

Pembrokeshire Velo Cycling club

Affiliated to
C.T.T., W.C.A., W.C.U.,
W.W.C.L.,
Pembs Sports Council

Handbook 2008

Founded in 1981

Welcome to the Pembrokeshire Velo

*Life Members: H. Quinn Esq. & G Williams
Esq.*

Club colours: Pink and Blue

Membership fees:

(Subscriptions are due on January 1st 2008)

Age 18 and under and OAP's:	Free
Seniors:	£15.00
Family Membership:	£20.00

Committee and Officials 2008:

Chairman	Vacant
General Secretary	Cliff Jackson
Records Secretary	Nick Brown
Treasurer	Andrea Hawkins
Boutique Manager	Dave Hawkins
Publicity Officers	Phil Walker

Committee: Andrea Hawkins
Paul Colman
Derek Pugh
Cliff Jackson
Philip Walker
Nick Brown
Simon Scott

Club Membership Rules and Constitution

In this Constitution, unless otherwise stated, 'The Club' shall mean Pembrokeshire Velo, 'Member' shall mean an Elected Member of the Club and 'The Committee' shall mean The Elected Committee.

- 1. Name of the Club.** The club shall be named The Pembrokeshire Velo.
- 2. Object of the Club.** The object of the Club shall be to provide members with facilities for all forms of cycling.
- 3. Membership of the Club.** Membership shall be open to both sexes and unlimited age. Any individual desirous of becoming a member shall complete an Application Form and submit this, with the appropriate fee to the General Secretary or Treasurer of the Club. After being proposed and seconded by two full members, the application shall be considered by the Committee at its next meeting. If the applicant is unsuccessful the fee shall be returned. Members desirous of resigning shall notify the General Secretary in writing.
- 4. Subscriptions.** The Annual Subscription Rates shall be decided upon at the Annual General Meeting and shall be due on January 1st of each year. New Members elected after September 30th in any year shall be entitled to all privileges of Membership up to December 31st of the following year. Any Member failing to renew their subscription before March 1st of any year shall be deemed to have resigned.
- 5. Affiliations.** The Affiliations of the Club shall be decided upon at the Annual General Meeting, or as and when necessary.
- 6. Financial Year.** The Financial Year of the Club shall be from October 1st to September 30th.
- 7. Management of the Club.** The Management of the Club shall be by the Chairman, Honorary Secretary and Treasurer, plus 2 ordinary Members should the Membership be less than 20. If more than 20 Members, the Club shall have a Committee elected.
- 8. Officials of the Club.** The Officials of the Club shall be President, Chairman, Honorary General Secretary, Honorary Treasurer and Racing Secretary.

9. Dissolution. Dissolution shall only be passed by a 2/3 majority of the Club's total Membership; the Chairman having a vote as an ordinary Member. If, after dissolution, the Club is insolvent, each Member shall pay an equal share of the liabilities. The disposal of any balance shall be decided upon by the Members. In the event of dissolution, any Cups, Shields, Trophies or such-like, which may have been voluntarily donated to the Club, shall be returned to their donors.

10. Annual General Meeting. The AGM of the Club shall be held in the month of October.

Time Trials

A newcomers guide to getting started

1. At what age can I start?

There is a minimum age of 12 years of age and the juvenile category covers all riders less than 16 years of age. You become a junior on your 16th birthday and remain one until the end of the year in which your 18th birthday falls.

2. Where can I find races to ride?

The best way to do this is to obtain a copy of THE R.T.T.C. HANDBOOK (available through the R.T.T.C. website).

3. Must I be a member of a cycling club?

Normally the answer would be yes, but the club holds several "come and try it" events. This is to encourage newcomers to the sport (So if you know someone interested, tell them about it!).

4. Do I need parental consent?

Yes. If you are under 18 years of age you will have to get a parent or guardian to sign an "R.T.T.C. Parental consent form". These forms can be obtained from the club secretary. This form must be completed in full and handed to an official before any race can be started.

5. Do I need a special bike?

No. You can ride on any bike, including a mountain bike, as long as it is in road worthy condition.

6. Do I need special clothing?

No, beginners can ride in any suitable clothing, although wearing a safety helmet is compulsory during club events. Once you start riding open time trials, it is recommended that you wear the official club strip with short sleeves and shorts that reach mid-thigh.

7. When do I enter races?

For club events you can turn up on the night and ask an official if you can ride. In the case of open events, the closing date is normally 12 days before the event.

8. How do I enter open time trials?

You will need to complete an " R.T.T.C. Standard Entry Form" and, if under 18 years of age, the attached Parental Consent Form. This form is sent to the event secretary at least 2 weeks before the event together with the correct entry fee (cheques should be made

payable to the organizing club).

9. What types of time trials are there?

The most common time trial for beginners is the 10 mile event, as you get more experienced 25 mile trials can be tried. These normally take place on an out and back course, (possibly with a dead turn) or on an anti-clockwise circuit.

10. Will I get a programme?

If it's an open time trial, yes. It will give you details of your start time, the event H.Q., officials, course details, local regulations, etc.

11. What happens on the day of the event?

You should aim to get to the event H.Q. at least half an hour before your start in time to collect your number and warm up before presenting yourself to the timekeeper on the start line at your start time. When you finish your ride continue to the H.Q. where your time will be displayed.

12. What officials will be there?

Timekeepers will be positioned at the start and finish points. They should never be disturbed with any type of query. People will be positioned around the course to check that riders have completed the correct course and don't contravene R.T.T.C. regulations or the law of the land. However, the onus of keeping on course always rests with you.

13. When do I get my prizes?

Unless they are presented after the event, they will be posted to you together with the result sheet.

14. What if I have an accident?

Ensure that you tell the event secretary or another official so that, if necessary, you can receive medical treatment, and an " R.T.T.C. accident report form" can be completed. This will ensure that you receive any benefits are covered under the R.T.T.C. Third Party insurance policy.

15. Will there be a drug test?

Testing is at random and therefore any event can be subject to a drug test. There is no excuse for the accidental taking of prescribed substances. Many medicines and tablets that you can legally buy at the chemist shop contained banned substances.

IF YOU ARE IN ANY DOUBT CONSULT THE BANNED SUBSTANCES LIST IN THE R.T.T.C HANDBOOK OR ASK YOUR LOCAL CHEMIST.

Club Clothing

The Boutique Manager is the person to contact if you would like to obtain racing or training kit in the Club design. Our suppliers are Kalaswear and although there is no minimum quantity, the bigger the order, the more discount you'll receive.

To get the best deal, see if any other members require clothing, then contact the B.M. for the catalogue.

Results

The Club's Record Secretary collates all the results for the Club Championship competitions. He is also responsible for maintaining and updating all of the Club Competition Records.

To make his job a little easier would members who think they have broken a record during an R.T.T.C. regulated time-trial please put their claim in writing and send it to him with a photocopy of the official result.

Also, it would be good if Members competing in away events (time-trials, road racing, mtb's - anything), could send brief details of the event and how they got on, to the Club General Secretary for submission to the local newspapers and the club website.

Regulations for Club Events

Time Trials

1. Entry Fees - £2.00 seniors and vets, juveniles and juniors free.
2. No private trials will be allowed to persons who are not members of an affiliated R.T.T.C. Club unless on "come & try it" nights.
3. Riders under 18 years of age will be required to show a fully signed Parental Approval form before they may compete in any Club race. These forms are available from the General Secretary, in advance, or from the Timekeeper at any Club event.
4. A British Standards Approved helmet MUST be worn by all competitors at club events.
5. Please do not bother the timekeeper until all riders have finished racing.
6. Volunteers are ALWAYS needed for timing, marshalling, pushing off etc. so if you are not racing, please feel free to offer your services.
7. All competitors who intend riding Club events MUST be signed on no later than 15 minutes before the official event start time.
8. You must ride entirely alone and unassisted and not take shelter from another rider or vehicle, unless it is a team competition. If one competitor overtakes another, he must

pass as widely as is safe. The onus is on the overtaken rider to drop back slightly to avoid company riding.

9. You may not be preceded, accompanied or followed or in any way receive assistance from a motorized vehicle except in events of over 100 kilometres where a vehicle is allowed for feeding and back-up.

10. The highway code must be observed at all times. Racing a time-trial does not give you precedence over other road users.

11. Once the time trial has started, there is to be no warming up on the course.

Important Safety Information

It is the responsibility of participants to make their own assessment of the risks of taking part in time trials. They should take into account such factors as weather conditions, road conditions, traffic conditions, road works etc.

The timekeeper and/or marshals shall give a short safety briefing at the sign-on but this shall not relieve the participant from making their own assessments. In extreme conditions the event may be cancelled.

Risk assessments of the club courses are available on the club website and the participants should familiarize themselves with the potential risks of each route.

Reliability Rides

In the past these have been popular with club members. For those who have not ridden one before - you sign on 15 minutes before the start, choose the distance you wish to ride, and set off at your own pace. The idea being to complete the ride within the set time.

It is not a race, but a measure of pacing yourself.

Entry fee is £2.00. Certificates will be given to riders who successfully complete the ride within the times.

Times to qualify for a certificate are: (original times in blue, Nicks times in red)

Times to qualify for certificates are:
40 miles in 3 3/4 hours (10.7mph) – Bronze
40 miles in 3 1/4 hours (12.3mph) - Silver
55 miles in 4 1/2 hours (12.2mph) – Gold
100 miles in 8 hours (12.5mph) - Gold

Reliability Routes

40 Miles - Carew car park, Pembroke Dock, Pembroke, Lamphey, Jameston, Lydstep, Tenby, Kilgetty, Narberth, Robeston Wathen, Canaston, Carew.

55 Miles - Carew car park, Pembroke Dock, Pembroke, Lamphey, Jameston, Lydstep, Tenby, Kilgetty, East along A477 to Red Roses then Llandowror, left at public loos to climb "Brandy hill" to Tavernspite, Narberth, Robeston Wathen, Canaston, Carew.

100 Miles - Carew, Pembroke Dock, Kilgetty, Carmarthen, Cardigan, Penblewin Roundabout, Carew.

Maps of the routes are on the club website and are available to download in pdf format.

Veteran's Time Trial Association

A rider becomes a Veteran on his/her 40th birthday.

The V.T.T.A. has calculated a set of standards based on age. The standard for 10 miles increases by about 12 seconds every year and 30 seconds for 25 miles. This means that a man of 50 is allowed to be two minutes slower than a man of 40 in a 10 mile TT and still equal him on standard.

The speeds of some of the top Vets can be very fast. Some of the 10 mile record holders are: E Adkins 20.03 aged 48, O G Blower 21.35 aged 65 and J Brownhill 28.46 but he is only 85 years old!

For those who would like to get under the hour for a 25 it might be worth asking R Longstaff for a few tips as he has done a 57.31 at the age of 70.

Normal club cyclists will find the standards easily attainable e.g.

10 miles	26.30	male aged 45
	27.33	male aged 50
25 miles	1.08.34	male aged 45
	1.11.07	male aged 50

Additionally, the V.T.T.A. award medals to anyone who beats their standard time at each distance in open events. Check on the V.T.T.A. website for details.

Road Racing & M.T.B. Racing

To enter any road race you need to be a B.C.F. member with a racing license. This can be obtained in two ways. You can apply for annual membership and license or you can pay for one day only. Races can be entered in advance but most will allow 'entry on line'. Below are the various categories, explained.

Junior Rider (MTB Junior)

From January 1st of the year in which their 17th birthday falls until December 31st of the year they turn 18.

Veteran Rider (MTB Vet/Grand Vet)

Any rider over the age of 40

4th Category Rider (MTB Fun Class)

Any new senior member who has failed to gain more than 5 points in the previous season.

3rd Category Rider (MTB Sport Class)

Any member who has gained 6 points or more, but less than 30. To retain 3rd cat, at least 6 points are required the following season.

2nd Category Rider (MTB Expert Class)

A member who has gained 30 points during any one season whilst holding a 3rd cat license. To retain 2nd cat, 20 points are needed in events open to that category of rider, the following season.

1st Category Rider (MTB Elite Class)

A member must gain 100 points in one season whilst holding a 2nd cat license. To retain 1st cat, 40 points are needed in 1st cat events in one season.

Elite Category Rider

- (A) Member of a U.C.I. trade team (Professional).
- (B) Placed in the top 75 of the Premier Calendar.
- (C) Gained 200 points during previous season, whilst a 1st cat rider.
- (D) Top 10 British mountain biker in the senior men's national ranking.

Check the B.C.F. Handbook or website for full details of the rules and regulations and lists all events in England and Wales.

Cyclo-Cross

These winter, off-road events can be ridden on a mountain bike or a cross bike (a road bike with grippy tyres). The race is timed rather than over a set number of laps e.g. 20 minutes + 1 means the riders race for 20 minutes and when the leader crosses the line a bell is rung, signalling the last lap for everyone. All 'cross organizers *must* hold a free under-12's event to encourage the youngsters. These last for 5 minutes + 1 and all riders usually get a token prize for competing.

Entry is on the day except for championships that must be entered in advance. Unregistered riders must pay more to enter so, if you want to have a go, contact the Club Secretary who will obtain a registration card for you free of charge.

There is a B.C.C.A. handbook that can be purchased with details of all events and rules and regulations.

Pembrokeshire Velo Club Championships

Men's Best All Rounder

This goes to the highest placed club rider in the Welsh B.A.R., and takes place over open time trials on Welsh courses of 50 miles, 100 miles and 12 hours.

Ladies Best All Rounder

This goes to the fastest Lady in open time trials on Welsh courses over 10 miles, 25 miles and 50 miles.

Road Race Champion

This goes to the club rider with the highest number of points at the end of the season (Oct 1st) and is obtained in open road races through the year.

Club Course Championship

These take place over the whole season on the club's own home based courses over 10 and 15 mile distances, (the OPEN weekend events that the club organizes in August do not count).

For **juveniles** and all **ladies** the requirement is to complete a minimum of five 10 mile events with the average speed on the five fastest times counting.

For **vets**, **seniors** and **juniors** the requirement is to complete a minimum of four 10 mile events and one 15-mile event with the average speed on the five fastest times counting.

Fastest on M.T.B.

Exactly as Club course championship but strictly on 26-inch wheels.

Vet on Standard

Awarded to the Veteran Man and Lady who've beaten the set standard times (based on age), by the highest margin, over the five qualifying events.

Gnome 'Hilly 17' Trophy

This is awarded to the fastest veteran-on-standard in the hilly time trials, fastest two rides to count.

Club Member of the Year

This is awarded by the previous year's recipient to the club member who, in their opinion, is most deserving. All aspects are considered e.g. marshalling, representing the club away etc.

Hill Climb Trophy

This is awarded to the fastest club member 'up the hill' in the hill climb event that our club promotes at the end of August each year.

M.T.B. Race Champion

The member who accumulates most points throughout the season in any mountain bike competition up to NOVEMBER 1ST. Based on their best 5 placings and worked out on Pembs Velo point's for position system.

Terry Francis Achievement Award

Awarded to the member whose average mph has improved greatest since previous year (over qualifying rides).

R.T.T.C. Club Awards

Certificates are awarded to Junior and Juvenile riders who beat a standard set by the R.T.T.C. for the first time. Both open and club events of 10 and 25 miles count

West Wales Cyclists League

The following clubs are currently affiliated to the League: Pembrokeshire Velo, Bynea CC, Carmarthen Wheelers, Port Talbot Wheelers, Swansea Wheelers, Llandovery CC, Hirwaun Wheelers, Ogmere Valley Whs. Any open event run by the above clubs, or the League, count towards the following competitions.

Men's B.A.R.

This is a time-trial competition held over 25, 50 and 100-mile distances. You MUST enter the W.W.C.L. 100 to be eligible after which any Welsh 100 will count.

B.A.R. Team

This trophy is awarded to the highest placed FOUR riders in the above competition.

Ladies B.A.R.

This is a time-trial competition held over 10, 25 and 50-mile distances.

Juvenile Competition

Held over TWO fastest 10 mile time trials. (You MUST claim for this at the end of the season, it is not done automatically.)

Junior Competition

Held over TWO fastest 10 and TWO fastest 25-mile time-trials. (Juvenile riders may compete in this competition provided they ride the required events and you MUST claim for this at the end of the season, it is not done automatically.)

Veteran B.A.R. Competition

Held over 25, 50 and 100-mile time-trials on the Veteran Standard system.

Vet's B.A.R. Team

This is awarded to the highest placed Two veteran riders in the above competition.

Short Distance Competition

This is awarded to the fastest rider over two ten and two twenty-five mile events.

Hill climb Competition

Held on one designated Hill-climb event each year (usually our own open hill climb).

Road Race Competition

The qualification for this award has changed every year for the last few years.

Track competition

This is based on the results of the Carmarthen Track programme. The individual with the highest number of points wins.

Track Team Competition

This goes to the team of FOUR riders with the highest number of points gained in the Carmarthen Track programme.

Welsh Cycling Association

Only Welsh clubs that are affiliated to the Welsh Cycling Association can qualify for the following competitions.

Best All Rounder

Held over 50 and 100 miles and 12 hours for men, and 25, 50 and 100 miles for ladies. Only events on Welsh courses to qualify.

B.A.R. Team

Highest placed three club members in the Best All Rounder competition.

Junior Competition

Two 10 mile and two 25 mile rides on Welsh courses to count. (NOTE: You MUST claim for this at the end of the season, it is not done automatically).

Juvenile Competition

Two 10 mile and one 25 mile rides on Welsh courses to qualify. (NOTE: You MUST claim for this at the end of the season, it is not done automatically).

Points Competition

Points for positions are awarded to all competitors in the Welsh National Championship events over 25, 50, 100 miles, 12 hours and the Hill climb.

Magic Dragon Series

This is a points competition based over a series of seven evening and two Saturday events. Prizes are awarded to the highest points winners in all categories.

Spring Series

Another points competition based on five 'sporting' 25-mile events held during March and April.

Club Courses

Maiden Wells Hilly (meet at start in lay-by)

Start just outside Maiden Wells (just off turn at top on Kingsfold Hill) and proceed through Maidenwells to junction with B4320. Turn left onto B4320 and proceed past the Speculation Inn towards Castlemartin pound where take 2nd exit onto B4319 towards Pembroke. Turn left at top of Kingsfold Hill to complete 1 lap (11 miles).

Letterston Hilly (meet opposite Fish & Chip shop)

Start on A40, ¼ mile south of Letterston (Grid ref. 946295). Proceed north on A40 and ¼ mile past Scleddau turn left onto A4219. Continue west on A4219 to 'T' junction. Turn left onto A487 and continue southwest for approx. 4 miles. Turn left onto B4331 and proceed Southeast through Castlemorris to Letterston. Turn left onto A40 and complete a second lap finishing outside Mathias Electrical Repair Shop in Letterston (Grid ref. 94026).

Neyland 10 (Meet at lay-by just after finish)

Start on the B4325 west of Waterston near the 30 sign. Proceed through Waterston and turn left to Sentry Cross r/bt. Proceed on A477 to Honeyborough Roundabout retrace to Sentry Cross Roundabout. Retrace back to Honeyborough Roundabout, and again back to Sentry Cross Roundabout and turn left towards Waterston. Finish at the 50 yds sign before the junction with the B4325.

Sageston 10 (Meet in car park by Carew Public Toilets, next to cricket field)

Start on unclassified road 50 yds south west of Carew Rbt. Turn left to Carew rbt and take 1st exit onto A477. Proceed west on A477 to Pembroke Dock Roundabout. Circle R/bt and retrace over same road Back to Carew Rbt. Take 2nd exit and continue on A477 to

Sageston Rbt where take 1st exit and then left into Sageston to finish before end of road (dead end).

Sageston 15 (Meet in car park by Carew Public Toilets, next to cricket field)

Start on B4318 ½ mile southeast of Sageston roundabout. Proceed northwest to Sageston Rbt. Take 2nd exit onto A477. Proceed west on A477 to Carew Cross Rbt to take 2nd exit to proceed west on A477 to Pembroke Dock Roundabout. Circle Rbt and retrace over same road Back to Carew Rbt. Take 2nd exit and continue on A477 to Sageston Rbt where take 2nd exit to continue on A477 towards Redberth. Turn left into Redberth and follow old A477 to junction at edge of Sageston village. Turn left at junction, take first exit at roundabout and finish approximately 200 metres along A477 at entrance to lay-by.

Redberth 10 (Meet in car park by Carew Public Toilets, next to cricket field)

Start on B4318 ½ mile southeast of Sageston roundabout. Proceed northwest to Sageston Rbt. Take 2nd exit onto A477. Proceed west on A477 to Carew Cross Rbt to take 3rd exit to Sageston Rbt where take 2nd exit to continue on A477 towards Redberth. Turn left into Redberth and continue along old road to Sageston. Turn left on entering village, then 1st exit on Sageston Rbt on A477 towards Redberth. Turn left into Redberth and continue along old road to junction at edge of Sageston village. Turn left at junction, take first exit at roundabout and finish approximately 200 metres along A477 at entrance to lay-by.

Milton Hill Climb (Meet in car park by Carew Public Toilets, next to cricket field)

Start approximately 100 yards south of Milton Farm Shop at entrance to waterworks on unclassified road. Proceed in a southerly direction uphill passing Stephens Green Farm to finish approx 100 yards before junction with The Ridgeway (1.3 Miles).

Gumfreston 25 (Meet at lay-by at top of Gumfreston Hill)

Start at farm entrance gate approximately 0.4km west of Gumfreston on B4318. Proceed west on to Sageston roundabout. Take second exit onto A477 and proceed west to Carew roundabout. Take second exit and continue on A477 to Waterloo roundabout. Take third exit onto A477 and proceed east to Carew roundabout. Take second exit and continue east on A477 to Sageston roundabout. Take second exit and continue east on A477 to Redberth junction. Turn left at Redberth junction and proceed west on old road through Redberth to junction at Sageston. Turn left at junction and proceed to Sageston roundabout. Take first exit and proceed east on A477 to Redberth junction. Turn left at Redberth junction and proceed west on old road through Redberth to junction at Sageston. Turn left at junction and proceed to Sageston roundabout. Take second exit and proceed east on B4318 to finish 0.4km west of Gumfreston.

Bluestone Hilly (Meet in car park by Carew Public Toilets, next to cricket field)

Start on A4075 approximately 1 mile north of Carew at garage. Proceed north through Cresselly and Cross Hands, past Oakwood to new Bluestone Roundabout (approximately 6.5 miles). Circle roundabout and return on A4075 towards Carew to finish at lay-by opposite start (12 miles).

Place-to-Place Records

Rules

1. **Object.** The object is to verify and certify the genuineness of claims to 'best performance on record' accomplished by members of Pembrokeshire Velo.
2. **Management.** The management of the records shall be invested in the officers and committee members of the club who will appoint a sub-committee, as and when necessary, to verify all claims. This sub-committee to consist of at least three members and to include at least one officer of the club. The full committee shall have the power to deal with any matter not proved in these rules, and it's decision shall stand, unless amended at a later General Meeting.
3. **Amendments to rules.** Any club member wishing to propose an alteration or addition to, or deletion from these rules, may only do so at an AGM, providing that the necessary 14 days notice, in writing, shall be forwarded to the Honorary General Secretary of the club.
4. **Distances.** For the present, the only records recognised under these rules will be those listed in the club's handbook. (The club caters for standard distances separately).
5. **Juveniles and Juniors.** For the present, no record over 50 miles in the case of Juveniles and 70 miles in the case of Juniors, will be recognised.
6. **The committee** shall appoint competent official timekeepers, official observers whom they consider credible and independent and whose evidence may be considered by the committee. Such appointments shall be for the year and may be renewed annually. All timekeepers and witness certificates are to be signed in ink.
7. **Every official timekeeper** shall use a watch that has been certified and checked as being accurate to within 2 seconds in 24 hours
8. **The employment** of an official timekeeper shall be compulsory for all attempts on records. He shall be present at the start and the finish and identify the place and certify in both cases from his own identification.
9. **Wherever practicable**, the official timekeeper timing a record attempt shall be one who has no connection with the person attempting the record.
10. **All record attempts** must be UNPACED. A rider attempting a record must ride entirely alone and may not be preceded by mounted helpers within sight. He/she may, however, be followed by a mounted witness who must not approach within 100 metres or coach the rider by suitable signals. THE ONE EXCEPTION is that a vehicle carrying an official timekeeper or an appointed observer may approach or pass a rider for the purposes of timing a finish or checking a turn, or handing up refreshments in the case of record attempts in excess of 60 miles. No vehicle may pass a rider for the purpose of handing up food or drink more than once in each 15 miles.
11. **In an attempt** on a record, it is indispensable that the rider when dismounted must wheel or carry their machine, without assistance, while covering any portion of the route.
12. Motor vehicles may be used for all purposes connected with a record attempt **except as far as pacing is concerned**. Any following car must contain either the official timekeeper or an observer previously appointed by the committee as credible and independent. **This vehicle may render assistance to a rider in the case of breakdown or puncture, but must not pass the rider (except as laid out in rule 10) and the rider must be dismounted before the vehicle is allowed to approach within 100 metres. All work must be carried out in a safe environment and the decision of the officials shall be adhered to. (No complete machine changes are permissible)**
13. **Machines eligible** are those allowed by the RTTC for their events.
14. **It shall be** at the discretion of the committee to reject any claim where they consider in any respect that the interests of the sport could be injured. Riders must be clothed in the recognised road racing costume of the period. Any rider who is untidy or dirtily dressed shall not be allowed to start.
15. **The records secretary** must receive notice of an attempt on a record at least 14 days before the attempt is to be made. Such notices must declare the record to be attempted, whereupon this cannot be changed unless a new application is sent in.
16. **Transportation of officials** is the responsibility of the rider, for the purpose of timing or observing.
17. **The start** shall be made at the time appointed, but the committee may in discretion accept as sufficient such explanation of unforeseen delay as may appear reasonable. In the event of a ride not being started or abandoned after the start is made, every effort must be made to notify the records secretary immediately. No start will be recognised half an hour after the appointed start time.

18. **Notice fees.** A fee of £4 for a single bicycle or tricycle must accompany a notice. This is to cover administration costs and the issue of a certificate should the record be broken.
19. **Standards.** No record will be considered until the standard time lay down for the distance is broken.
20. **Units of time.** The minimum unit of time recognised is one second and any fraction of a second shall count as the next whole second.
21. **Route.** In place-to-place records a rider may take any route he chooses provided they use the same route in both directions. Except in the case of Tenby-Pembroke record (either direction), which must take place along the A4139 and not the Ridgeway.
22. **A record must be claimed** and proof lodged with the records secretary within 7 days of the ride. Claims must only be made by the person performing the ride and must clearly state the date, time, distance and class of machine. The entire onus of proof shall rest with the person making the claim, but the committee may procure and use any evidence of the ride, as they feel necessary.
23. **Appeals.** Any claimant to a record or the holder of a record who is dissatisfied with the decision of the committee on a claim concerning such a record shall be entitled, on depositing a fee of £4 to appeal to a special general meeting which the Hon Secretary shall call forthwith. Such a fee to be forfeited should the appeal be considered frivolous, or unless the committee shall otherwise decide. Claimants and holders of records concerning which the appeal is lodged may address the meeting, but may not otherwise move, second or vote. Witnesses who are not delegates may attend for examination only.
24. **Alteration of rules.** No alteration shall be made in these rules without notice having appeared on the agenda and then only with a two-thirds majority at a general meeting.

Tenby swimming pool	Start/Finish	Town sign in grounds of
Haverfordwest bridge	Start/Finish	Centre of Merlins Bridge railway
Kilgetty		Turn at first Begelly roundabout
St Clears		Turn at A40/A477 roundabout
Carmarthen in the town		Turn at Westernmost roundabout
Brecon Brecon bypass		Turn at roundabout at west end of
Fishguard		Turn at Southern town sign
Cardigan		Turn at Southern town sign

Starting Places and Turning Places

Pembroke Dock	Start/Finish (N/S)	Town sign opposite Waterloo
Pembroke Dock	Start/Finish (E/W)	Town sign opposite Cemetery
Pembroke town	Start/Finish	Town sign on Eastern outskirts of

2007 Awards

Club Awards 2007

Juvenile Male	Rory Walters
Junior Man	Matthew Brown
Senior Man	Patrick Martin
Veteran Man	Peter Lloyd
Vet on Standard	Nick Brown
Biggest improvement	Patrick Martin

Handicap Competition 2007

1. Simon Scott 137 points
2. Derek Pugh 85 points
3. Cliff Jackson 84 points
4. Peter Lloyd 82 points
5. Gareth Rees 77 points

Fastest Times of 2007 by club members

Distance	Time	Name	Course	Date
10	22.55	Peter Lloyd	R10/22	24/7/07
10 (2 up)	22.18	Pete Lloyd and Nick Brown	R10/22	17/5/07
15	35.57	Peter Lloyd	PD15	27/6/07
25	62.37	Nick Brown	R25/24	23/9/07
25 (4 up)	57.27	Pete Lloyd, Nick Brown, Mike Lindsey and Oggy Owen	R10/22	21/6/07

Cyclosporives 2007

Here are the results from some of the Cyclosporives that members completed in 2007.

Event	Distance	Name	Time	Position/Standard	Date
Forest of Dean	85 miles	Andrew Milward	6:16	Gold	26/4/07
		Gareth Rees	6:25	Bronze	
Dragon Ride	125 miles	Nick Brown	6:47	118 th	24/6/07
		Andrew Milward	8:45	773 rd	
		Gareth Rees	8:55	794 th	
Tour of the Black Mountains	115 miles	Andrew Milward	8:20	116 th	29/7/07
		Gareth Rees	8:41	130 th	
Iron Mountain	50 or 100 miles	Andrew Milward	6:23		7/8/07
		Gareth Rees	2:45		
Trans Cambrian	87 miles	Nick Brown	4:51	17 th Gold	9/9/07
		Matt Brown	4:53	19 th Gold	
		Andrew Milward	6:04	117 th Bronze	
Autumn Epic	90 miles	Nick Brown	5:23	77 th Gold	7/10/07
		Matt Brown	5:23	79 th Gold	
		Andrew Milward	6:03	309 th Gold	
		Gareth Rees	6:25	421 st Silver	

Club Competition Results 2007

(Please note, only members who have completed at least four '10's' and one '15' are eligible for the club championship)

Senior Men

1 st	Patrick Martin	24.102 mph
2 nd	Michael George	22.408 mph

Veteran Men

1 st	Peter Lloyd	25.000 mph
2 nd	Nick Brown	24.520 mph
3 rd	Simon Scott	22.595 mph
4 th	Cliff Jackson	22.275 mph
5 th	Derek Pugh	19.461 mph
6 th	Matt Grein	17.769 mph

Junior Men

1 st	Matthew Brown	22.730 mph
2 nd	Josh Fiddy	22.135 mph
3 rd	Dickon Morris	21.454 mph
4 th	Rory Walters	18.665 mph

Juvenile Male

1 st	Rory Walters	18.665 mph
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Veteran on Standard

1 st	Nick Brown	+15:45
2 nd	Cliff Jackson	+11:54
3 rd	Derek Pugh	+11:21
4 th	Peter Lloyd	+9:21
5 th	Simon Scott	+4:17
6 th	Matt Grein	-45:28

Biggest Improvements (average speed)

1 st	Patrick Martin	+1.100 mph
2 nd	Michael George	+0.835 mph
3 rd	Rory Walters	+0.344 mph

Club Competition and Course Records

Course Records

Dist	Course	Date	Name	Time	mph
10	Neyland (old course)	15.05.02	M Lindsay	23.47	25.263
10	Neyland (new course)				
10	Sageston - Redberth				
10	Sageston – Pembroke Dock				
15	Sageston – Pembroke Dock				
22	Maidenwells Hilly	08.05.02	M Lindsay	55.17	23.891
13	Letterston Hilly	17.03.02	J Crimmins	36.01	21.667
1.3	Milton Hill Climb	31.07.02	J Shaw	4.02	19.500

Competition Records

Schoolgirls

Dist	Course	Date	Name	Time	mph
10	R10/10	29.05.90	S Gambold	25.34	23.467
25	R25/7	08.09.90	S Gambold	1.09.57	21.442

Schoolboys

Dist	Course	Date	Name	Time	mph
10	R10/20	23.07.94	C Warlow	23.06	25.974
25	R25/20	17.07.94	C Warlow	1.01.45	24.291
30	U18	20.08.94	C Warlow	1.17.35	23.200
50	R50/1b	21.09.98	P Hartland	2.15.01	22.219

Junior Ladies

Dist	Course	Date	Name	Time	mph
10	U4	16.07.91	S Gambold	25.45	23.300
25	R25/7	05.09.92	S Gambold	1.05.14	22.994
30	R30/5	26.04.92	S Gambold	1.28.36	20.315
50	R50/3	23.08.92	S Gambold	2.27.23	20.354

Junior Men

Dist	Course	Date	Name	Time	mph
10	U4	??.??.95	C Warlow	22.20	27.027
25	R25/17	26.07.92	J Gay	1.00.43	24.704
30	R30/4	16.08.92	J Gay	1.14.28	24.171
50	R50/3	09.08.92	J Gay	2.09.54	23.093
100	R100/6	02.08.92	J Gay	4.41.18	21.329

Senior Ladies

Dist	Course	Date	Name	Time	mph
10	U4	17.07.90	L Favorido	24.47	24.208
25	R25/3	29.07.01	J Colman	1.02.06	24.155
30	R30/6	??.??.93	S Gambold	1.26.06	20.905
50	R50/1b	05.08.01	J Colman	2.20.47	21.313
100	R100/1	12.08.01	J Colman	5.14.35	19.077
12hr	R12/95	02.09.01	J Colman	206.69	17.224

Senior Men

Dist	Course	Date	Name	Time	mph
10	R10/20	21.08.93	A Dow	20.58	28.610
25	R25/3	13.05.01	A Holland	53.54	27.809
30	R30/4	09.08.92	A Dow	1.07.32	26.653
50	R50/3	01.08.93	A Dow	1.52.48	26.595
100	R100/6	09.08.98	M Lindsay	4.04.36	24.520
12h	R12/95	05.09.99	P Walker	262.324	21.860
24h	D24/1	26.07.90	P Colman	421.507	17.565

Veteran Ladies Records

Dist	Course	Date	Name	Time	mph	Age	Std
10	U4	17.07.92	C Gambold	28.25	21.114	48	0.27
25	R25/3	13.05.01	A Thomas	1.12.17	20.753	40	-2.13
30	R30/3	???.???.92	C Gambold	1.51.45	16.107	48	-22.31
50	R50/5A	24.06.01	A Thomas	2.35.14	19.324	40	-9.46
100	R100/1	17.06.01	A Thomas	6.23.09	15.662	40	-1.11.00

Veteran Men on Standard

Dist	Course	Date	Name	Time	mph	Age	Std
10	R10/14	09.09.00	C Jackson	21.59	27.298	51	5.47
25	R25/3	16.05.99	C Jackson	58.10	25.787	50	12.57
30	R30/4	15.08.93	D W Pugh	1.18.07	23.040	55	10.27
50	R50/1b	17.09.00	C Jackson	2.02.58	24.398	51	25.47
100	R100/7	23.07.00	C Jackson	4.24.02	22.725	51	55.10
12h	R12/1	05.09.99	C Jackson	250.193	20.849	50	41.513 miles
24h	D24/1	27/28.07.02	C Jackson	428.437	17.852	53	71.397 miles

Veteran Men's Records

Dist	Course	Date	Name	Time	mph	Age
10	R10/14	09.09.00	C Jackson	21.59	27.298	51
25	R25/3	21.08.02	P Colman	54.08	27.711	41
30	R30/1c	30.05.00	C Jackson	1.15.30	23.841	51
50	R50/3c	04.08.02	P Colman	1.58.07	25.402	41
100	R100/6	11.08.02	P Colman	4.05.44	24.024	41
12hr	R12/95	01.09.02	P Colman	259.347	21.612	41
24hr	D24/1	27/28.07.02	C Jackson	428.437	17.852	53

Trike Records

Dist	Course	Date	Name	Cat
10	U4	17.07.88	J Cowburn	25.57
25	K24	18.08.88	J Cowburn	1.12.15
30	R30/2	01.05.88	J Cowburn	1.31.29
50	R50/6	17.07.88	J Cowburn	2.41.30

Two-Up

Dist	Course	Date	Names	Cat	Time	Std
10	R10/10	14.05.90	A Dow S Gambold	Sen/Juv	23.41	
10	R10/10	15.05.89	D Pugh V Howells	Vet/Vet	25.51	1.54
25	R25/7	15.05.82	G Asparassa S Gregson	Sen/Vet	56.28 0	
25	R25/7a	26.09.99	D Taylor P Colman	Sen/Sen	55.23	
25	R25/3	14.05.89	J Cowburn E Cowburn	Vet/Jun	1.05. 55	
25	R25/2	01.03.98	C Jackson D Marriott	Vet/Vet	1.06. 18	3.46

Place to Place Record Holders

Pembroke to Tenby

Cat	Name	Date	Time
Junior	Nick Bainton	Jan-90	24.21
Senior men	Paul Colman	30.09.90	22.58
Veteran	Steve Gregson	31.08.90	21.47

Pembroke Dock to Haverfordwest

Cat	Name	Date	Time
Veteran	Steve Gregson	05.09.90	23.13

Pembroke Dock to Cardigan & Return

Cat	Name	Date	Time
Senior men	Carl Francis	11.08.91	4.02.38

WINTER TRAINING RIDES

Winter training rides will be starting from Saturday 13th October. Rides will be between 2 and 3 hours duration, at a nice easy pace to start off, building to longer, faster rides into the Spring. Hopefully this will result in regular riders undertaking the reliability rides in February .

Rides will start from three main bases in rotation, namely Carew Castle car park, Bush School, Pembroke and the Meads Leisure Centre. Hopefully the routes will be posted in advance on the guestbook for anyone wishing to join en route.

Tenby Aces run a Sunday ride starting from Tenby Leisure Centre at 9.00am, but check on their forum for confirmation (www.tenby-aces.co.uk/forums/).

Date	Time	Location	Group leader
13/10/07	8.30am	Carew Castle car park	Nick Brown
20/10/07	9.00am	Meads Leisure Centre **	Pete Lloyd
27/10/07	8.30am	Bush School, Pembroke	Cliff Jackson
3/11/07	8.30am	Carew Castle car park	Nick Brown
10/11/07	9.00am	Meads Leisure Centre	Pete Lloyd
17/11/07	8.30am	Bush School, Pembroke	Cliff Jackson
24/11/07	8.30am	Carew Castle car park	Nick Brown
1/12/07	9.00am	Meads Leisure Centre	Pete Lloyd
8/12/07	8.30am	Bush School, Pembroke	Cliff Jackson
15/12/07	8.30am	Carew Castle car park	Nick Brown
22/12/07	9.00am	Meads Leisure Centre	Pete Lloyd
5/1/08	8.30am	Bush School, Pembroke	Cliff Jackson
12/1/08	8.30am	Carew Castle car park	Nick Brown
19/1/08	8.30am	Meads Leisure Centre	Pete Lloyd
26/1/08	8.30am	Bush School, Pembroke	Cliff Jackson
2/2/08	8.30am	Carew Castle car park	Nick Brown
9/2/08	8.30am	Meads Leisure Centre	To be confirmed
16/2/08	8.30am	44 or 55 mile reliability ride	Cliff Jackson/ Nick Brown
23/2/08	8.00am	55 or 100 mile reliability ride	Cliff Jackson/ Nick Brown
1/3/08	8.30am	Bush School, Pembroke	Cliff Jackson
8/3/08	8.30am	Carew Castle car park	Nick Brown
15/3/08	8.30am	Meads Leisure Centre	Pete Lloyd

** to be confirmed, see guest book nearer the date

Club Time Trials 2008

DATE	DISTANCE	START TIME
Sun 17-02-08	Reliability 40/55 (meet at Carew)	09:00
Sun 24-02-08	Reliability 55/100 (meet at Carew)	08:00
Sun 02-03-08	Maidenwells 11/22 (hilly)	10:00
Sun 09-03-08	Neyland 10	10:00
Sun 16-03-08	Maidenwells 11/22 (hilly)	10:00
Sun 23-03-08	Neyland 10	10:00
Sun 30-03-08	Sageston - Pembroke Dock 10	10:00
Sun 06-04-08	Neyland 10	10:00
Sun 13-04-08	Sageston - Pembroke Dock 10	10:00
Wed 16-04-08	Sageston - Redberth 10	19:00
Wed 23-04-08	Neyland 10	19:00
Wed 30-04-08	Sageston - Pembroke Dock 15	19:00
Wed 07-05-08	Sageston - Pembroke Dock 10	19:00
Wed 14-05-08	Sageston - Redberth 10	19:00
Wed 21-05-08	Neyland 10	19:00
Wed 28-05-08	Sageston - Pembroke Dock 15	19:00
Wed 04-06-08	Sageston - Pembroke Dock 10	19:00
Wed 11-06-08	Neyland 10	19:00
Wed 18-06-08	Gumfreston 25	19:00
Wed 25-06-08	Sageston - Pembroke Dock 15	19:00
Wed 02-07-08	Sageston - Pembroke Dock 10	19:00
Wed 09-07-08	Neyland 10	19:00
Wed 16-07-08	Sageston - Redberth 10	19:00
Wed 23-07-08	Sageston - Pembroke Dock 15	19:00
Wed 30-07-08	Sageston - Pembroke Dock 10	19:00
Wed 06-08-08	Neyland 10	19:00
Wed 13-08-08	Sageston - Redberth 10	19:00
Wed 20-08-08	Sageston - Pembroke Dock 15	19:00
Sun 24-08-08	Open Weekend 10	07:00
Sun 24-08-08	Open Weekend Milton Hill Climb	13:00
Mon 25-08-08	Open Weekend 15	07:00
Sun 31-08-08	Neyland 10	10:00
Sun 07-09-08	Bluestone 11 (hilly)	10:00
Sun 14-09-08	Maidenwells 11/22 (hilly)	10:00

Open events 2008 – South Wales District

(see Welshcycling.org for complete list and updates or amendments)

Date	Day	Course	Dist.	Start Time	Promoting Club	Price
02/03/2008	Sunday	R25/24	25	10:00	Port Talbot Whs CC (2up TTT)	£13.00
09/03/2008	Sunday	R10/16A	10	09:00	Cardiff Ajax CC (3up TTT)	£19.50
16/03/2008	Sunday	RS/22	22	10:00	Abergavenny Road Club (Magic Dragon Series 1 of 8) (Priority to Series Entries) (Series entries close 1/02/08)	£7/£50 series
16/03/2008	Sunday	RS/22	22	10:00	Abergavenny Road Club (Tandems)	£14.00
23/03/2008	Sunday	R25/16	25	08:00	M & D Cycles (4 Up TTT)	£26.00
24/03/2008	Monday	R25/8c	25	09:00	Hereford & District Whs CC	£6.50
24/03/2008	Monday	R25/8c	25	09:00	Hereford & District Whs CC (Tandems)	£13.00
30/03/2008	Sunday	R10/22	10	10:00	Veterans Time Trials Association South Wales	£6.50
06/04/2008	Sunday	R30/5	30	09:00	Bynea CC	£7.00
13/04/2008	Sunday	R25/4	25	08:00	Llandovery Cycling Club	£6.50
20/04/2008	Sunday	R25/3H	25	09:00	Acme Whs (Rhondda) CC	£7.00
27/04/2008	Sunday	R25/7A	25	10:00	Abertillery & District Whs CC	£6.50
29/04/2008	Tuesday	R10/23	10	18:00	Ogmore Valley Whs (Magic Dragon 2 of 8) (Priority to Series Entries)	£7/£50 series
03/05/2008	Saturday	R10/22	10	14:00	Port Talbot Whs CC	£6.50
03/05/2008	Saturday	R10/22	10	14:00	Port Talbot Whs CC (Tandems)	£10.00
04/05/2008	Sunday	R25/23	25.3	10:00	Ross-On-Wye & District CC (Hilly)	£6.50
04/05/2008	Sunday	R25/23	25.3	10:00	Ross-On-Wye & District CC (Hilly)(Tandems)	£13.00
05/05/2008	Monday	R10/9	10	09:00	Welsh CA (Magic Dragon 3 of 8) (Priority to Series Entries)	£7/£50 series
11/05/2008	Sunday	R25/22	25	08:00	Welsh CA (Tandems)(240 riders - 3 events)	£14.00
11/05/2008	Sunday	R25/22	25	08:00	Welsh CA (Welsh Championship)(240 riders - 3 events)	£7.00
11/05/2008	Sunday	R25/22	25	08:00	Welsh CA (Welsh Ladies and Juniors Championship + 60 slowest men)(240 riders - 3 events)	£7.00

Date	Day	Course	Dist.	Start Time	Promoting Club	Price
15/05/2008	Thursday	R10/22	10	18:00	Acme Whs (Rhondda) CC (2up TTT)	£14.00
17/05/2008	Saturday	R10/6B	10	14:00	Ludlow CC	£6.50
17/05/2008	Saturday	R10/6B	10	14:00	Ludlow CC (Tandems)	£13.00
21/05/2008	Wednesday	R10/22	10	18:00	Merthyr CC	£6.00
24/05/2008	Saturday	RH/11	HC	10:00	Brecon Whs (Magic Dragon 4 of 8 (Priority to Series Entries)	£7/£50 series
25/05/2008	Sunday	R25/3H	25	08:00	Ogmore Valley Whs (240 riders - 3 events)	£6.50
25/05/2008	Sunday	R25/3H	25	08:00	Ogmore Valley Whs (Tandems)(240 riders - 3 events)	£13.00
25/05/2008	Sunday	R25/3H	25	08:00	Ogmore Valley Whs (Women, Juniors, + Slowest 60 Men)(240 riders - 3 events)	£6.50
01/06/2008	Sunday	R50/4	50	08:00	Bynea CC	£7.00
08/06/2008	Sunday	R100/1 rev	100	07:00	Hirwaun Whs	£7.00
10/06/2008	Tuesday	R15/3	15	18:00	M & D Cycles (Magic Dragon 5 of 8) (Priority to Series Entries)	£7/£50 series
16/06/2008	Sunday	R50/1B	50	00:00	Welsh CA (Welsh Championship)	£7.00
16/06/2008	Sunday	R50/1B	50	00:00	Welsh CA (Tandems)	£14.00
19/06/2008	Thursday	R25/3H	25	18:00	Port Talbot Whs CC (4up TTT)	£26.00
22/06/2008	Sunday	R50/3C	50	08:00	Hirwaun Whs	£6.50
28/06/2008	Saturday	R10/23	10	15:00	Cardiff 100 Miles RCC	£7.00
28/06/2008	Saturday	R10/23	10	15:00	GHS DISTRICT CHAMPIONSHIP (South Wales DC)(promoted by Cardiff 100 Miles RCC) (Championship Entry forms only)	£2.00
28/06/2008	Saturday	R10/23	10	15:00	Cardiff 100 Miles RCC (Tandems)	£14.00
03/07/2008	Thursday	R10/17	10	18:00	CC Abergavenny (Vets Only)	£6.00
03/07/2008	Thursday	R10/17	10	18:00	CC Abergavenny (No Vets)	£6.00
03/07/2008	Thursday	R10/17	10	18:00	CC Abergavenny (Tandems)	£12.00
05/07/2008	Saturday	R10/6B	10	14:00	Ludlow CC	£6.50

Date	Day	Course	Dist.	Start Time	Promoting Club	Price
05/07/2008	Saturday	R10/6B	10	14:00	Ludlow CC (Tandems)	£13.00
05/07/2008	Saturday	R10/4	10	14:00	Bynea CC	£7.00
06/07/2008	Sunday	R25/4	25	09:00	Bynea CC	£7.00
08/07/2008	Tuesday	R10/23	10	18:00	Swansea Whs/CS Abertawe (Magic Dragon 6 of 8) (Priority to Series Entries)	£7/£50 series
13/07/2008	Sunday	R25/16	25	08:00	Ross-On-Wye & District CC (inc South Wales VTTA Champs)	£6.50
13/07/2008	Sunday	R25/16	25	08:00	Ross-On-Wye & District CC (Tandems)	£13.00
19/07/2008	Saturday	R25/7	25	16:00	Cardiff 100 Miles RCC	£7.00
19/07/2008	Saturday	R25/7	25	16:00	Cardiff 100 Miles RCC (Women, Juniors & Slowest Men) (3 events - 240 riders)	£7.00
19/07/2008	Saturday	R25/7	25	16:00	Cardiff 100 Miles RCC (Tandems)	£14.00
20/07/2008	Sunday	R100/1r ev	100	08:00	RTTC NATIONAL CHAMPIONSHIP 100 (promoted by West Wales Cyclists' League on behalf of South Wales DC)	£9.00
22/07/2008	Tuesday	R10/22	10	18:00	Port Talbot Whs CC (Magic Dragon 7 of 8) (Priority to Series Entries)	£7/£50 series
26/07/2008	Saturday	R10/12	10	15:00	C.C. Topp	£6.50
27/07/2008	Sunday	R25/4	25	08:00	Ystwyth C.C.	£6.60
02/08/2008	Saturday	R10/17	10	16:00	Welsh CA (Welsh Championship) (5 Events 240 Machines)	£7.00
02/08/2008	Saturday	R10/17	10	16:00	Welsh CA (Welsh Championship) (5 Events 240 Machines)	£7.00
02/08/2008	Saturday	R10/17	10	16:00	Welsh CA (Welsh Championship) (5 Events 240 Machines)	£7.00
02/08/2008	Saturday	R10/17	10	16:00	Welsh CA (Welsh Championship) (5 Events 240 Machines)	£5.00
02/08/2008	Saturday	R10/17	10	16:00	Welsh CA (Tandems) (5 Events 240 Machines)	£14.00
03/08/2008	Sunday	R50/1B	50	08:00	Cardiff 100 Miles RCC (inc South Wales VTTA Champs)	£7.00
10/08/2008	Sunday	R100/8	100	07:00	Welsh CA (Tandems)	£14.00

Date	Day	Course	Dist.	Start Time	Promoting Club	Price
10/08/2008	Sunday	R100/8	100	07:00	Welsh CA (Welsh Championship)	£7.00
17/08/2008	Sunday	RS/20	20	11:00	Bynea CC (Magic Dragon 8 of 8) (Priority to Series Entries)	£7/£50 series
24/08/2008	Sunday	R10/11a	10	07:00	Pembrokeshire Velo	£6.50
24/08/2008	Sunday	RH/3	1.3	13:00	Pembrokeshire Velo	£6.50
24/08/2008	Sunday	R10/11a	10	07:00	Pembrokeshire Velo (Tandems)	£13.00
25/08/2008	Monday	R15/4	15	07:00	Pembrokeshire Velo	£6.50
25/08/2008	Monday	R15/4	15	07:00	Pembrokeshire Velo (Tandems)	£13.00
31/08/2008	Sunday	R12/95	12 Hr	06:00	Welsh CA (Welsh Championship) (inc Western TTA Championship)	£14.00
31/08/2008	Sunday	R12/95	12 Hr	06:00	Welsh CA (Tandems)	£28.00
06/09/2008	Saturday	R10/22	10	15:00	Cardiff 100 Miles RCC	£7.00
07/09/2008	Sunday	R25/3L	25	08:00	Hirwaun Whs (240 Riders - 3 events)	£7.00
07/09/2008	Sunday	R25/3L	25	08:00	Hirwaun Whs (Tandems)(240 Riders - 3 events)	£14.00
07/09/2008	Sunday	R25/3L	25	08:00	Hirwaun Whs (Women, Juniors, + Slowest 60 Men)(240 riders - 3 events)	£7.00
14/09/2008	Sunday	R50/3C	50	09:00	Cardiff Byways CC	£7.00
21/09/2008	Sunday	R25/3L	25	09:00	Port Talbot Whs CC (Tandems)	£10.00
21/09/2008	Sunday	R25/3L	25	09:00	Port Talbot Whs CC (W, J and Overflow Men)	£6.50
22/09/2008	Monday	R25/3L	25	09:00	Port Talbot Whs CC	£6.50
28/09/2008	Sunday	RH/14	HC	10:00	Welsh CA (Welsh Championship)	£7.00
28/09/2008	Sunday	RH/14	HC	10:00	Welsh CA (Welsh Championship)	£3.00
28/09/2008	Sunday	RH/14	HC	10:00	Welsh CA (Tandems)	£14.00
05/10/2008	Sunday	RH/2/6/1 R	HC	10:00	Cardiff Byways CC (Triple Hill Climb)(60 Riders)	£6.00
05/10/2008	Sunday	RH/2/6/1 R	HC	10:00	Cardiff Byways CC (Triple Hill Climb)(60 Riders)	Free
28/12/2008	Sunday	R10/22	10	10:00	Ogmore Valley Whs	£6.00
28/12/2008	Sunday	R10/22	10	10:00	Ogmore Valley Whs (Youths)	£2.00

Date	Day	Course	Dist.	Start Time	Promoting Club	Price
28/12/2008	Sunday	R10/22	10	10:00	Ogmore Valley Whs (Tandem)	£10.00
01/01/2009	Thursday	R10/9	10	11:00	Cardiff 100 Miles Road Cycling Club	£5.00
01/01/2009	Thursday	R10/9	10	11:00	Cardiff 100 Miles Road Cycling Club (Tandems)	£10.00

Conduct on Club Runs

First of all, you require to have your cycle in good mechanical order, with two efficient brakes and a front and rear light - also a small repair kit, spare inner tube and efficient pump are essential. For long distance riders or those without an understanding wife/husband/mother/father/girlfriend/boyfriend etc the saddle bag could contain a multi-tool and small items of spare parts such as a chain ring bolt, 4, 5 and 6mm hex screws, cleat screw, spare gear cable, spare brake cable, chain repair link, spare brake blocks, a spare tyre and some cable ties.

Please ensure that you have clothing to suit the anticipated weather conditions. A lightweight, packable wind or shower proof jacket is very useful. A few energy gels and a small amount of money for emergency food, drink, phone calls or café stops is also useful.

The group leader is in full control of the club runs and all members must abide by his instruction. The group leader will control the pace to that of the slowest rider on all rides. However, it is the responsibility of the riders taking turns at the front to ensure that the group are close behind at all times, other than pre-designated sprints or hills where instructions will be given about regrouping locations.

Riders should not ride more than two abreast, but should ride in single file on narrow or busy main roads, or when the group leader gives orders to do so.

Riders must indicate any dangers to other riders in a clear and obvious manner. Pointing out obstructions, pedestrians, holes in the road must start at the front and be passed quickly and efficiently down the line.

The following terminology is widely used in conjunction with hand signals where appropriate:-

- 'car up' – car approaching from behind
- 'car down' – car approaching from the front
- 'single out' – move quickly into single file
- 'ease up' – slow down slightly
- 'stopping' – come to a stop
- 'clear' – junction clear to cross (you should still look to make sure)
- 'on the left/right' – obstruction/pedestrian on the left/right

When riding in a close group do not make any sudden unexpected movements. If you want to overtake make sure you are clear behind and indicate with a hand or verbal signal or both. If you drop a bottle or an item of kit don't stop suddenly in the middle of the group, indicate verbally that you are stopping but make sure

riders behind have time to react. If you want to pull in between riders (to single out for example) indicate with a hand or verbal signal or both and give the riders time to make a gap.

Be positive and precise with your calls and signals as it may prevent an accident.

Always ride in a manner which will be a credit to your club. We rely on your conduct for the reputation of the club.

Accidents

If you should be unfortunate enough to have an accident whilst on your cycle, here are a few points to make notes on at the time of the accident (always supposing you are in a sufficiently fit state.)

- (1) Take the name and address of the driver and the owner of the other vehicle. If a motor vehicle, note the registration number.
- (2) Note how many occupants there were in the vehicle (if any other than the driver) at the time of the accident and how they were seated.
- (3) Obtain names and addresses of the witnesses, independent of possible, the more the better.
- (4) Take careful details of the width and condition of the road, and the positions of all the vehicles thereon at the time of the accident, particularly distances from the near side of the road.
- (5) Note the approximate speed of the various vehicles immediately before the accident if available.
- (6) If at night, note whether lamps were alight and note their positions.
- (7) Note what action, if any, was taken by either party to avoid the accident.
- (8) Note whether any warning approach or any other road signal was given.
- (9) Note the time the accident took place.
- (10) Note approximate age of driver.
- (11) Inform B.C.F., R.T.T.C. or C.T.C. immediately.