OBJECTIVE #2– YOUTH

To further develop a varied programme of youth activities to complement the well established programme for senior members.

Objectives:

We will deliver: -

- Skills and safety training to youth members
- Racing and competition opportunities across the range of ages and abilities
- Touring and leisure riding opportunities
- Club fellowship and good citizenship
- An outreach programme to local schools and other youth organisations

We will do this by appointing a Youth Co-ordinator onto the Club Committee.

The Youth Co-ordinator's specific responsibilities are to:

- Encourage and report on delivery of:
- Skills and safety training to youth members
- Racing and competition opportunities across the range of ages and abilities
- Touring and leisure riding opportunities
- Club fellowship and good citizenship
- Support the Committee to achieve an outreach programme to local schools and other youth organisations.
- Ensure that any resources required for delivery of the Youth Strategy are made available.
- Contribute opinions on the Club Committee whether to implement recommendations on proposed changes to the Youth Strategy.
- Develop the Youth Strategy to ensure that it will meet Member's needs and that the Club keeps progressing towards the Strategy target.
- Report at every committee meeting:
- Any official correspondence.
- Any new ideas.

TED SAWYERS CUP / MRS DAY CUP YOUTH EVENING TIME TRIAL SERIES

Youth Time Trials will take place at 18:30 every other Tuesday at the Castle Combe Race Circuit. These events are under 5 miles in length. Starting date Tuesday 2nd April and continuing fortnightly unless otherwise announced.

For further information contact:

Youth Evening Time Trial Series Co-ordinator – Mike Edwards
Youth Co-ordinator – Paul Freegard

CLUB OBJECTIVE #3 – COACHING

To further develop a varied programme of youth activities to complement the well established programme for senior members.

Objective:

To build an effective team of coaches to fulfil a wide variety of coached activities and to develop mentoring as an additional provision.

We will do this by appointing a Coaching Co-ordinator onto the Club Committee.

The Coaching Co-ordinator's specific responsibilities are to:

- Build an effective team of coaches to fulfil a wide variety of coached activities and to develop mentoring as an additional provision.
- Support members wishing to obtain coaching qualifications for the benefit of the Club
- Ensure that any resources required for delivery of the Coaching Strategy are made available.
- Contribute opinions on the Club Committee whether to implement recommendations on proposed changes to the Coaching Strategy
- Develop the Coaching Strategy to ensure that it will meet the Club Member's needs and that the Club keeps progressing towards the Strategy target.
- Report at every committee meeting:
- Any official correspondence.
- Any new ideas.

COACHING TEAM

One of the club objectives is to provide coaching assistance to all members, and for that reason we have a Coaching Team. The team try to cater for all aspects of the sport and cycling pastime. At present the team consists of: -

Martin Priestley COACHING COORDINATOR

Sue Andrews

British Cycling Level 1 Coach. Provide Go ride supervision; look after groups of 3-15.

Andy Cook

British Cycling Level 2 Coach (Formerly British Cycling Club Coach). Provides advice on all aspects of road and track racing. Setting and advising on personal schedules and one to one coaching.

Jacqui Cook

British Cycling Level 2 Coach. Organises Go Ride and is willing to give advice on "Chain Gang" rides and Track sessions. Advice is also available for ladies on such things as Shorts and saddles.

Paul Freegard

Training to become British Cycling Level 1 Coach. Provide Go Ride supervision, look after groups of 3-15 and give advice on easy / leisure rides.

In the near future it is hoped to involve several other members with, or currently training for, coaching qualifications, and their details and availability will be published in due course. The Coaches have agreed to give their services free of charge to general training sessions for Chippenham Wheelers members, but reserve the right to charge for coaching and advice of a personal nature.

GO-RIDE

Our qualified coaches run a series of summer Go-Ride training sessions on Thursday evenings at Castle Combe Circuit. Dates to be announced. For further information contact Jacqui Cook (01249 653845).

CLUB OBJECTIVE #4 – COMMUNITY

Objective:

To provide opportunities across the community including charitable organisations to get involved in cycling in any of its forms. This includes disabled riders and visually impaired riders.

We will do this by appointing a Community Co-ordinator onto the Club Committee.

The Community Co-ordinator's specific responsibilities are to:

- Provide opportunities across the community including charitable organisations to get involved in cycling in any of its forms, including disabled riders and visually impaired riders.
- Inform the wider community about our Club events by advertising on our club website and through articles in local newspapers and radio.
- Ensure that a local charity or good cause is nominated each year and manage the organisation of events to support that cause.
- Ensure that any resources required for delivery of the Community Strategy are made available.
- Contribute opinions on the Club Committee whether to implement recommendations on proposed changes to the Community Strategy
- Develop the Community Strategy to ensure that it will meet the Club Member's needs and that the Club keeps progressing towards the Strategy target.
- Report at every committee meeting:
- Any official correspondence;
- Any new ideas.

CLUB OBJECTIVE #5 – COMMUNICATION

Objective:

To ensure that all members are aware of the full range of activities on offer. Also to provide a medium for communication of race results etc.

To communicate to the wider community an appropriate report of the club activities and results.

We will do this by appointing a Communication Co-ordinator and a Website Co-ordinator onto the Club Committee.

The Communication Co-ordinator's specific responsibilities are to:

- Ensure that all members are aware of the full range of activities on offer.
- Provide weekly and monthly newsletters by email and a monthly printed newsletter to those without email.
- Ensure that any resources required for delivery of the Communication Strategy are made available.
- Contribute opinions on the Club Committee whether to implement recommendations on proposed changes to the Communication Strategy.
- Develop the Communication Strategy to ensure that it will meet the Club Member's needs and that the Club keeps progressing towards the Strategy target.
- Report at every committee meeting any official correspondence and any new ideas.

The Website Co-ordinator's specific responsibilities are to:

- Be responsible for provision of the club web site including arranging of content. Liaison with external suppliers (web hosting, web development, etc).
- Ensure that all members are aware of the full range of activities and programme of events on offer.
- Enable provision of weekly and monthly newsletters by email and a monthly printed newsletter to those without email.
- Enable the web site to be a showcase to the wider community of club activities and results.
- Encourage members to use the website chat forum, profiles and other functions.
- Enable the publication of race results on the web site.
- Publish a summary of the committee meetings on the website.
- Monitor web site usage and observe trends/patterns.
- Be the recipient and responder for the webmaster@ email address.
- Report at every committee meeting any official correspondence and any new ideas.

CLUB OBJECTIVE #6 – ACTIVITIES

Objective:

To provide cycling opportunities across all disciplines on a regular basis to meet as many of members requirements as possible.

We will do this by appointing Social Events, Competitive Events and Non-Competitive Events Co-ordinators.

The Social Events Co-ordinator's specific responsibilities are to:

- Prepare and maintain calendar of Social Events
- Develop the Social Events Calendar to ensure that it will meet the Club Member's needs and that the Club keeps progressing towards the Strategy target.
- Report at every committee meeting a programme of Social activities, any official correspondence and any new ideas.

The Competitive Events Co-ordinator's specific responsibilities are to:

- Prepare and maintain the calendar of Competitive Events.
- Prepare awards, trophies and medals for presentation at the end of the racing Season.
- Develop the Competitive Events Calendar to ensure that it will meet the Club Member's needs and that the Club keeps progressing towards the Strategy target.
- Report at every committee meeting a programme of Competitive Events, any official correspondence and any new ideas

The Non-Competitive Events Co-ordinator's specific responsibilities are to:

- Be responsible for preparing and maintaining calendar of Non-Competitive Leisure and Family Events.
- Develop the Non-Competitive Events Calendar to ensure that it will meet the Club Member's needs and that the Club keeps progressing towards the Strategy target.
- Report at every committee meeting a programme of Non-Competitive Events, any official correspondence and any new ideas

NON-COMPETITIVE EVENTS

AUDAX / RANDONNEE SERIES 2019

Originally AUDAX is Latin for "Courageous" and was first used in 1904 in France where this type of event was developed.

Audax rides are NOT races. Everyone rides to their own limitations and the primary objective just to 'get round'. There are maximum and minimum time limits, which are designed to suit everyone from the fittest of recreational riders, to more occasional riders who have plenty of determination. The routes typically feature only a few fast main roads and a lot of quiet, scenic lanes. Many events can be quite hilly, and even the flatter ones usually have one or two challenging climbs.

Each rider carries a 'brevet card' which is stamped at intermediate checkpoints and at the finish, and which is later returned to the rider as a certificate of their achievement.

We run a series of Audax events each year starting with the 50k Audax in and progressing monthly to a challenging 175k in early June. The dates for 2019 are as follows;

Event	Date	Meet at	Start at
Club 50k Audax	Sunday 20 th January	09:45	10:00
Club 75k Audax	Sunday 17 th February	09.15	09.30
Club 100k Audax	Sunday 17 th March	08:45	09:00
Club 125k Audax	Sunday 14 th April	08:45	09:00
Club 150k Audax	Sunday 19 th May	08:15	08:30
Club 175k Audax	Sunday 23 rd June	07:45	08:00

Route details available from the website, in GPX and written form. All events start from the Chippenham Sports Club, Hardenhuish Park, Bristol Road, Chippenham SN15 1NH. Please arrive fifteen minutes before start time to sign on in plenty of time.

Certificate awarded for events completed. Medals awarded to those completing four or more events in the club series.

LEISURE AND FAMILY RIDES

Note: Distances and Speeds shown are for guidance only.

Family Rides	<p>Distance: 15 - 30km (10 – 20 miles) Average Speed: 10-15 kph (7 – 11 mph)</p> <p>Generally ridden on a Saturday afternoon. A chance for any beginner to get a taster of Club cycling, suitable for people new to cycling of any age (young or old) or indeed those returning to cycling after a break. This is a very easy paced ride with no time constraints. Guided and assisted by club members who can instruct in the basics of group riding.</p>
Saturday Leisure Rides	<p>Distance: 30 – 65 km (25 – 40 miles) Average Speed: 15 - 18 kph (9 – 11 mph)</p> <p>Generally ridden on a Saturday morning 10.00 am start. An introduction to Group and Club cycling. These are easy family rides for mixed ages and abilities, using the local lanes around Chippenham, avoiding main roads wherever possible. Suitable for all beginners and youngsters alike. A guided ride with a pre-planned route sheet and usually includes a mid way coffee stop. Care is taken not to exclude any slower riders.</p>
Sunday Leisure Rides	<p>Distance: 65 – 95 km (40 – 60 miles) Average Speed: 18 – 25 kph (11 – 15 mph)</p> <p>Generally ridden on a Sunday morning 9.30 am start. Aimed at the slightly fitter and more self reliant rider with some experience of group riding skills, but still well within the boundaries of most people. Again taking to the lanes of Wiltshire avoiding main roads wherever possible. These are longer routes and therefore enable routes to encompass some of Wiltshire's great countryside and sights of interest. Routes will be posted on the website with links to GPX files available, route sheets are available at the start, with a coffee stop mid way. Subject to numbers on the day these rides may break into faster and slower groups simply to ensure there are manageable numbers on the road. Traditional cycling club etiquette is encouraged at all times to ensure no one gets lost or in mechanical trouble.</p>
Challenge Rides (Seasonal)	<p>Distance: 100 km plus (60 miles plus) Average Speed: 20 – 27 kph (12 – 16 mph)</p> <p>Generally ridden on a Sunday morning 9.00 am start. Aimed at the more experienced rider capable of maintaining a steady pace over a longer distance, but still using quiet roads wherever able. Traditional cycling club etiquette is encouraged at all times to ensure no one gets lost or in mechanical trouble.</p>
Chaingang	<p>Distance: 60 km (40 miles) Average Speed: 30 kph plus (18 - 20 mph)</p> <p>Saturday mornings 9.30 am starts from Cemetery Gates on London Road. A training ride for those who wish to develop their fitness and higher speed group riding skills. Aimed primarily at those who are confident in their own ability and not only able to keep up and but take part in and lead. Riders need to be able to ride safely in a close formation group. The ride takes the same circuit around Chippenham each week which offers ample opportunity to peel off if dropped by the main group.</p>

GENERAL INFORMATION FOR RIDERS IN LEISURE & AUDAX EVENTS

Make sure your bike is safe - check brakes, wheels, rims and steering. Also ensure that nothing is loose (especially mudguards) or liable to fall off. A lubricated chain etc is also a good idea. Check and correctly inflate your tyres - worn tyres are the single biggest preventable cause of punctures. We also advise that you carry the following equipment:

- At least one spare inner tube, a working pump and a puncture repair kit
- Tyre levers - 2/3
- A multi tool - to adjust gears etc, and other optional tools eg: chain breaker
- Even in winter hydration is important so each rider should carry a water bottle.
- Personal first aid - plasters, antiseptic wipes etc
- Working lights and spare bulbs and batteries, between the months of October and March.
- Adequate clothing for warmth plus rain wear.
- Sufficient money for coffee and food (we normally eat in a café)

Follow the leading rider's instructions. Do not ride more than two abreast. Ride in single file where appropriate to do so, e.g. to allow traffic to pass on narrow or busy roads. Do not bunch at junctions, when needing to stop. When approaching obstructions or hazards, give warning by pointing or calling 'On the left' (or right) as necessary. Give warning of approaching traffic, especially on quiet roads, by calling 'Car up' for traffic from behind or 'Car down' for oncoming vehicles. When slowing down abruptly, call 'Easy' or 'Stopping' as appropriate.

If you pass the leading rider on a hill, wait at a suitable place at the top. If you 'drop' a slower rider, wait at the top of the hill or at the next junction in a visible position, not obstructive to other road users.

When approaching horse-riders from behind, call 'Cyclists behind' to let them know of your approach, and give them plenty of room as you pass. Be prepared to stop if the riders ask you to, as horses are often frightened by cyclists.

Please ride safely and predictably, with consideration for your fellow riders, and above all within the rules of the road. The club's reputation rests with all of us. Individuals take part in any group rides at their own risk. Chippenham & District Wheelers and its club members accept no responsibility for the safety of anyone participating in group rides, and no liability in the event of an accident.

COMPETITIVE EVENTS

TIME TRIALS

Time Trialling - what is it?

Time trialling is the simplest of competitive formats: a race against the clock, with riders starting a minute apart. Most events are fixed distance, 10, 25, 50 or 100 miles. There are also fixed time events - 12 and 24 hours - with the objective being to ride the furthest you can. Courses are on public roads.

Why do it?

It's nice when you stop - but there is more to it than that. Once you've got your breath back, your body is swimming with endorphins. It feels good. And at some primal, work-ethic level, it's satisfying to have ridden at 100 per cent capacity, to have learned where your limits are. There's a sense that you've used the time productively, having seized the day rather than let it drift by. It doesn't matter what your fitness level is, whether you're 22 or 82, male or female. If you can ride 10 miles on a public road then you can ride a time trial. It's not like a road race, where if you fall off the pack your race is over. You'll automatically get your personal best time (PB) in your first time trial. It doesn't matter what time anyone else got - first and foremost in a time trial, you're racing against yourself.

How to race

A list of our club events is provided over the page, and you can ride any of them. You pay an on-the-day entry fee of £3.00. Open events are bigger, attracting riders from across the region. You have to register in advance for an open event and the fee will usually be a bit higher. You don't need a racing licence for either type of event; club membership is sufficient. If you're under 18 - the minimum age is 12 — you must have a parent/guardian's authorisation.

Equipment

All you need is a roadworthy bike. That includes mountain bikes and tourers. Assuming the bike is at least half decent, with road tyres, the biggest effect on your speed (apart from your fitness!) is not the machine but your position on it. You make up the overwhelming bulk of the air resistance, which is what mostly stops you going faster. So don't wear baggy clothing, and make sure your handlebars are as low as they can comfortably go.

On the day

Arrive at least 15 minutes before the start. Build in some spare time. You'll sign on for the race with the timekeeper beside a car boot. The timekeeper will then hand out race numbers. These are safety-pinned to the back of your jersey, right at the bottom not high up on the back. Ask someone to pin yours on for you. If you've got time to spare, ride down the road a bit to warm up. Riding out to the event can be a useful warm up if it's local enough, but remember you'll have to ride home, too! Get to the start with a couple of minutes to spare. At one minute to go, you'll get in position. Make sure you're in a gear you can accelerate away in. At 30 seconds, the starter will - if you wish - hold you up. Take some deep breaths, clip into and orient your pedals.

The ride

Don't slaughter yourself in the first few miles. You need to get into the ride - find a rhythm for your breathing and pedalling that's hard but sustainable. Try not to let your mind wander. Keep half an eye on your heart rate monitor or bike computer, or count your pedal strokes for one leg (one, two, three, four) and then the other, and repeat. Other riders will come past you. Don't worry about it. When you can see the finish, give it

everything. Keep riding straight past the finish. When it's safe to do so, do a U-turn and return to where you met up before the race - not the start. Don't hang around the timekeeper or try to talk to him. He'll be over with the results shortly. Have a drink. Get your breath back, and when the timekeeper reappears, go and find out your time. So, how did you do? It doesn't matter what time anyone else got – you're racing against yourself!

Club Time Trial Programme 2019

Day	Date	Registration Closes	Start Time	Course	Distance	Event
	Jan-19					
Tue	1st	10:45	11:00			1 Kilometre (Kilo) Castle Combe
	Feb-19					
Sat	16th	14:00	14:15	UC861	10	Medium 'Fixed' Gear 10 mile time trial
	Apr-19					
Wed	3rd	18:15	18:30	UC861	10	Jack Nunn 10 mile time trial No.1
Wed	10th	18:15	18:30	UC865	10	Sporting 10 mile time trial No.1 "Come and Try It"
Wed	17th	18:15	18:30	UC861	10	Jack Nunn 10 mile time trial No.2
Wed	24 th	18:15	18:30	UC863	10.6	Sporting 10 mile time trial No.2 (Lyneham)
	May-19					
Wed	1 st	18:30	18:45	UC861	10	Jack Nunn 10 mile time trial No.3
Wed	8th	18:30	18:45	UC861	10	Club 2-up Team Trophy 10 mile time trial #
Wed	15th	18:30	18:45	UC861	10	Jack Nunn 10 mile time trial No.4
Wed	22th	18:15	18:30	UC862	25	Club 25 mile time trial (inc tandems)
Wed	29th	18:30	18:45	UC861	10	Jack Nunn 10 mile time trial No.5
	Jun-19					
Wed	5th	18:30	18:45	UC861	10	Jack Nunn 10 mile time trial No.6
Wed	12th	18:30	18:45	UC861	10	Jack Nunn 10 mile time trial No.7
Wed	19th	18:15	18:30	UC862	25	Hinder & Gerald Cup 25 mile time trial #
Wed	26th	18:30	18:45	UC861	10	Sheila Edwards Cup 10 mile time trial #
	Jul-19					
Wed	3rd	18:00	18:30	UC864	50	Nixon & Mike Edwards Cup 50 mile TT # * Counts towards Club Time Trial Championship
Wed	10th	18:30	18:45	UC861	10	Jack Nunn 10 mile time trial No.8
Wed	17th	18:30	18:45	UC863	10.6	Sporting 10 mile time trial No.3 (Lyneham) **
Wed	24th	18:30	18:45	UC861	10	Jack Nunn Tandem Trophy 10 mile TT
Wed	31st	18:15	18:30	UC861	10	Jack Nunn 10 mile time trial No.9
	Aug-19					
Wed	7th	18:30	18:45	UC861	10	Jack Nunn 10 mile time trial No.10
Wed	14th	18:15	18:30	UC861	10	10 Mile Time Trial – Steel Is Real
Wed	21 st	18:15	18:30	UC861	10	Jack Nunn 10 mile time trial No.11
Wed	28th	18:15	18:30	UC861	10	Jack Nunn 10 mile time trial No.12
	Sep-19					
Wed	4th	18:15	18:30	UHC86	10	Roberts Tankard Hill Climb

Registration closes 15 minutes prior to start

Pre-registration is required for these events for riders wishing to take part in the handicap element of these events

* Registration will close at 18:00 for 50 mile as it is a 15 – 20 minute ride to the start

** Usually Gymkhana night therefore no alternate course available

Alternate Course to be used if primary course not available:

UC866 10 mile time trial course aka the "Q" Course

UC867 10 mile time trial course aka the "P" Course

CLUB "OPEN" ROAD RACE EVENTS AND TIME TRIALS

Throughout the year, the Club run a number of "Open" Time Trials and Races. These events are open to both members and other riders belonging to other clubs affiliated to West DC Cycling Time Trials Association.

A member of the club acts as "Event Secretary" for these events, and club members are encouraged to assist marshal and support the event. The timetable for the 2019 events are as follows;

OPEN ROAD RACE EVENTS & TIME TRIALS

SUNDAY 3th MARCH

Open Hilly 24 mile Time Trial (WTTA Hardriders). Course U601, starting at 10:00 am

Event Secretary: Paul Freegard

Email: pfreegard@mac.com

Tel: 07802 950480

FRIDAY 19th April APRIL

Castle Combe Easter Classic Crit Racing. Castle Combe race circuit, starting at 10 am

Event Secretary: Jacqui Cook

Email: jacqui@andycookcycling.com

Tel: 01249 156141

SATURDAY 4th MAY

Open 10 mile Time Trial. Course U41, starting at 08:00 am

Event Secretary: Paul Winchcombe

Email: paul@winchcombe.net

Tel: 07792372309

SUNDAY 3rd JUNE

Open 50 mile Time Trial. Course U86/50, starting at 08:00 am

Joint Event with 73 Degrees Cycling

Event Secretary: Emma Angove

Tel: 07827337543

SUNDAY 23rd JUNE

Open 25 mile Time Trial. Course U86, starting at 09:30 am

Event Secretary: Paul Winchcombe

Email: paul@winchcombe.net

Tel: 07792372309

SATURDAY 5th OCTOBER

Open Hill Climb. Course UHC80, starting at 10:00am

Event Secretary: Nick Ferris

Tel: 01249 821316

SUNDAY 6th OCTOBER

Open 3 Up Team Time Trial. Course U86, starting at 09:00 am

Event Secretary: Andy Cook

Email: andy@andycocycling.com

Tel: 01249 653845

The Open Time Trial Championship 2019

Date	Course	Distance	Start	Organising Club
17 Feb	U375	10	0900	Frome & District Wheelers
24 Feb	U17	25	0930	Severn RC
24 Mar	U32r	Hilly	0900	Bath Cycling Club (WTTA Hardriders)
31 Mar	U17/25	25	0930	Bristol South Cycling Club
20 Apr	U72	Hilly	1000	Gloucester City Cycling Club (WTTA Hardriders)
12 May	U33	Hilly	1000	Westbury Wheelers (WTTA Hardriders)
1 Jun	U7b	10	0900	Gloucester City Cycling Club
29 Jun	U7b	10	0800	Severn RC
3 Jul	UC864	50	1830	Chippenham Wheelers Midweek
1 Sep	U109	50	0800	Velo Club Walcot
15 Sep	U370	25	0830	Bath Cycling Club
29 Sep	R50/1b	50	0800	Welsh Championship

Remember you need one ride from each distance, conveniently colour coded above, to get a counting score. Events in CTT Handbook which are nominated as WTTA Hardriders only count to Championship if also shown here as WTTA Hardriders, otherwise they count as the distance shown here.

Although there are two 50 mile time trials this year in Western District, one is being organized by the Club with 73 Degrees and so the Welsh Championship event is our third nominated event.

The events are spread across the calendar this year to keep the competition going right till the end of the season.

Jackman Cup (100 mile Championship)

The Jackman Cup will be awarded to the fastest time in the WTTA 100 mile time trial

Date	Day	Course	Distance	Start	Organising Club
16/06/2019	Sunday	U86/100	100	06:00	Western Time Trials Association

12 Hour Championship Cup

The 12 hour Championship Cup will be awarded to the greatest number of miles in the Welsh 12 hour Time Trial even though this clashes with the U109/50 as there is no suitable alternative course (reasonable travelling) to be nominated.

Date	Day	Course	Time	Start	Organising Club
01/09/2019	Sunday	R12/16	12 Hours	06:00	Welsh CA

Ted Barlow Cup (WTTA Hardrider Series)

The dates for the WTTA Hardrider Series are on the WTTA Website:

<http://www.wtta-hardriders.org.uk/index.html>

and all events are annotated as WTTA Hardrider in the CTT Handbook

Chippenham and District Wheelers Time Trial Records

This document contains the Chippenham and District Wheelers Club Time Trial Records as follows:

Current Record Holders (that is the individual(s) holding the current record and representing the time to beat in that category).

- a. Seniors
- b. Ladies
- c. Juniors
- d. Juveniles
- e. Tricycles
- f. Tandems
- g. Ladies Veterans
- h. Mens Veterans

In current records if a rider of an older age category records a faster time than a rider in a lower age category then that rider (the older one) will be deemed to hold the record. The space for the record in the lower age category will be marked with @ @ @ @ to indicate it is held by an older rider.

If a time is annotated “*” it shows it was amended in 2013 on information received when asking senior members of the club to review their historic records as this time keeping sheet was being updated.

All riders should note that they should submit claims for times although the Racing Secretary will do their best to scan the results on the CTT website and update as appropriate. It would be helpful to state age at the time of the race resulting in the record.

Historic Record Holders (that is all record holders in a given category showing the progression of record times over the years (this record may not be complete and members should submit their claims stating the distance, event, date of event, age at the time of the event and time recorded).

CURRENT CLUB RECORDS SENIORS

MENS			
Event	Record Holder	Year	Time / Distance
10 miles	Jeff Jones	2011	19:26
25 miles	Ben Anstie	2009	49:19
30 miles	Andy Cook	1998	1.06.09
50 miles	Jeff Jones	2011	1.39.03
100 miles	Jeff Jones	2011	3.31.51
12 Hour	Jeff Jones	2011	305.513 miles Nat Record
24 Hour	Keith Wright	1978	469.64 miles *
LADIES			
Event	Record Holder	Year	Time / Distance
10 miles	Emma Angove	2017	22:42
25 miles	Emma Angove	2017	56.53
30 miles	Emma Angove	2017	1:19:22
50 miles	Kate Crisp	1989	1.59.14
100 miles	Kate Crisp	1989	4.11.45
12 Hour	Sara Dinwoodie	2003	224.91 miles
JUNIORS			
Event	Record Holder	Year	Time / Distance
10 miles	Matt Griffin	2011	21:41
25 miles	Matt Griffin	2011	55.43
50 miles	Matt Griffin	2011	1.59.41
100 miles	Luke Davies	2011	4.15.40
JUVENILES			
Event	Record Holder	Year	Time / Distance
10 miles	Jack Reed	2010	22.28
25 mile	Luke Davies	2011	59:29:00
30 miles	Luke Davies	2010	1.18.31
50 miles	Luke Davies	2009	2.16.26
100 miles	Luke Davies	2010	4.43.46
TRICYCLES			
Event	Record Holder	Year	Time / Distance
Men's 10 miles	Bob Crisp	1988	23.11
Men's 25 miles	Bob Crisp	1989	58.53
Men's 50	Bob Crisp	1989	2.02.10
Men's 100 miles	Jack Nunn	1958	5.01.55
Men's 12-Hour	Jack Nunn	1957	227 miles
Ladies 10 miles	Kate Crisp	1988	24.59
Ladies 15 miles	Kate Crisp	1989	38.2
Ladies 25 miles	Kate Crisp	1988	1.05.38
TANDEMS			
Event	Record Holders	Year	Time / Distance
Men's 10 miles	John Else / Bob Crisp	1987	19.5
Men's 25 miles	John Else / Keith Wright	1981	52.05
Men's 30 miles	John Else / Peter White	1973	1.07.34
Men's 50 miles	John Else / Keith Wright	1981	1.55.01
Ladies 10 miles	Barbara Else / Kate Crisp	1987	22.37
Mixed 10 miles	Kate Crisp / Bob Crisp	1989	18.28 National Record

Mixed 25 miles	Kate Crisp / Bob Crisp	1982	49.38
Mixed 30 miles	Kate Crisp / Bob Crisp	1989	59.22 National Record
Mixed 50 miles	Kate Crisp / Bob Crisp	1987	1.45.26
Mixed 100 miles	Kate Crisp / Bob Crisp	1988	3.32.07 National Record
Mixed 12 Hour	Kate Crisp / Bob Crisp	1986	253.56 miles
TANDEM TRICYLCES			
Event	Record Holders	Year	Time / Distance
Mixed 10 miles	Kate Crisp / Bob Crisp	1988	21.41
Men's 50 Miles	Keith Wright / Ray Booty	1965	2:05:?? *

LADIES VETERANS				
Age Category	Distance	Record Holder	Year Set	Time / Distance
45 – 49 years	10 Miles	Gwen Shillaker		24:55
45 – 49 years	25 Miles	@ @ @ @		
45 – 49 years	30 Miles	@ @ @ @		
45 – 49 years	50 Miles	@ @ @ @		
45 – 49 years	100 Miles	@ @ @ @		
50 – 54 years	10 Miles	@ @ @ @		
50 – 54 years	25 Miles	Gwen Shillaker		1.02:32
50 – 54 years	30 Miles	Gwen Shillaker		1.21:01
50 – 54 years	50 Miles	Gwen Shillaker		2.09:55
50 – 54 years	100 Miles	Gwen Shillaker		4.40:20
50 – 54 years	12 Hour	Gwen Shillaker		211.495 miles
55 – 59 years	10 Miles	Gwen Shillaker		25:04
55 – 59 years	25 Miles	Gwen Shillaker		1.06:56 *
55 – 59 years	30 Miles	Gwen Shillaker		1.24:36
55 – 59 years	50 Miles	Gwen Shillaker		2.14:07 *
55 – 59 years	100 Miles	Gwen Shillaker		5.01:06 *

MENS VETERANS				
Age Category	Distance	Record Holder	Year Set	Time / Distance
40 – 44 years	10 Miles	Mark Woolford (as 45 – 49)	2014	20:20
40 – 44 years	25 Miles	Paul Winchcombe (as 55 – 59)	2017	52:41
40 – 44 years	30 Miles	Keith Wright	1981	1.09:06
40 – 44 years	50 Miles	Jeff Jones	2011	1.39.03
40 – 44 years	100 Miles	Jeff Jones	2011	3.31.51
40 – 44 years	12 Hour	Jeff Jones	2011	305.513 miles National Record
45 – 49 years	10 Miles	Mark Woolford	2014	20:20
45 – 49 years	25 Miles	Paul Winchcombe (as 55 – 59)	2017	52:41
45 – 49 years	30 Miles	Paul Winchcombe (as 55 – 59)	2018	1.09:46
45 – 49 years	50 Miles	Andy Cook	2010	1.47:58
45 – 49 years	100 Miles	Simon Cox	2018	3:58:03
45 – 49 years	12 hour	Robbie Richardson (as 50 – 54)	2015	266.55 miles
50 – 54 years	10 Miles	Mark Woolford	2016	20:30
50 – 54 years	25 Miles	Paul Winchcombe (as 55 – 59)	2017	52:41
50 – 54 years	30 Miles	Paul Winchcombe (as 55 – 59)	2018	1.09:46
50 – 54 years	50 Miles	Paul Winchcombe (as 55 – 59)	2017	1:56:06
50 – 54 years	100 Miles	Paul Winchcombe (as 55 – 59)	2017	4.04:32
50 – 54 years	12 Hour	Robbie Richardson	2015	266.55 miles
50 – 54 years	24 Hour	Steve Ayres	2011	426.5 miles
55 – 59 years	10 Miles	Paul Winchcombe	2018	20:52
55 – 59 years	25 Miles	Paul Winchcombe	2017	52:41
55 – 59 years	30 Miles	Paul Winchcombe	2018	1.09:46
55 – 59 years	50 Miles	Paul Winchcombe	2017	1:56:06
55 – 59 years	100 Miles	Paul Winchcombe	2017	4:04:32
55 – 59 years	12 Hour	Paul Winchcombe	2018	252.41 miles
60 – 64 years	10 Miles	Paul Freegard	2017	23:24
60 – 64 years	25 Miles	Paul Freegard	2018	56:59
60 – 64 years	30 Miles	Paul Freegard	2017	1:20:28
60 – 64 years	50 Miles	Gary Woodward	2006	2.03:52
60 – 64 years	100 Miles	Gary Woodward	2006	4.23:01
60 – 64 years	12 Hour	Keith Wright	Between 1999 - 2003	231.670 miles
65 – 69 years	10 Miles	John Eames (as 70+)	2018	24:58
65 – 69 years	25 Miles	John Eames (as 70+)	2017	1:03:10
65 – 69 years	30 Miles	John Eames (as 70+)	2018	1:16:30
65 – 69 years	50 Miles	Roy Burden	1999 – 2003?	2.38:32
65 – 69 years	100 Miles	Roy Burden	1999 – 2003?	5.24:55

65 – 69 years	12 Hour	Roy Burden	1999 – 2003?	200.520 Miles
70 + years	10 Miles	John Eames	2018	24:58
70 + years	15 Miles	John Eames	2018	37:49
70 + years	25 Miles	John Eames	2017	1:03:10
70 + years	30 Miles	John Eames	2018	1:16:30
70 + years	50 Miles	Roy Burden	2004 – 2008?	2.38:34
70 + years	100 Miles	Ken Archard	2010?	5.44:22
80+ years	10 Miles	John Else	2015	31:29

HISTORIC CLUB RECORDS SENIORS

MENS			
Event	Record Holder	Year	Time / Distance
10 miles	Jeff Jones	2011	19:26
	Ben Anstie	2008	19:35
25 miles	Ben Anstie	2009	49:19
	Jeff Jones	2008	52:02
30 miles	Andy Cook	1998	1.06.09
50 miles	Jeff Jones	2011	1.39.03
	Jeff Jones	2008	1.45:19
100 miles	Jeff Jones	2011	3.31.51
	Andy Cook	1996	3.45:03
12 Hour	Jeff Jones	2011	305.513mile Nat Record
	Andy Cook	1999	271.28 mile
24 Hour	Keith Wright	1978	469.48 miles
LADIES			
Event	Record Holder	Year	Time / Distance
10 miles	Emma Angove	2017	22:42
	Kate Crisp	1988	22.44
25 miles	Emma Angove	2017	56.53
	Kate Crisp	1989	58.26
30 miles	Emma Angove	2017	1:19:22
	Jacqui Cook	1991	1.20.49
50 miles	Kate Crisp	1989	1.59.14
100 miles	Kate Crisp	1989	4.11.45
12 Hour	Sara Dinwoodie	2003	224.91 miles
JUNIORS			
Event	Record Holder	Year	Time / Distance
10 miles	Matt Griffin	2011	21:41
	T. Hanham	1982	22.35
25 miles	Matt Griffin	2011	55.43
	S. Bond	1982	57.14
50 miles	Matt Griffin	2011	1.59.41
	C. Jackson	1957	2.05.13
100 miles	Luke Davies	2011	4.15.40
JUVENILES			
Event	Record Holder	Year	Time / Distance
10 miles	Jack Reed	2010	22.28
	Andy Mummery	1989	22.35

25 mile	Luke Davies	2011	59:29:00
	Luke Davies	2010	1.00:43
	A. Ingram	1971	1.02.18
30 miles	Luke Davies	2010	1.18.31
	Luke Davies	2009	1.36:57
50 miles	Luke Davies	2009	2.16.26
100 miles	Luke Davies	2010	4.43.46
TRICYCLES			
Event	Record Holder	Year	Time / Distance
Men's 10 miles	Bob Crisp	1988	23.11
Men's 25 miles	Bob Crisp	1989	58.53
Men's 50	Bob Crisp	1989	2.02.10
Men's 100 miles	Jack Nunn	1958	5.01.55
Men's 12-Hour	Jack Nunn	1957	227 miles
Ladies 10 miles	Kate Crisp	1988	24.59
Ladies 15 miles	Kate Crisp	1989	38.2
Ladies 25 miles	Kate Crisp	1988	1.05.38
TANDEMS			
Event	Record Holders	Year	Time / Distance
Men's 10 miles	John Else / Bob Crisp	1987	19.5
Men's 25 miles	John Else / Keith Wright	1981	52.05
Men's 30 miles	John Else / Peter White	1973	1.07.34
Men's 50 miles	John Else / Keith Wright	1981	1.55.01
Ladies 10 miles	Barbara Else / Kate Crisp	1987	22.37
Mixed 10 miles	Kate Crisp / Bob Crisp	1989	18.28 National Record
Mixed 25 miles	Kate Crisp / Bob Crisp	1982	49.38
Mixed 30 miles	Kate Crisp / Bob Crisp	1989	59.22 National Record
Mixed 50 miles	Kate Crisp / Bob Crisp	1987	1.45.26
Mixed 100 miles	Kate Crisp / Bob Crisp	1988	3.32.07 National Record
Mixed 12 Hour	Kate Crisp / Bob Crisp	1986	253.56 miles
TANDEM TRICYCLES			
Event	Record Holders	Year	Time / Distance
Mixed 10 miles	Kate Crisp / Bob Crisp	1988	21.41
Men's 50 Miles	Keith Wright / Ray Booty	1965	2:05:?? *
	Jack Nunn / Jim Carvey		2:11:?? *

LADIES VETERANS				
Age Category	Distance	Record Holder	Year Set	Time /

				Distance
45 – 49 years	10 Miles	Gwen Shillaker		24:55:00
45 – 49 years	25 Miles	@ @ @ @		
45 – 49 years	30 Miles	@ @ @ @		
45 – 49 years	50 Miles	@ @ @ @		
45 – 49 years	100 Miles	@ @ @ @		
50 – 54 years	10 Miles	@ @ @ @		
50 – 54 years	25 Miles	Gwen Shillaker		01:02:32
50 – 54 years	30 Miles	Gwen Shillaker		01:21:01
50 – 54 years	50 Miles	Gwen Shillaker		02:09:55
50 – 54 years	100 Miles	Gwen Shillaker		04:40:20
50 – 54 years	12 Hour	Gwen Shillaker		211.495 miles
55 – 59 years	10 Miles	Gwen Shillaker		25:04:00
55 – 59 years	25 Miles	Gwen Shillaker		01:05:56
55 – 59 years	30 Miles	Gwen Shillaker		01:24:36
55 – 59 years	50 Miles	Gwen Shillaker		02:14:07
55 – 59 years	100 Miles	Gwen Shillaker		05:01:06
MENS VETERANS				
Age Category	Distance	Record Holder	Year Set	Time / Distance
40 – 44 years	10 Miles	Mark Woolford (as 45 – 49)	2014	20:20
		Andy Cook (as 45 – 49)	2008	21:02
		Chris Tweedie	Between 2004 – 2007?	21:08
40 – 44 years	25 Miles	Paul Winchcombe (as 55 – 59)	2017	52:41
		Mark Woolford (as 45 – 49)	2014	53:25
		Chris Tweedie	2006	53:36
40 – 44 years	30 Miles	Keith Wright	1981	1.09:06
40 – 44 years	50 Miles	Jeff Jones	2011	1.39.03
		Andy Cook	2007 or before	1.49:29
		Keith Wright	Between 1980 - 1984	1.55:56
40 – 44 years	100 Miles	Jeff Jones	2011	3.31:51
		Andy Cook	2003	3.50:43
40 – 44 years	12 Hour	Jeff Jones	2011	305.513 miles National Record
		Andy Cook	2007 or before	269.937 miles

45 – 49 years	10 Miles	Mark Woolford	2014	20:20
		Andy Cook	2008	21:02
45 – 49 years	25 Miles	Paul Winchcombe (as 55 – 59)	2017	52:41
		Mark Woolford	2014	53:25
		Phil Akerman (as 50 -54)	2012	54:11
		Mark Woolford	2011	54:19
		Andy Cook	2008	55:43
		Keith Wright	Between 1985 - 1989	57:07
45 – 49 years	30 Miles	Paul Winchcombe (as 55 – 59)	2018	1.09:46
		Gordon Scott	2010	1.11:08
		Gordon Scott	2008	1.13:01
45 – 49 years	50 Miles	Andy Cook	2010	1.47:58
		Andy Cook	2008	1:52:08
		John Else	1982	1.56:09
45 – 49 years	100 Miles	Simon Cox	2018	3:58:03
		Andy Cook	2009	4.00:25
		Keith Wright	Between 1985 -1989	4.10:20
45 – 49 years	12 hour	Robbie Richardson (as 50 – 54)	2015	255.79 miles
		Keith Wright	1984	256.422
50 – 54 years	10 Miles	Mark Woolford	2016	20:30
		Paul Winchcombe	2012	22:19
		Mike Cox (as 55 – 59)	2011	22:27
		Steve Ayres	2010	22:30
		John Else	Between 1985 - 1989	23:28
50 – 54 years	25 Miles	Paul Winchcombe (as 55 – 59)	2017	52:41
		Mark Woolford	2016	53:31
		Phil Akerman	2012	54:11
		Steve Ayres	2010	56:24
		Keith Wright	Between 1989 - 1993	58:54
50 – 54 years	30 Miles	Paul Winchcombe (as 55 – 59)	2018	1.09:46
		Paul Winchcombe (as 55 – 59)	2016	1.12:45
		Paul Winchcombe	2011	1.14:05
50 – 54 years	50 Miles	Paul Winchcombe (as 55 – 59)	2017	1:56:06

		Mark Woolford	2016	1.58:46
		Paul Winchcombe (as 55 – 59)	2014	1:58:53
		Paul Winchcombe	2014	2.00:59
		Keith Wright	Between 1989 - 1993	2.02:18
50 – 54 years	100 Miles	Paul Winchcombe (as 55 – 59)	2017	4:04:32
		Paul Winchcombe	2013	4.06:59
		Keith Wright	Between 1989 - 1993	4.21:05
50 – 54 years	12 Hour	Robbie Richardson	2015	266.55 miles
		Robbie Richardson	2014	255.79 miles
		Keith Wright	Between 1989 - 1993	250.634 miles
50 – 54 years	24 Hour	Steve Ayres	2011	426.5 miles
55 – 59 years	10 Miles	Paul Winchcombe	2018	20:52
		Paul Winchcombe	2017	21:14
		Andrew Spearman	2016	21:19
		Mike Cox	2011	22:27
		Keith Wright	Between 1994 – 1998	23:29
55 – 59 years	25 Miles	Paul Winchcombe	2017	52:41
		Paul Winchcombe	2016	55:22
		Paul Winchcombe	2015	56:00
		Keith Wright	1999	59:44
55 – 59 years	30 Miles	Paul Winchcombe	2018	1.09:46
		Paul Winchcombe	2016	1.12:45
		Keith Wright	Between 1994 - 1998	1.14:57
55 – 59 years	50 Miles	Paul Winchcombe	2017	1:56:06
		Paul Winchcombe	2014	1:58:53
		Gary Woodward (as 60 - 64)	2006	2:03:52
55 – 59 years	100 Miles	Paul Winchcombe	2017	4:04:32
		Gary Woodward (as 60 - 64)	2006	4.23:01
55 – 59 years	12 Hour	Paul Winchcombe	2018	252.41 miles
		Keith Wright	Between 1994 - 1998	240.392 miles
60 – 64 years	10 Miles	Paul Freegard	2017	23:24
		John Else	1996	24:26
60 – 64 years	25 Miles	Paul Freegard	2018	56:59
		Paul Freegard	2017	57:09
		Keith Wright	1999	59:44
60 – 64 years	30 Miles	John Eames (as 70+)	2018	1:16:30
		Paul Freegard	2017	1:20:28

		Roy Burden (as 65 – 69)	1999 – 2003?	1:27:18
60 – 64 years	50 Miles	Gary Woodward	2006	2.03:52
60 – 64 years	100 Miles	Gary Woodward	2006	4.23:01
60 – 64 years	12 Hour	Keith Wright	Between 1999 – 2003?	231.670 miles
65 – 69 years	10 Miles	John Eames (as 70+)	2018	24:58
		John Else	2000	25.27 *
65 – 69 years	25 Miles	John Eames (as 70+)	2017	1:03:10
		Roy Burden	1999 – 2003?	1.11:29
65 – 69 years	30 Miles	John Eames (as 70+)	2018	1:16:30
		Roy Burden	1999 – 2003?	1:27:18
65 – 69 years	50 Miles	Roy Burden	1999 – 2003?	2.38:32
65 – 69 years	100 Miles	Roy Burden	1999 – 2003?	5.24:55
65 – 69 years	12 Hour	Roy Burden	1999 – 2003?	200.520 Miles
70 + years	10 Miles	John Eames	2018	24:58
		Roy Burden	2004	28:26
70 + years	15 Miles	John Eames	2018	37:49
70 + years	25 Miles	John Eames	2017	1:03:10
		Roy Burden	2004 – 2008?	1.15:37
70 + years	30 Miles	John Eames	2018	1:16:30
70 + years	50 Miles	Roy Burden	2004 – 2008?	2.38:34
70 + years	100 Miles	Ken Archard	2010?	5.44:22
80+ years	10 Miles	John Else	2015	31:29

CLUB EVENING TIME TRIALS DESCRIPTION

The Club's Time Trials series takes place throughout the Summer Season on Wednesday evenings. Club members over the age of 12 may participate in as many events as they chose. The events are broken down as follows;

Club Evening 10 Mile Time Trial Cup and Jack Nunn 10 Mile Time Trial Trophies

12 x 10 mile Time Trials

A riders' 6 best times count for Jack Nunn 10 Mile Time Trial Trophy / Cup. The overall fastest time is awarded the Cup, whilst trophies are awarded for fastest Junior / Lady / Veteran / Senior.

Club 2-up Team Trophy

1 x 10 mile Time Trial (2 club members selected at random from the list of entries to ride and work together to achieve the best time)

The Trophy is awarded to the fastest handicap time and medals are awarded to the fastest overall time.

Jack Nunn Tandem Trophy

1 x Tandem 10 mile Time Trial

Time Trial for Tandem Riders - solo riders are welcome to take part for fun – times are not counted

Medium “Fixed” Gear 10 mile time trial.

1 x Medium Gear 10 mile Time Trial

Gears will be “screwed down” by the event organiser to ensure that no gear changes take place.

Nixon Cup / Mike Edwards Cup

1 x 50 mile Time Trial

The fastest time will be awarded the Nixon Cup and the fastest time on handicap will be awarded the Mike Edwards Cup

Hinder Cup / Gerald’s Cup

1 x 25 mile Time Trial

The fastest time will be awarded the Hinder Cup and the fastest lady will be awarded the Gerald’s Cup

Roberts Tankard

1 x Hill Climb

The fastest time will be awarded the Roberts Tankard

Sheila Edwards Cup

1 x 10 mile Time Trial

The Sheila Edwards Cup is based on a straight 10 mile time trial, fastest finishers wins. There are also 2 medals for the first two riders based on handicap.

Sporting Time Trials

5 x Sporting 10 mile Time Trials

GUIDELINES FOR RIDERS IN CLUB EVENING TIME TRIALS

Signing on and parking

In the interest of safety, and consideration for local residents, riders should sign on at Queens Field in Sutton Lane. There is adequate parking down the side of the barn. If there is a need to park in the lane, please park on the verge.

Warming up

Warm up in Sutton Lane, riding back towards Chippenham. Take care when doing U turns.

Near your start time, return to the end of Sutton Lane, turn left on B4069 towards Chippenham, left again into Chestnut Road, and back to Sutton Lane – a half mile loop with all left turns.

Do not congregate at the end of Sutton Lane opposite the start, in order to avoid obstructing vehicles emerging from Sutton Lane. Cross the B4069 with extreme care, or ride to the church, turn right, and then do a U turn before returning to the start.

Start

Please do not wait on the road with your bike. Stand on the pavement until called. Allow the pusher-off to hold you. Don't apply your brakes. Relax. A quick look behind to check traffic, and the pusher-off will advise if traffic is about to pass. Beware of cars pulling out of Sutton Lane.

During the event

In bad weather the race may be postponed on safety grounds. In any case, fit a small rear LED light in case it gets dark before the event is completed. Ride with your head up, and take notice of what is going on on the road. If one rider catches another, the rider overtaken must drop back, and not take pace.

Be vigilant at junctions. At Dauntsey Lane cars sometimes turn right across riders. The right turn after the M4 bridge has an adverse camber, and we have had some close calls at this junction. In Little Somerford (left turn) oncoming cars turning right across you have right of way if you use the bus lane. Be careful on the narrow tight bends on the last couple of miles. Keep to your side of the road.

Finish

Do not celebrate with both hands off the bars. The finish is opposite another junction, so no congregating. From the finish continue back to the signing-on area. If you need to stop, continue past the timekeepers and take your machine off the carriageway. The timekeeper needs to concentrate on the remaining riders finishing. Your times will be at the HQ area, and later at the Clubroom.

APPENDIX A – MEMBERS INFORMATION

CHIPPENHAM & DISTRICT WHEELERS CLUB OFFICERS

Club President	Mike Edwards	22 Wells Close Chippenham, SN14 0QD Tel: 01249 651497 <i>Email: redgum22@aol.com</i>
Chairman:	Andy Cook	13 Lords Mead Chippenham, SN14 0LJ Tel: 01249 653845 <i>Email: andy@andycookcycling.com</i>
General Secretary:	Simon Kay	4 Coniston Road Chippenham, SN14 0PX Tel: 07766 900933 <i>Email: simon.kay73@hotmail.co.uk</i>
Treasurer:	Jeremy Tyzack	<i>Email: jatyzack@me.com</i>
Assistant:	Jeremy Angel	
Competitive Events Co-ordinator:	Paul Winchcombe	4 Farmhouse Court, Melksham, SN12 6FG Tel: 07792 372309 <i>Email: paul@winchcombe.net</i>
Social Secretary	Sue Crane	<i>Email: s.e.crane@btinternet.com</i>
Non-Competitive Events	Mark Otridge	<i>Email: leisure@chippenhamwheelers.org</i>
Co-ordinator		
Communications Co-ordinator	Rachael Still	<i>Email: comms@chippenhamwheelers.org</i>
Website Manager	Richard Buckley	<i>Email: webmaster@chippenhamwheelers.org</i>
Club Clothing,	Simon Kay	<i>Email: simon.kay73@hotmail.co.uk</i>
Coaching Champion	Martin Priestley	<i>Email: martinpriestley@lycos.com</i>
Other Committee members	Sue Andrews Fiona Waind	
Club Welfare Officer:	Rachel Clarkson	<i>Email: rclasp@gmail.com</i>
Track Bike Hire	Andy Cadwallader	<i>Email: andy.cadwallader@wiltshire.gov.uk</i>

You can also contact the entire Committee by sending an email to:

committee@chippenhamwheelers.org

UC861: (Evening 10 course)

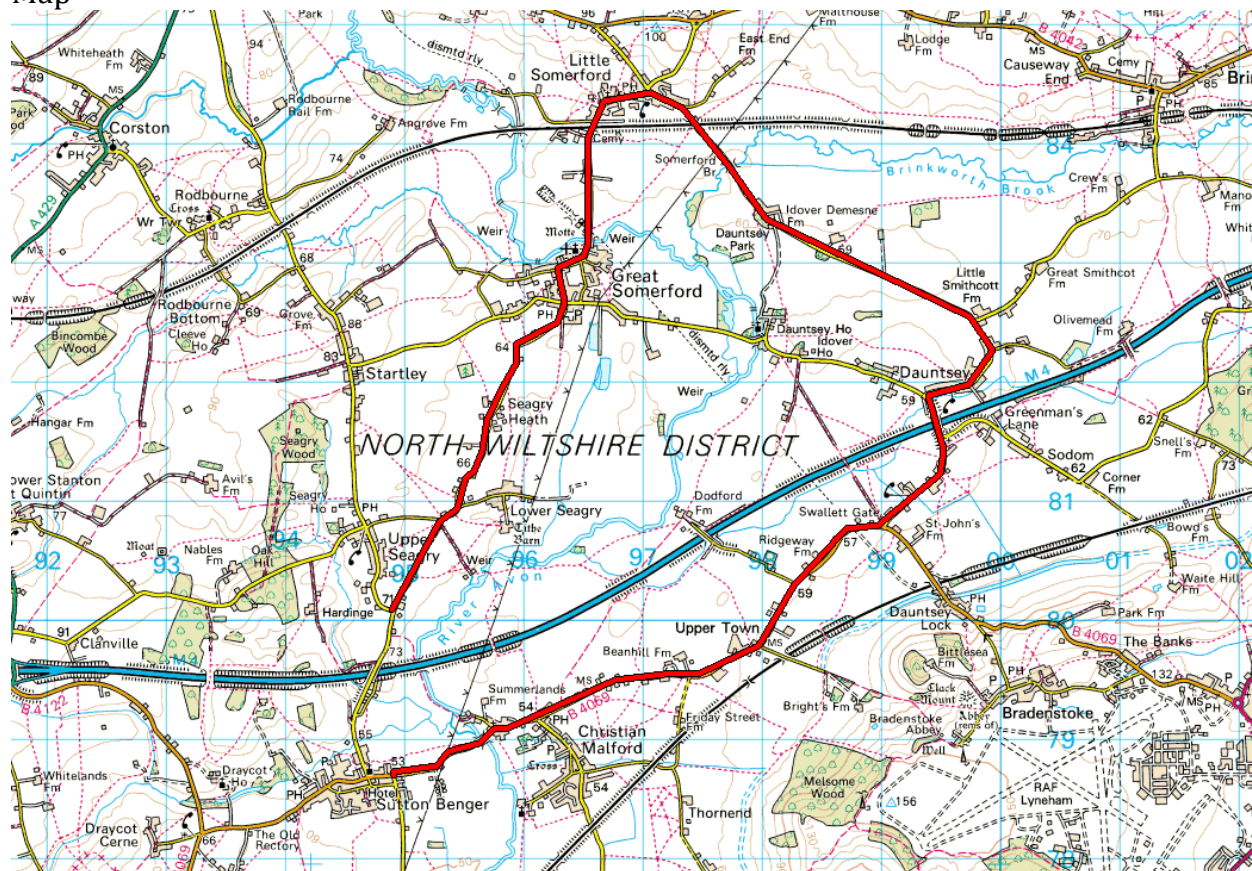
Course Record:

Set by Jeff Jones 12 August 2009 with a time of 21:12

Sign on in Queens Field, Sutton Lane.

Start at Sutton Benger on B4069, **opposite junction Sutton Lane**. Continue through Christian Malford and on to **Swallet Gate (SU990808)** where **turn left**. Continue over bridge crossing M4 to **junction to Dauntsey** where **turn right**. Continue through Dauntsey to **Little Somerford** where **turn left** towards **Great Somerford**. Continue through Great Somerford and continue on to **finish opposite junction with Upper Seagry Road** at SU949801.

Map



Your Course Notes (Personal Best, etc..)

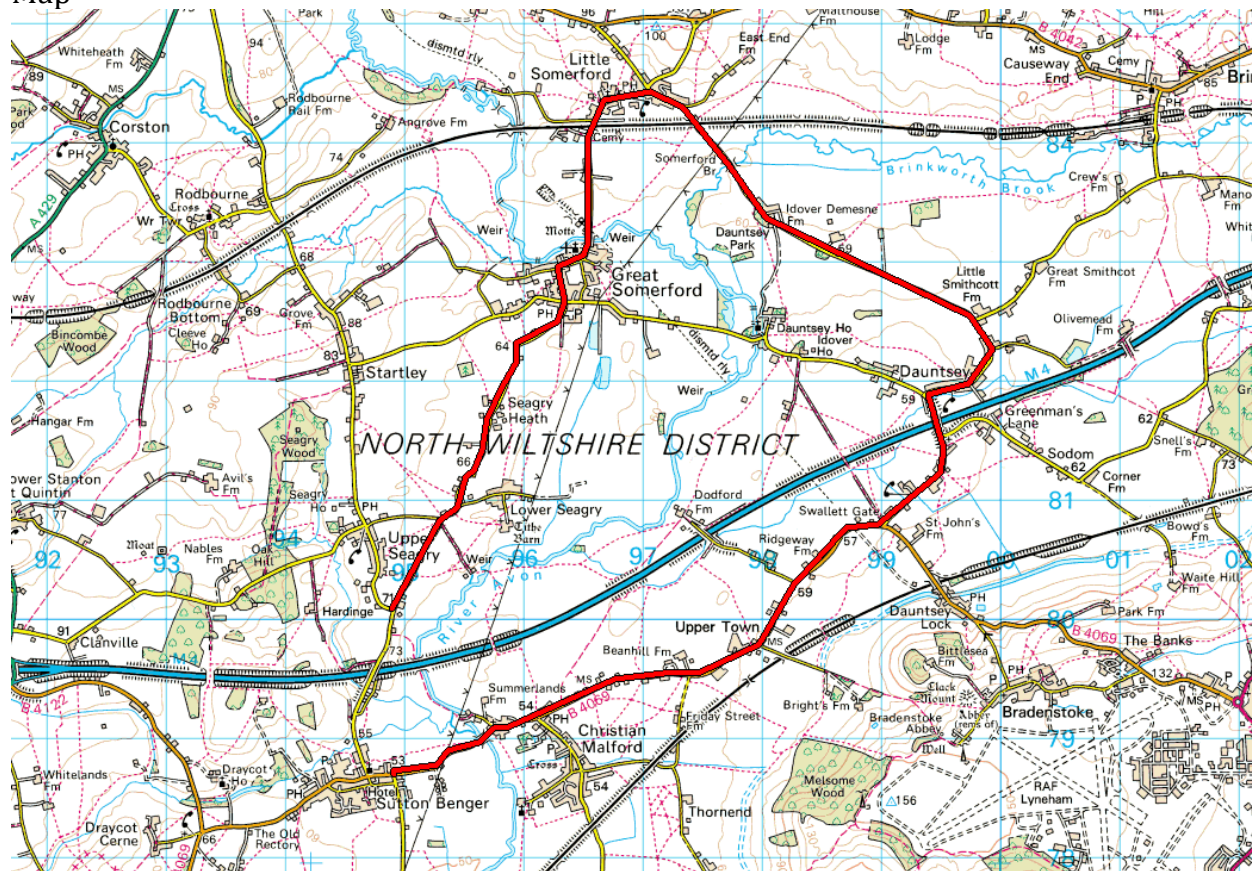
UC862:

(Club '25')

Sign on at 'Wavin/Parsonage Way Industrial Estate' (see Guidelines on Page 16)

Start on the B4069 between the junctions of Hill Corner Road and Parsonage Way on B4069 through **Kington Langley** to **Sutton Benger** *. Continue to **Swallet Gate** (SU990808) where turn **left**. Continue over M4 bridge to junction to **Dauntsey** where turn **right**. Continue through Dauntsey to **Little Somerford** where turn **left**. Continue through **Great Somerford** to **Sutton Benger**. At the junction with the B4069 turn **left** and **complete the circuit** from * to finish **opposite junction with access road to disused pit** (SU945792).

Map



Your Course Notes (Personal Best, etc..)

UC863:

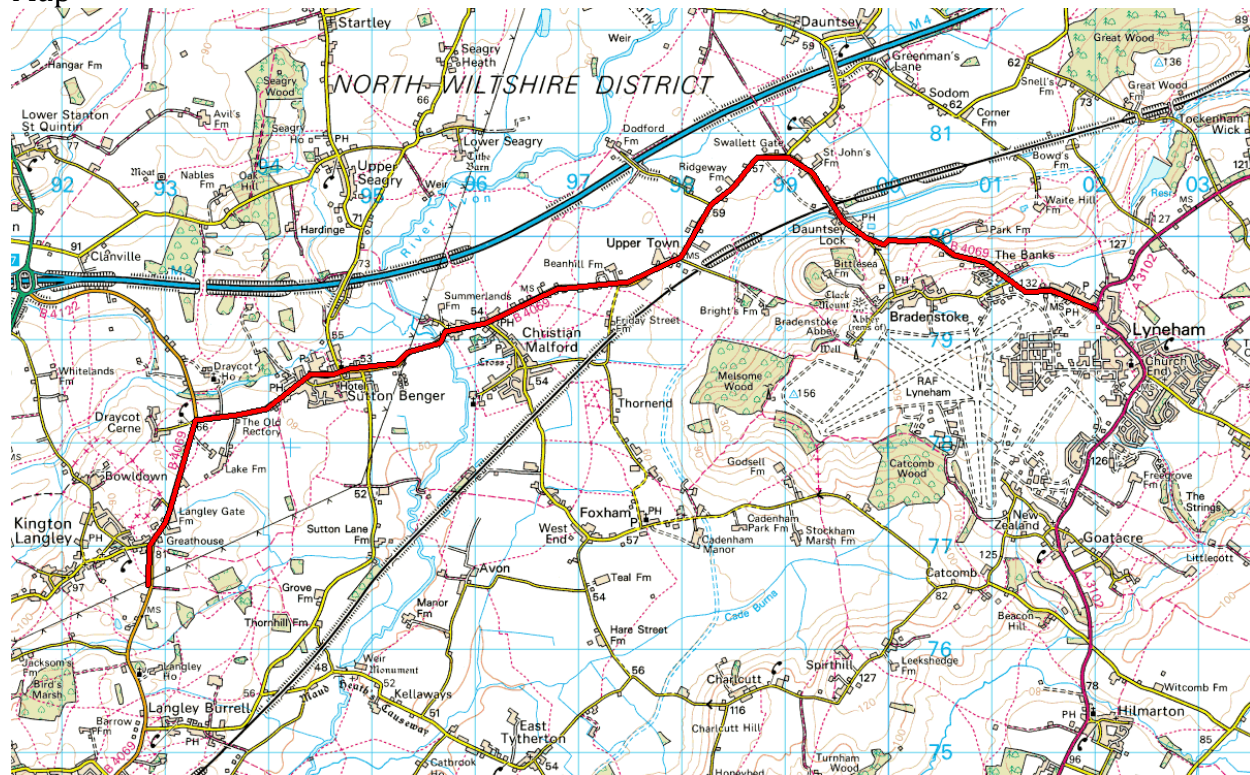
(Sporting '15' Lyneham & back B4069)

Course Record:

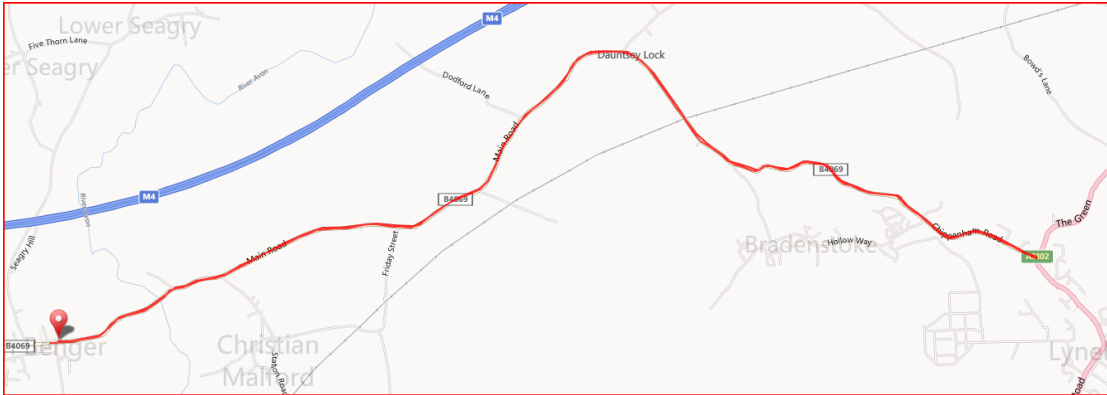
Sign on in Queens Field, Sutton Lane. (4 miles to start) *(see Guidelines on Page 16)*

Start on the B4069 in double lay bys in Kington Langley. Follow B4069 to **Lyneham roundabout**, junction B4069/A3012. **Circle roundabout and retrace** on B4069 to **finish opposite start**.

Map



Your Course Notes (Personal Best, etc..)

UC863S:	(Lyneham Banks Sporting 10.6)
Course Record:	
Sign on in Queens Field, Sutton Lane.	
Sutton Benger to Lyneham & Back. (Shortened version of the UC863). <i>New course code for UC863S clashes with original UC863.</i>	
<p>Map</p> 	
Your Course Notes (Personal Best, etc..)	

U861/50:	(Club '50')
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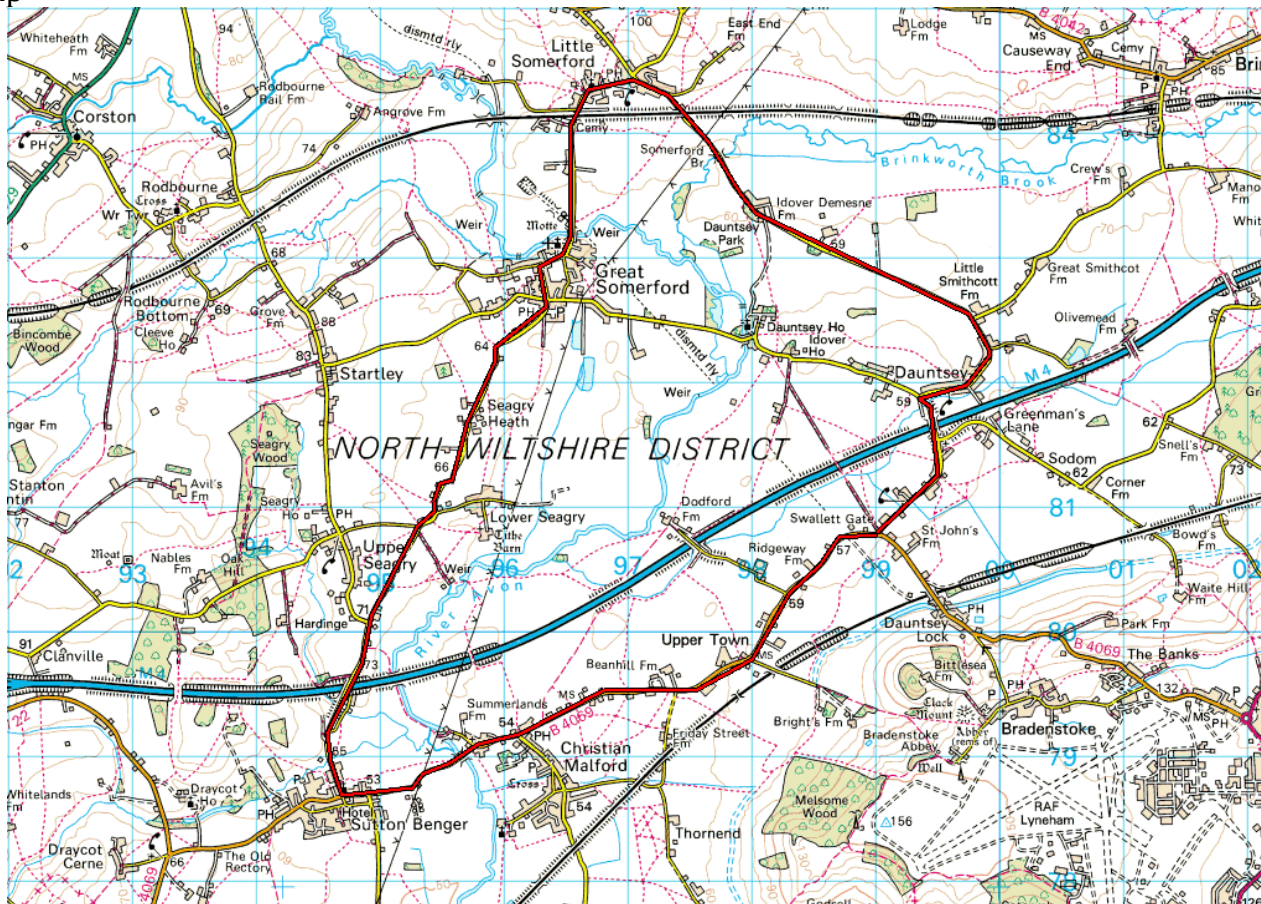
Course Record:

Sign on in Queens Field, Sutton Lane. (4 miles to start)

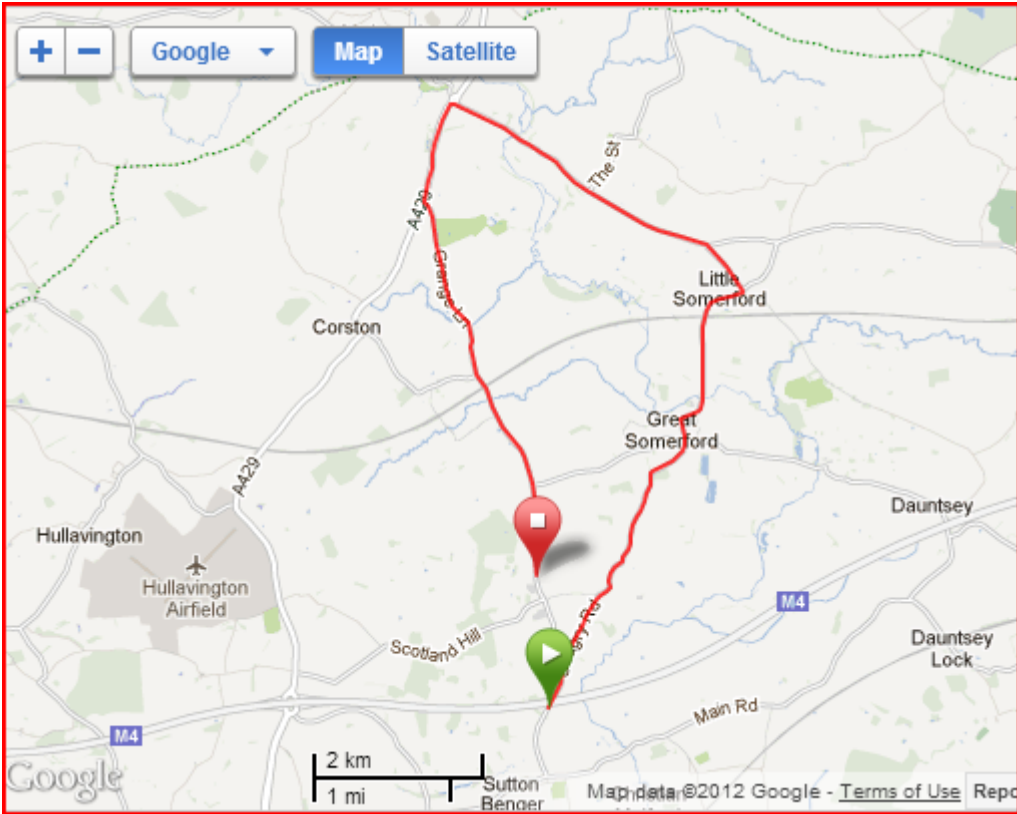
Start at the junction of Idoover Lane, Dauntsey and complete four circuits of '10' course. Continue to Finish opposite junction with access road to disused pit (SU945792).

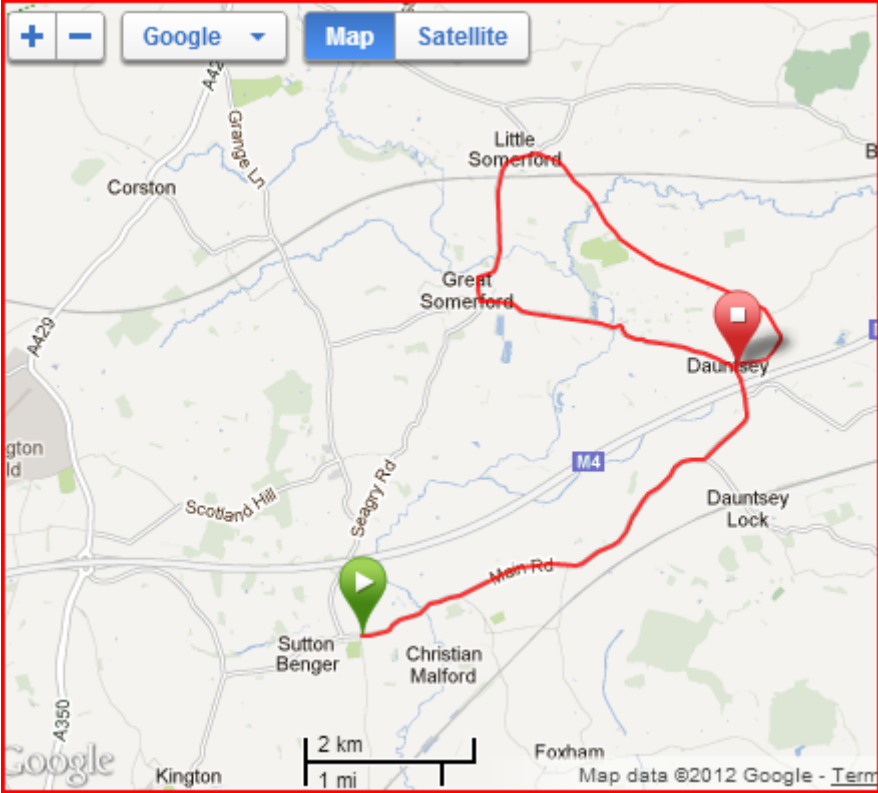
(May be held by West DC as U864)

Map



Your Course Notes (Personal Best, etc..)

U865:	(Sporting 10)
Course Record:	
Sign on in Queens Field, Sutton Lane.	
<p>Stars Sutton Benger, finishes Upper Seagry</p> <p>Start in opening 200m north of Vintage PH. Cross motorway, and pass through Great Somerford to Little Somerford, where left to junction with B4042, where left to Malmesbury 'Hospital' roundabout, where left onto A429 for 1km, then turn left (Grange Lane) and through Startley to finish at Upper Seagry adjacent to village hall.</p>	
<p>Map</p> 	
Your Course Notes (Personal Best, etc..)	

U866:	(10 Mile Time Trial – The “Q” Course)
Course Record: 23:07 Simon Cox 15 August 2012	
Sign on in Queens Field, Sutton Lane.	
<p>UC866: Starts Sutton Benger, finishes junction Dauntsey Lane/Green Lane START (G.R. 950787) in High Street, Sutton Benger. Start is opposite junction with B4069. Go East on B4069 (direction of Lyneham). Continue towards turn at Swallet Gatet. Turn left into Church Lane and 100m after crossing M4 Motorway bridge turn right across road into The Green. Continue North West to Little Somerford along The Idoover Lane. Turn left by bus shelter in Little Somerford. Continue towards Great Somerford. In Great Somerford turn left into Dauntsey Road. Continue to finish 10m before junction of Church Lane and the Green at Dauntsey.</p>	
<p>Map</p> 	
Your Course Notes (Personal Best, etc..)	

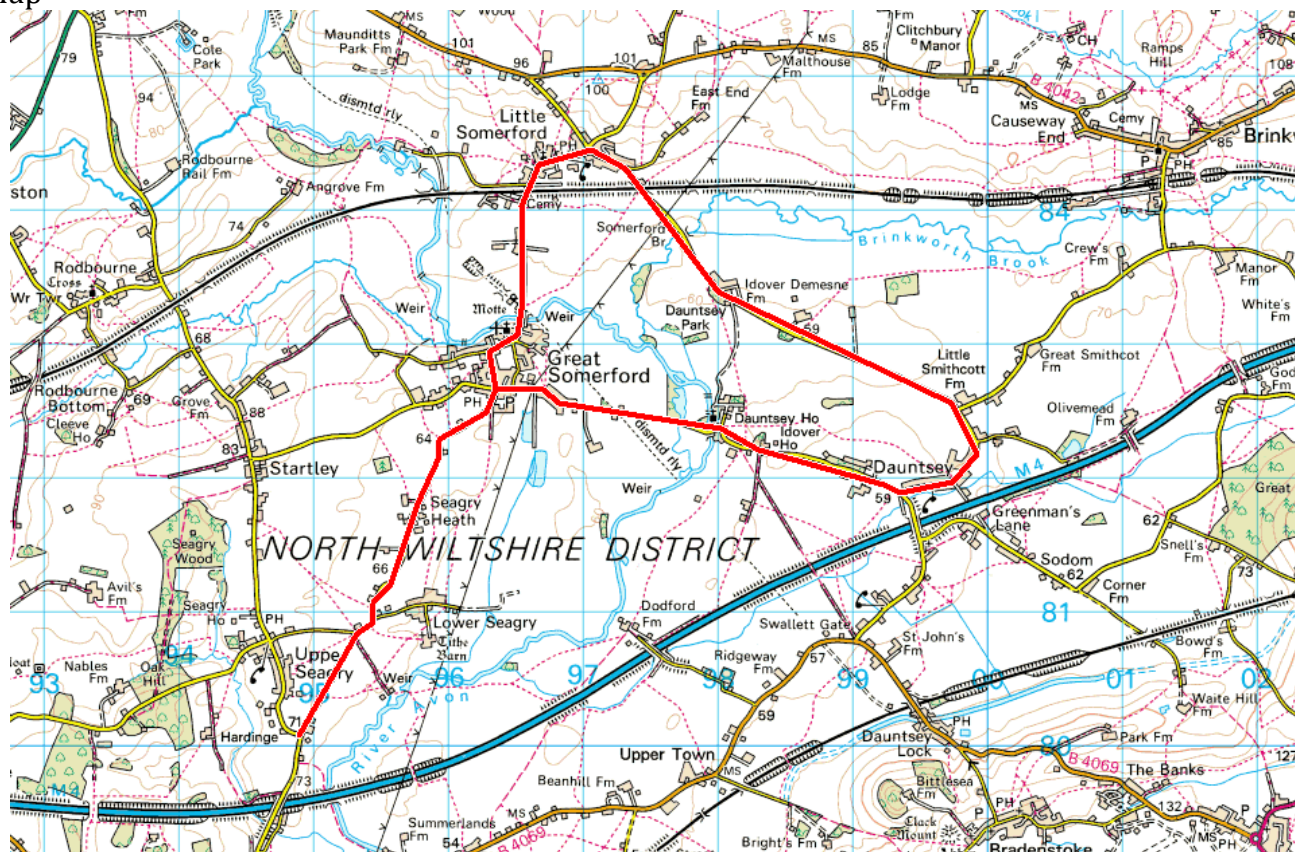
UC867: (The 'P' course)

Course Record:

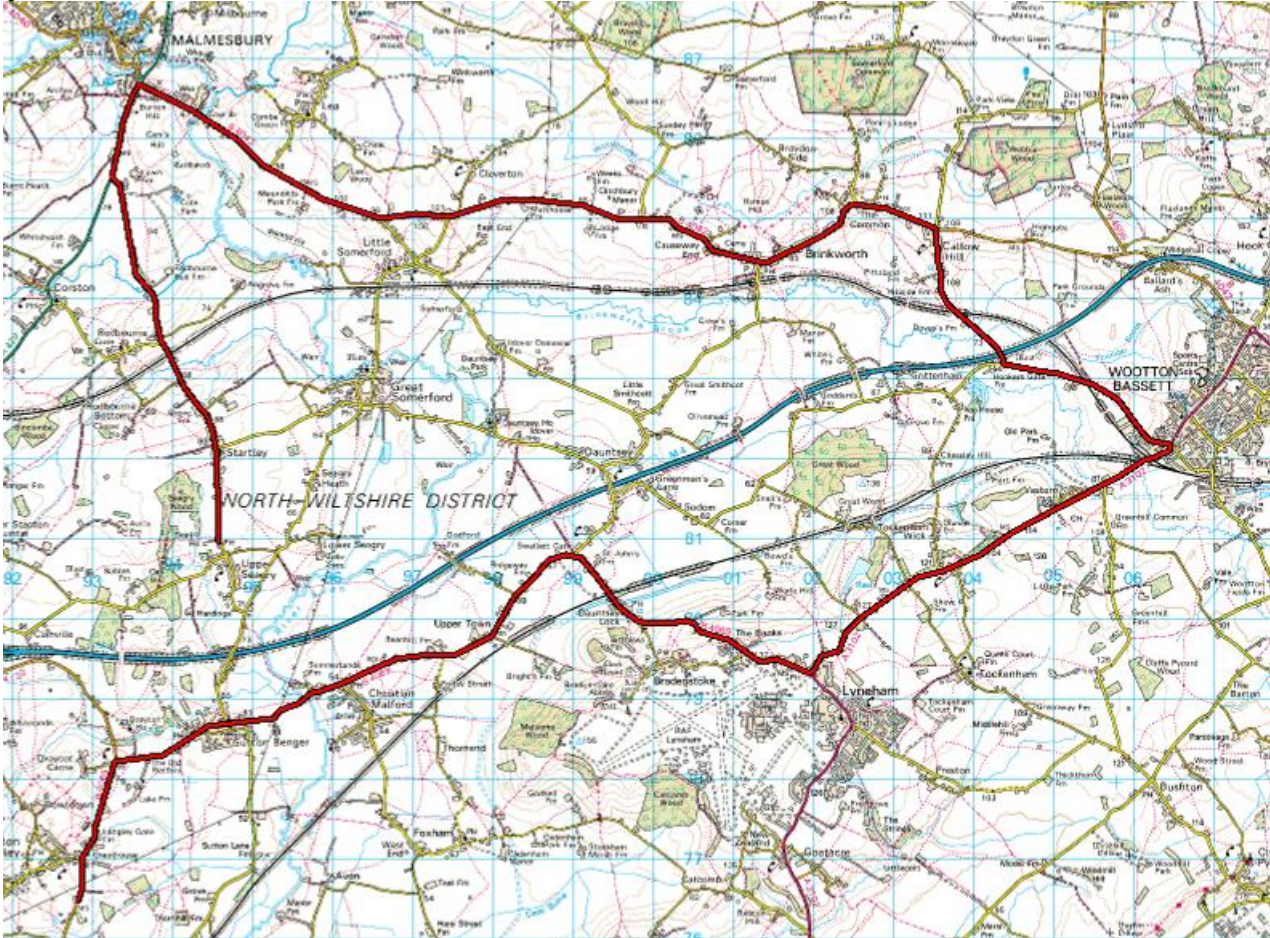
Sign on in Queens Field, Sutton Lane.

Start at junction Upper Seagry Road (SU949801) to Great Somerford. Turn right to Dauntsey. At Dauntsey junction (SU994819) turn left. Continue through Dauntsey to Little Somerford, turn left towards Great Somerford. Continue through Great Somerford and finish 50 metres past junction with Upper Seagry Road.

Map



Your Course Notes (Personal Best, etc..)

U83:	(Sporting 24)
Course Record:	
Sign on in Queens Field, Sutton Lane (2 miles to start)	
<p>Start on B4069 in double lay bys in Kington Langley. Proceed north through Sutton Benger and Dauntsey Lock to Lyneham where left at roundabout, onto A3102 to Wootton Bassett, where left into Whitehill Lane. After 1 ½ miles approx turn right under motorway and ascend Callow Hill towards Swindon-Malmesbury main road. At crossroads left onto B4042 towards Malmesbury. At Malmesbury roundabout take first exit (left) towards Chippenham. Take next left into Grange Lane, passing through Startley to finish adjacent to Upper Seagry Village Hall</p>	
<p>Map</p> 	
Your Course Notes (Personal Best, etc..)	

UC 865: (Sporting 10)

Course Record:

Sign on in Queens Field, Sutton Lane

Start in opening 200m north of Vintage PH. Cross motorway, and pass through Great Somerford to Little Somerford, where **left** to junction with B4042, where **left** to Malmesbury 'Hospital' roundabout, where **left** onto A429 for 1km, then turn **left (Grange Lane)** and through Startley to **finish** at Upper Seagry adjacent to village hall.

Map



Your Course Notes (Personal Best, etc..)

CYCLING GLOSSARY

Aero Bars	Handlebar attachments that allow the rider to get into a lower more aero position.
Audax	Latin for daring. A cycling event to test the endurance of touring cyclists.
Barrel Adjuster	A hollow bolt that gear or brake cables run through. These bolts can be turned to adjust the amount of tension on the cable for fine tuning.
Bead	The edge of the tyre held in place by the rim. The bead can be made of wire, or kevlar.
Bidon	The french name for the drinking bottles inserted into bottle cages. You should always have two in hot weather!
Bonk	That horrible feeling when your body runs out of fuel on a long distance cycle ride. Eat and drink plenty as you go to avoid this.
Bottom Bracket	Refers to the short threaded tube, known as the bottom bracket shell, that runs at a right angle to the seat and down tubes, also to the axle and bearings, which screw into the shell.
Block	A threaded assembly of rear sprockets that screws onto a threaded rear hub (now replaced by a cassette on most new bikes).
Brake Caliper	A single assembly that moves the brake shoes toward the rim. These are the brakes found on most road bikes.
Cadence	The rate or speed of pedal rotation whilst cycling. Cruising speeds are normally around 80-90 rpm while fast cycling is around 100 rpm or higher.
Cantilever Brakes	A brake system used on mountain and touring bikes where the brake arms are mounted on frame bosses and joined by a link or cable.
Captain	The person on the front of a tandem who does some of the work plus the necessary bits like braking and steering. (see also stoker)
Carbon Fibre	A material used for building bicycle frames and parts. Strands of carbon that are placed on a sheet and held in place by a resin.
Cassette	A set of sprockets that are assembled onto the splines of a rear hub, forming part of the drive train. The number of teeth on each of the sprockets may sometimes be pre-selected to suit riding conditions.
Chain Rings	Sometimes known as chain wheels. These are the toothed rings that bolt onto the right hand crank forming part of the chainset. They function as the drive end of the drive train and there will normally be one fitted to a track bike, two to a road bike or three to a touring bike. The chain is moved from one ring to the other by the front derailleur (front mech)..
Chain Stays	Frame tubes that connect the bottom bracket to the rear dropouts, where the rear wheel is attached. Run the same path as the chain, thus the name.
Chainset	The unit that comprises the chainrings or chainwheels and the cranks.
Clincher	A type of tyre and rim. Clincher rims hook clincher tires in order to hold them in place.
Clipless Pedals	A type of pedal system that is similar to a ski binding. a cleat on the bottom of the shoe locks into place on the pedal.
Crank	The two-armed mechanism that connect the pedals to the chain ring.
Disc Brakes	A braking system that has a dedicated disc for the braking surface. can substantially improve the braking modulation and control over traditional brakes.
Down Tube	Frame tube which connects the bottom bracket and the head tube.

Draft/Drafting	Where one rider rides directly behind another in order to gain an aerodynamic advantage. The rider behind expends 30% less energy than the rider in front.
Drive Train	The transmission of the bike that consists of the chain, chainrings, cranks, bottom bracket, front and rear derailleurs, cassette, and rear hub.
Drops	The lower part of a road handlebar below the brake levers.
Fixed Wheel	This refers to the rear gear or lack of them. The single rear sprocket is firmly fastened to the hub and does not freewheel! you must never stop pedalling on one of these bikes!
Fork	Attaches the steering system (handlebars and stem), to the front wheel.
Frame	The heart of the bicycle — all parts of the bicycle are attached to the frame.
Frame Bosses	Normally referred to as "braze-ons" these are mountings for fittings such as bottle cages, cable stops, racks etc. They may be brazed on, welded, riveted or glued to the frame, depending on frame tube material.
Front Derailleur	Often referred to as the "front mech" it is a device that moves the chain from one chainring to another (a term known as changing gear)."
Gear Ratio	Using $CT = \text{number of chainring teeth}$, $ST = \text{number of sprocket teeth}$ and $WD = \text{wheel diameter}$ the gear ratio may be calculated by the following formulas: $CT/ST \times WD$ - this is the old method and relates to a penny farthing, or $CT/ST \times WD \times 3,142 (\pi)$ - this is the current method which relates to the distance travelled by one pedal rev. It is usually calculated in metric units.
Granny Gear	A very low ratio gear invented to make life easy for mountain bikers. now also used by a lot of cycle tourists to avoid having to honk.
Gripshift	An alternative to handlebar trigger gear change. a motorcycle throttle type gear change, i.e. twist to change gear.
Head Angle	The angle of head tube to the ground. Optimizes steering precision on each frame size.
Head Tube	The tube at the front of the frame connected to the top and down tubes. It incorporates the head set (bearings) and forks (steerer tube).
Headset	The pair of bearings and bearing races (races are things that bearings run in) at each end of the head tube that allow the fork to steer the bicycle smoothly.
Hill	Nearly impossible to describe, as individual definitions vary so widely, but you'll know it when you see it. Some go up. Other, more popular ones, go down.
Hub	The centre of the wheel that contains the spindle. Spokes run from the hub to the rim.
Hybrid	A bicycle developed from the mountain bike but having 700c size wheels. A good allround commuting or town machine for occasional offroad riding.
Jockey Wheel	The two toothed pulley wheels (upper and lower) fitted to the rear derailleur, which carry the chain from one sprocket to the other when the rear derailleur is operated. Worn jockey wheel bearings are often the cause of bad gear changes.
Lanterne Rouge	French for 'red light'. Unexcitingly, this is merely a name for the person who is last!
Limit Screw	Located on both derailleurs to control how high or low the derailleur body moves. Limit screws that are not properly adjusted can cause shifting problems.
Pinch Flat	A type of puncture that results from the tube being pinched between the tire and the rim. Pinch flats are commonly referred to as snake bites.
Presta Valve	A high pressure type inner tube valve used for road bikes. they need a different connector to the schraeder valve type.
Rear Derailleur	Often referred to as the rear mech it is a device that moves the chain from one sprocket on the cassette to another (a term known as changing gear).
Rim	The outer hoop of the wheel that holds the tire. Spokes connect the rim to the hub.
Schraeder Valve	An inner tube valve of the car type.
Seat Stays	Frame tubes that connect from the frame near the seat post to the rear dropouts,

	where the rear wheel is attached.
Sprocket	An individual gear forming a unit part of a cassette or block.
Stand Over	The distance from the ground to the point on the top tube where you straddle the bike.
Stem	The stem connects the handlebars to the fork.
Stoker	The person who sits behind the captain on a tandem and does most of the work but sees very little!
Titanium	A metallic element increasingly used in bicycle frames and components. Strong, light, corrosion resistant and expensive.
Tubular	A tyre with the innertube stitched or vulcanised inside the outer casing. These tyres are extremely light and many may be inflated to pressures in excess of 200psi (13.8bar). They have to be fitted to special rims (once known as sprints) using adhesive tape or cement. Nowadays they are generally used for racing only.
Wheelbase	The distance between the centre of the front and rear wheels. A short wheelbase makes a bike more rigid and responsive, but can provide a harsh ride, whereas a long wheelbase makes a bike more flexible and comfortable, but can be sluggish to handle.