



RULES AND TROPHY BOOK (2019 onwards) V2-08/04/19

- Rule 1. The club shall be called the "45 Road Club (Wellingborough)" and the official colours shall be turquoise (blue pantone 305), maroon (red pantone 186) and white.
- Rule 2. Membership shall be open to both sexes.
- Rule 3. The club shall be joined to the C.T.T, N&D.C.A, B.C, N.C.R.A and the E.C.C.A.
- Rule 4. The management of the club shall be by the committee to be made up of club officials and five committee members, (These five to include two junior members where practical). Five members of the committee to form a quorum. (Officials and members) The committee to be elected by the members at the annual general meeting.
- Rule 5. The club officials shall be: Chairman; Honorary. Secretary; Honorary. Treasurer; Time Trials Secretary and Road Racing Secretary.
- Rule 6. First claim members only, shall be eligible for election to the committee.
- Rule 7. The committee shall meet at least once per year to transact the clubs business. Any member of the committee absent from three consecutive meetings without affording reasonable excuse shall be deemed to have resigned. The committee shall fill the vacancy by co-opting another member.
- Rule 8. The annual subscriptions from the 1st January 2019 shall be:
- Age Group II-17 years £5.00
Age Group 18 years and over £12.50
Families £15.00

- Rule 9. Every individual desirous of becoming a member of the club must complete a club application form. The application may be presented to the committee at the next meeting. At this time the committee shall have the power to accept or reject it.
- Rule 10. New members elected after 30th September in any year shall, after payment of the subscription, be entitled to all of the privileges of full membership up to 31st December in the following year.
- Rule 11. Any member accused of unseemly conduct shall be called before a general meeting which shall have the power to decide any course of action necessary.
- Rule 12. The club's financial year shall commence on 1st January and end on 31st December; after which date the Treasurer shall prepare the balance sheet and other accounts that shall be audited by an independent auditor appointed by the Committee.
- Rule 13. The Annual General Meeting shall be held in the month of January and at least 14 days notice of such a meeting shall be given to members.
- Rule 14. Items for the agenda of any General Meeting shall reach the Secretary at least 7 days before the meeting is to be held.
- Rule 15. An Extra Ordinary General Meeting can be called at any time by the committee by giving 14 days notice to members or must be called by the Secretary upon request signed by any one member, who must pay the costs ensuing from the calling of such a meeting. The agenda must be strictly adhered to.
- Rule 16. No member shall be allowed to take a prize in any racing event unless he or she is clear on the financial books of the club. It is the responsibility of members to contact the respective Racing Secretary to claim any awards they feel they are entitled to. Club trophies will only be awarded to First Claim Members.
- Rule 17. N&D.C.A open events for the coming season maybe designated as club events at the annual general meeting and the race-fixing meeting.
- Rule 18. Race Signing On will close 15 minutes before the start of club events.
- Rule 19. Trophies and Eligibility thereof are awarded as per the Trophies Summary detailed below. Should there be a dispute regarding any members eligibility for a trophy the committee's

decision is final.

Rule 20. Any additions, deletions or amendments to these rules to be made at the annual general meeting.

Rule 21. Any riders making a U turn in any club event (including open events) within sight of the start or finish shall be disqualified from the event.

Rule 22. That at the discretion of the committee a contribution of £25 be made available (upon request) towards the expenses of any fully paid up first claim member of the 45 Road Club riding a National Championship Cycle Racing Event.

Rule 23. Single day membership: Every individual desirous of becoming a single day member of the club, shall correctly complete a copy of the single day membership form. The application will only be valid for the date applied for. Only one single day application per calendar year will be accepted. This will allow an individual second claim rights for 24 hours under club rules.

Any member of the committee or a time keeper at an event shall have the power to accept or reject the application. A list is to be generated of all applicants and this shall be forwarded to all timekeepers to be kept with the time keeping equipment. All applications shall be presented to the committee at the next meeting.

Rule 24. Time trial equipment: Every individual competing in a club event it is compulsory to wear an approved safety helmet and securely fix a rear facing red light to the bicycle used for the competition, the rear light must be on during the event.

TROPHY BOOK (Rule 19)

100 Mile John Millers Cup

Fastest "100" mile time trial of the year, 1st claim members only (ie: must have ridden as 45RC).

Juvenile Boys and Girls 10 - Fastest 10 TT

Fastest 10 mile TT in season by a juvenile rider (cash prize, awarded to both sexes). All paid up juvenile members.

Road Race Trophy

To be awarded to the club member with the highest points for performances in British Cycling Road races and Circuit Races open to all categories of rider.

Hill Climb Trophy

Fastest club rider ascent of the designated hill climb. All paid members.

Handicap Series Trophy

Sum of best 3 from 4 TT's H-Pts

Ladies Barr - 1x10, 1x25

Fastest aggregate time from club events, all paid up female members.

Vets Barr – 1x10, 1x25

Fastest aggregate time from club events, all paid up members (times not standards)

Middle Markers

Fastest 25 mile TT, eligible to paid up members who in the current or past 3 season has not returned a time faster than 60 minutes for a 25 mile time trial

Club TT Series Shield

Best 12 single series, both 10's and 25's points count towards the series shield. All paid up members

Club TT Ladies Series Shield

Best 12 single series, both 10's and 25's points count towards the series shield. All paid up members.

Cosford Cup

Fastest 2 up 10 on road bikes only. 45RC 10 TT, all paid members

Fastest 50

Fastest 50 mile TT in Club, Open, Semi-Events events, 1st claim members only (ie: must have ridden as 45RC)

Beer and Pudding

Beer and Pudding Race, the winner is the fastest club rider over the course ridden on the previous year's Boxing Day (10-mile club course)

Whiston Fastest

Pancake Race Trophy, awarded for the fastest ride of the Whiston hilly 11mile circuit, by any paid up club member, during a club event.

Senior Barr – 1x10, 1x25, 1x50

Fastest average non-standard, available to paid up 1st claim members only (ie: must have ridden as a 45RC rider in all 3 counting events)

Senior Fastest 10

Fastest 10 mile TT, available to paid up 1st claim members only (ie: must have ridden as a 45RC rider)

Ladies Fastest 10

Fastest 10 mile TT in a club event, available to female paid up 1st claim members only (ie: must have ridden as a 45RC rider)

Ladies Fastest 25

Fastest 25 mile TT in a club event, available to female paid up 1st claim members only (ie: must have ridden as a 45RC rider)

Kilo

Fastest paid up member of the Kilo course at the clubs organised annual Kilo event.

Club Man Trophy (Anthony McCarrick Award)

Awarded by the committee, eligibility is for all paid up members.