



# Ironbridge Clarion Cycling Club

## **Constitution & Rules**

(Version 1.0 ~ January 2015)

### **1. NAME**

1.1 The Club shall be known as Ironbridge Clarion Cycling Club, herein after referred to as the Ironbridge Clarion.

1.2 The official motto or slogan for the club shall be that of The National Clarion which is "Fellowship is Life".

### **2. OBJECTS**

2.1 Ironbridge Clarion's objects shall be: To protect and further the interests of cycling and cyclists in the local area and to promote the mutual respect and support for all its members and associated friends and families.

### **3. ORGANISATION**

3.1 In setting up the Ironbridge Clarion, The Club have become a regional section of the National Clarion Cycling Club and as such will also need to adhere to its constitution and rules.

3.2 Ironbridge Clarion shall consist of members primarily from the local geography (the TF3, 4, 7, 8 ,12 ,13 post codes) but also open to members from further afield. In line with National Clarion rules our section should have at least 3 members and should our section becomes inactive all paid-up members may become members of the Central Section until their membership expires.

3.3 Should The Club wish to change their name it must seek approval from National Committee. In the event that National Committee does not grant approval the section may request appeal at conference to overrule committee.

#### **4. MEMBERSHIP**

4.1 The annual subscription to be paid to Ironbridge Clarion by members shall be fixed annually by committee at its AGM.

4.2 Membership categories and current fees are:-

i. Seniors: 18 years or over at the time of payment - £20

ii. Juniors: under 18 years at the time of payment - £10

iii. Family: constitutes 2 Senior paying members and Juniors are free

iv All members shall automatically become members of the National Clarion

v. Under 16s must be accompanied by a parent or guardian on clubruns.

vi. New members shall be allowed to ride three times in any one year before they are expected to join the club.

4.3 Second claim members are permitted to join at the same fee as full members. Second claim members may participate in all activities and races.

4.6 Any member behaving in a manner against the good name or interests of the Club or fellow members may be expelled by the committee, subject to appeal at the AGM.

#### **5. COMMITTEE & OFFICERS**

5.1 The current officers and roles of Ironbridge Clarion shall be:

a. Secretary/Chair

b. Treasurer

c. Committee members – officers plus 3

Officers will be elected annually at the AGM. All officers will retire each year but will be eligible for re-appointment. As the club grows other officers can be appointed at the AGM.

5.3 The quorum for any Committee Meeting shall be 4, unless those present agree that business should continue and minutes recorded.

5.5 The Chair may use a second or casting vote in the case of an equal number of votes for or against the resolution. They may not use their casting vote to overturn the status quo.

## **6. ANNUAL GENERAL MEETING**

6.1 The AGM shall be held in January each year.

6.2 The Secretary will produce an Annual Report including a report on finances which together with the Agenda will be distributed to attendees on the evening of the event.

6.3 Nominations and votes for committee members and officers will be on the basis of one vote for each attending member.

6.6 Alterations to the Constitution and Rules shall require a majority of two thirds of the total number of votes cast at the AGM.

6.7 The Minutes shall be circulated to members as soon as possible after the AGM, and within two months at the latest. Resolutions passed shall take effect as soon as this has been done.

6.8 A copy of the up-to-date Constitution together with details of officers shall be updated on the website within two months of AGM.

## **7. AWARDS AND COMPETITIONS - IF ORGANISED BY THE IRONBRIDGE CLARION**

7.1 Time Trialling - The title of 'Time Trial Champion' shall be awarded to the highest placed rider over the series of mid-week time trials using a points system approved by committee. The winner shall receive a medal with medals also being awarded to fastest lady, junior, veteran.

Hill Climbing - The title 'Hill-Climb Champion' shall be awarded to the Clarion rider recording the fastest time in the annual Ironbridge Clarion Hill-Climb event. The winner shall receive a medal with medals also being awarded to fastest lady, junior, veteran.

## **8. NON RACING AWARDS**

8.1 The award of Club Person of the year shall be judged by the Officers and Committee and the winner presented with a medal.

8.2 Additional awards may be given at the discretion of the Officers and Committee of the Ironbridge Clarion.

8.3 All awards shall be presented at The Clubs AGM.

## **9. RECORDS**

9.1 There are three classes of records for both males and females:

- i) All comers (any age)
- ii) Junior (18 and under)
- iii) Veteran (40 and over)

A member wishing to claim a Ironbridge Clarion record shall satisfy the following requirements:

- i) Claimants must be paid up members of the Ironbridge Clarion Cycling Club at the time of
- ii) For time trials, Ironbridge Clarion Cycling Club, Open or Association Events \* only to count.

For

- iii) Claims shall be supported with a copy of the official result sheet or other appropriate
- iv) Claims for National Clarion records should be submitted to the Club Secretary as soon the record/event, track events, approved British Cycling Events only to count and document as soon possible. For the avoidance of doubt this should be taken to mean not later than the end of the year in which the record was broken. In exceptional cases, including those where a new class of record is to be established, the National Committee will consider at their discretion, retrospective claims for records on the proviso that all of the previous conditions have been met.

All record breakers shall be presented with a certificate

## 14. RACING COLOURS

14.1 The colours of The Ironbridge Clarion Cycling Club **TO BE CONFIRMED.**

## **Club Guidelines**

### **What do I need?**

Well you'll need your bike, also bring a little food and drink, basic tool kit, a pump, two spare inner tubes and a puncture repair kit. Lights are important in darkness or low light conditions. It is a good idea to bring clothing for all weather.

Although rides are supported by a friendly group, you are responsible for ensuring your bike is fit for purpose and in a good state of repair, riding safely and following the highway code. Be aware of your own safety, the safety of others in your group and other route users. Bring a little money for snacks as we may stop at a cafe or a pub on some rides.

### **How fit do I need to be?**

All rides are detailed on the clubs website and include a minimum of 5 elements preferable the standard 7.

**The minimum 5 are:** Date of Ride – Start Location – Distance – Times – Average Speed.

**The standard 7 are:** As the minimum 5 but with a GPX map/download & type of bike required.

The reason for doing the above is for you as a cyclist can ascertain the most suitable ride for you. But don't forget we **never** leave a rider behind.

### **Guide to group riding**

1. Have fun: Above all, it's meant to be fun! Our rides are about getting out on the bike and enjoying yourself in the fellowship of others.

2. The ride leader is to be respected by all, not passed at anytime unless asked and most of all let them know of anything about the ride or if you choose to leave the ride.

3, Be Safe: You're responsible for your own safety but please think of others. If you see an obstacle ahead like a pothole, then warn the others with a shout or hand signal. Likewise, if you're on the back of the group and notice traffic building up, shout for the ride to fall into single file.

4. Your bike and you: Make sure your bike is in good working order and come prepared with spares such as an inner tube, tyre levers and a multitool. Make sure you're feeling good before coming out and always remember to have contact details with you and a small amount of money and some emergency food for if you get hungry.

5. Keep together: You'll get fit riding with the club regularly. If you want a harder ride, organise it! The rule is that we always wait for people to catch up if they get dropped.

6. Be close on the road: Try to get used to riding about half a meter behind the person in front, it's the best place to keep out of the wind, but remember try not to overlap wheels with the rider in front. Also don't feel you have to ride on the front of the group, you'll find it much more difficult than sheltering behind someone until you build your fitness.

7. Look out for each other: On the road shout out if you see something that may be dangerous - traffic, animals or poor road conditions. On the trail always keep an eye out for fellow riders especially through technical sections. If someone is dropped always check where they are and wait.

8. Follow the Highway code: Follow the highway code at all times on the road. Don't ride more than two abreast, always look over your shoulder before moving position. Stop for traffic lights and be courteous towards other road users.

9. Speak up: If you're finding the pace difficult please let the ride leader know, so that they can drop the speed, the same if you have some kind of mechanical problem.

10. Join us: We especially welcome new members on the club runs and if, after two or three rides, you like the club please become a member, and ask the ride leader for details

Note: at present juniors (under 18's) can only join our rides and runs if accompanied by a parent or guardian.

**These points are intended as a guide, it's all about being sensible and aware whilst riding.**

We strongly recommend that all riders wear a correctly fitted hard shell helmet conforming to a recognised safety standard on our rides.

Ride participants should be aware that ride leaders are not qualified leaders or first aiders and that those joining a ride are responsible for assessing their own abilities and for ensuring their own safety. Individuals take part in any group activities at their own risk.

It should be noted that no liability shall be attached to the Ironbridge Clarion Cycling Club (including its officials and members) and the National Clarion Cycling Club (including its officials and members) for any injury, loss or damage suffered.

**We strongly urge all Members to take advantage of the reduced cost Cyclists Touring Club 3rd Party insurance or make similar insurance arrangements via British Cycling.**