



Members Handbook 2018

CLUB OFFICIALS 2018

President	David Jordan	01932 868623
Vice Presidents & Committee Members	Bob Maylin	01372 375646
Hon.General Secretary	Phil Parkinson	020 8873 3556
Hon. Membership Secretary	Mike Wood	01483 272488
Hon. Treasurer	Gordon Bowser	01372 843908
Hon. Time Trial Secretary	Ted Collins	020 8661 1759
Hon. Road Race Secretary		
Hon. Track Secretary	John Richards	01737 843339
Hon. Sportive Secretary	Chris Ball	01306 886971
Hon Audax Secretary	Nick Allen	020 8871 1886
Hon. Ladies Secretary	Marina Leary	01372 801303
Hon. Club Runs Secretary	Peter Dewis	01737 813921
Hon Webmaster	Alan Parkinson	020 8788 7442
Hon. Clothing Secretary	Roger Leary	01372 801303
Committee Members	Lawrie Clark	01372 450391
Hon. Auditor	Mr K Stainer	
Vice Presidents	P. Parkinson, C. Quemby, G. Redhead, R. Robinson, R. Squirrel, A. Parkinson, R. Maylin,	

Website www.swrc.org.uk

Facebook: facebook.com/groups/southwesternroadclub/

CLUB RULES

1. The club shall be known as the SOUTH WESTERN ROAD CLUB - EVANS CYCLES
2. Membership shall be permitted to all persons and consists of the following categories:
 - a) Senior member or Second Claim member
 - b) Junior member (under 18)
 - c) Family member
 - d) Life member
3. All members are expected to assist at a Club event at least once per year.
4. All categories of members may hold office with full voting powers on Committee.
5. Subscriptions are due at the commencement of the club's financial year from 1st November. All members and officers of the club, with the exception of Life members, shall pay club subscriptions. A member whose subscription is two calendar months in arrears shall be presumed to have resigned and shall cease forthwith to be entitled to any of the benefits of membership. Such a person may be reinstated only at the discretion of the Committee on payment of an additional late subscription fee. Persons joining from 1st July to 30th September of any financial year shall pay only half the appropriate fee for that financial year. Membership fees paid by persons joining after 30th September shall cover such membership until the end of the following financial year.

Fees will be as follows:

Adult £25 + joining fee for new members

Adult (after 1st July) £12.50 + joining fee for new members

Second claim adult £25 + joining fee for new members

Family £30 + joining fee for new members

Junior £5

The joining fee is £20 and new members receive a voucher for a single short sleeved club jersey.

There is a late renewal payment of £15 for members who delay renewal until after 31st December, payable in addition to their subscription.

6. The club's financial year shall be from 1st November to 31st October.
7. Club membership fees shall be determined by the club at the Annual General Meeting.

8. The officers of the club shall consist of:-

POSITION	NUMBER	COMMITTEE POSTN.
President	1	Yes
Vice President	No Restriction	Yes – 2 only
Hon. Gen. Sec.	1	Yes
Hon. Membership Sec.	1	Yes
Hon. Treasurer	1	Yes
Hon. T.T. Sec.	1	Yes
Hon. R.R. Sec.	1	Yes
Hon. Track Sec.	1	No
Hon. Club Runs Sec.	1	Yes
Hon. Sportive Sec.	1	Yes
Hon. Audax Sec.	1	Yes
Hon. Ladies Sec.	1	Yes
Hon. Webmaster	1	Yes
Hon. Clothing Sec.	1	Yes
Committee Members	2 *	Yes
Hon. Auditor	1	No

* Ideally one to be under 23 years of age, but if nobody under 23 is available the position shall be open to other members.

They shall be elected or re-elected annually and no person shall hold more than two offices at one time. From the Vice Presidents of the club, two will be elected annually to serve on the Committee in addition to any selected in a secretarial capacity. Club sponsors may attend Committee meetings.

9. The business of the club shall be in the hands of the Committee, which shall consist of officers of the club as listed as committee positions under rule 8 above. Each officer or committee member attending a meeting shall have one vote. A quorum shall be taken as four members excluding the chairperson, who may exercise a casting vote. A vacancy arising among the officers or Committee during the year of office may be filled by the Committee. The Committee, whose decision shall be final, will consider applications for membership of the club. The Committee shall meet as and when required, but not less than once in two months.
10. If an officer fails in the performance of his or her duties, a Special General Meeting may be called for the purpose of removing him or her from office.
11. The Hon. General Secretary shall call an Annual General Meeting each year, not later than 21st December, at a convenient time and place by giving not less than 21 days notice in writing to all club members, to receive the Annual Report and Audited Statement of Accounts, to elect officers and Committee of the club and to transact any other competent business. Any motion altering the rules or constitution of the club must be given to the Hon General Secretary at least ten days before the meeting and no such motion shall be considered unless at least three days notice of the motion in writing has been given to all members.

12. A Special General Meeting may be called by the Committee, giving not less than seven days notice in writing to all club members, stating the business for which the meeting is called. The Hon. General Secretary shall call a Special General Meeting at any time on receiving a requisition, signed by not less than one fifth of the club membership, stating the business for which the meeting is to be called. In the case of a member being expelled from the club, he shall have the right to appeal to a Special General Meeting upon application being made to the Hon. General Secretary within fourteen days of expulsion. A notice of expulsion shall have been deemed to have been received on the day following the posting of the notice. At a Special General Meeting, only the business for which the meeting is called shall be discussed and voted upon.

13. The Committee shall, at its discretion, (award/provide) financial assistance to members for participating in specific cycling (activities/events). The aggregate amount of funding will be determined by the committee at the beginning of each financial year. Members will be required to submit claims for funding to the committee for discussion and consideration. Decisions of the Committee shall be final and will be communicated to the member

14. The interpretation of these rules lies with the Committee, and the decision of the Committee upon all matters not provided for by the rules shall be final and binding upon all concerned.

CLUB AFFILIATIONS

BC	British Cycling	Road and track racing.
CTT	Formerly RTTC	TimeTrials.
SCCU	Southern Counties Cycling Union	Programme of RR. & TT's
WLCA	West London Cycling Assoc.	Programme of time trials.
CTC	Cyclists Touring Club	National cycling charity offering advice to Cyclists

Basis of Trophy Awards

TIME TRIALS

The **Club Time Trial Championship Trophy** (CHAMPIONSHIP TROPHY CUP) shall be awarded to the member who, at the close of the season, shall have accomplished the highest average mph at distances of 10, 25 and 50 miles out & home in Open, Association, Combine, Inter-club and club events – to be calculated as average mph for one event at each distance, added and divided by 3.

The **Veteran Time Trial Championship** (BILL REED CUP) shall be awarded to the member over the age of 40 years on the day of the event who has accomplished the highest standard (as in the laid down scale of the VTТА) from one 10 mile and one 25 mile time trial - to be calculated as average mph for one event at each distance, added and divided by 2.

The **Fastest 10 Trophy** (SYD PARKINSON CUP) shall be awarded to the member recording the fastest 10 during the season.

In each case, the average mph shall be calculated to as many decimal places as required.

The **PS Parkinson 2-up Cup Time Trial Trophy** (MEMORIAL CUP) shall be awarded to the fastest pair of members over a handicapped series of races. Handicaps to be calculated by the Time Trial Secretary.

The **Hill Climb Championship Trophy** (HILL CLIMB CUP) shall be awarded to the member with the fastest time over the selected hill climb.

ROAD RACES

The **Road Race Champion** (HART CUP) shall be the member who has the highest number of points from the total of (i) Surrey League Handicap, (ii) Surrey League (iii) British Cycling races during the season. The points shall be based upon the same points system as that employed and published by British Cycling and the Surrey League.

The **Veterans Road Race Champion** (ALFRED KNOWLES MEMORIAL BOWL) shall be the veteran member (over 40 years on the day of the race in the relevant category) who has the highest number of points from the road race season. The points shall be accumulated from LVRC (League of Veteran Racing Cyclists) events as follows: 10 for win, 8 for 2nd, 6 for 3rd, 4 for 4th, 2 for 5th, 1 for a finish. **Those eligible for the trophy are responsible to provide the following details to the Road Race Secretary at the end of each season:** Name, Category for each place claimed, place, event and date.

OTHER TROPHIES

The Most Meritorious Performance Trophy (FW ROBINSON CUP) shall be awarded by the Committee on the basis of competitive results or work for the Club.

Sam's Tankard (NON-RETURNABLE TANKARD) shall be awarded by the Committee for competitive results or work for the Club In years when the Most Meritorious Performance Trophy has been awarded, but where the Committee decides that recognition is merited for a further member.

The SWRC Cyclosporitive Shield (The SWRC Shield) shall be awarded based on the majority decision of the Committee. The following factors will be taken into account: number of events completed, difficulty of events completed, relative 'standard' of results achieved.

Special Award (Cup) shall be awarded on the majority decision of the Committee. Award will be based on achievement relative to the ability of the winner e.g. a young, but mature male's result would be expected to be higher in the same base case versus that of a lady or relatively elderly competitor's result, or that of a member with health difficulties.

Ladies Cup (Cup) shall be awarded for outstanding performance by a lady for all types of competition or achievement.

Winners of trophies hold them for the ensuing season, after signing an agreement accepting Custodial responsibility. Winners are responsible for returning the trophies to the Hon: Gen: Sec: at the end of each calendar year in good condition.

The interpretation of these regulations lies with the Committee. The decision of the Committee upon all matters not provided by the regulations shall be final.

Annual Report – 2017

The Annual Report

This Report summarises Club activities and achievements in 2017.

Club membership by Mike Wood

196 members renewed their membership from 2016 and 25 new members joined during 2017 to give a total membership of 221. This is an increase of 3 from last year.

Categories of membership:

Adult		154
Adult 2nd claim	3	
Family		49
Honorary life		15

The use of the jersey voucher issued to new members is now much easier. The club aims to keep a stock of jerseys which are available at every club night.

This is the third time the online renewal database is being used. An email is sent to each member asking them to renew online; this allows each member to check that their personal details are correct. Payment then has to be made before the membership renewal is complete. The majority of renewals were made successfully, some again within minutes of the renewal email being sent. Reminder emails are automatically generated from the database for those who have not renewed and I have amended these renewal reminders to make the process clearer.

There are a small number of renewals still outstanding on 29th November and membership will expire on 31st December for those who don't renew. Only 5 people have chosen not to renew so far and I hope to be able to persuade some of those 22 members who have not responded yet to remain in the club. With 25 new members in 2015, 27 in 2017 and 25 this year, the club is continuing to attract new riders many of whom are actively involved in club runs.

The online system continues to offer good value for money and makes auditing the club's accounts more reliable. We will have a new treasurer for 2018 so having a secure financial trail of all the membership fees is important. Club emails to all current members are sent using the email list in the database, so if you change your email address, please let me know. Telephone contact numbers and email addresses are available to all members from the database from Your Membership page. Go to <https://membermojo.co.uk/swrc> and use your email address for access; you can amend any of your personal details if necessary.

Committee activity by Phil Parkinson

Your Committee met 9 times in 2017 to discuss club activities and respond to needs as required. Some of the items discussed during the year were:

Replacement of the current club website.

Financial support to members riding audax events.

Organisation of sale of Alan Brunnsden cycle equipment for Motor Neuron charity.

Continuing affiliation to Surrey League for relatively few members.

Improving attendance at Tuesday club room meetings.

Encouragement for club members to ride together in various sportive and audax events.

Format of club time trial events.

Continuing use of club Twitter feed and blog as no longer used.

Transfer of club clothing purchases to online system.

Charitable donations.

Improving communication between members for the various club runs groups.

Reviewing issues highlighted by members regarding the club rides.

Considering ability of members to move between groups on the Saturday rides.

Exploring club rides leaders concerns over leading groups.

Discussing safety of riders, size of groups, standard of riders within the groups and destinations.

Storage of club equipment at the Cobham Village Hall.

Relationship with club sponsor Evans cycles.

Providing financial support to racing members.

Time Trials by Ted Collins

2017 saw the continuation of the Club TT series held during the summer months. The fastest rides were from Lee Higlett, Keith Garbutt and Paul Malynn with 2 up pairing of Roger Jackaman and John Wood as the best improved and most consistent riders of the series.

Of the three events run this year we had 14 riders in the May race, 12 in July and 5 in August. The June event had to be cancelled due to the unusually bad weather.

Many thanks to the steadfast team of helpers who did a great job throughout the series in regularly turning up and making the events a credit to the club.

We will be moving the Club TT Series to the Hungry Hill circuit next year and holding them on Tuesday evenings.

Colin Parkinson won the Club BAR for the 11th year in a row with an average speed of 28.58 mph for the 10, 25 and 50 miles.

In championship events, Colin took a gold team medal in the VTTA National 10 mile time trial, a personal best time in the VTTA National 15 mile event of 33.05 and 52.48 in the CTT National Championship 25 mile event.

Road Racing by Barry Harwood

Both Andy Hicks and Roger Jackaman have been racing again this year in the LVRC. Andy had two 2nd and one 4th placing and Roger had two 1st, three 2nd, one 3rd and one 4th placing as well as some impressive results in several mountain bike and cyclocross events that he participated in.

Roger is therefore the deserved winner of the Veterans Road Race Championship and takes the Alfred Knowles Memorial Bowl from Andy. The slippers and pipe will have to wait for another year for both of them.

Track riding by John Richards

We have had two successful track days this year. One in March and the other in November. Both were three hour sessions held on a Sunday at Newport velodrome. There is no better indoor facility where we can get track time for the club at a reasonable price without all of us having to go through a complex and time consuming accreditation procedure, so the time and cost of the drive to Newport and back is the downside of these events.

In theory the maximum number of participants is 32. However, in practice we have found it best to target around 24 because this gives flexibility for differing abilities/experience and means that juniors and riders new to the track can get a taste of riding on the boards with the benefit of appropriate coaching and supervision. In March we had 14 members, supplemented by 5 non-members (family and friends) and 4/5 juniors. In November we were 17 members, 2 non-members and 5 juniors. We have also had 5 female members participating in these events so perhaps a wider cross section of the club than participates regularly in other club activities.

The club has underwritten the cost of velodrome hire. Our aim is to roughly charge non-members the going rate and for the club to provide a small subsidy for participating members. That's worked out at around £5-£6 per head for these events.

Unfortunately November's outing was marred by a nasty accident for Jacky Bernett who had a crash early in the day, before she or her tyres were warmed up! We wish Jacky a full and speedy recovery from her scrapes and bruises and hope to see her back on the track next Spring. Other than that, I think everyone who has come has had an enjoyable experience. Track riding takes a bit of getting used to and it's surprising how tiring it is riding around in circles, indoors, without hills, headwinds or potholes! But it is great fun, an excellent workout and as competitive an experience as you want to make it.

The current plan is to run two events following the same format next year. I shall be sending out preliminary details in the New Year but if anyone wants to register early interest and make sure they receive full details of all our track activities please send me your details.

Financial Position by Ben Thomas

The club remains in a healthy financial position reporting a small operating surplus for the 2016/17 year.

Another successful May Flyer enabled the club to donate £2K to each of its nominated charities, the Full Circle Fund and the Kent, Surrey and Sussex Air Ambulance Service.

The club, in agreement with his relatives, sold various cycling items belonging to the late Alan Brunson, a long-standing member. £2k was raised which was passed on to the Motor Neurone Disease Association.

The new online shop for purchasing club kit proved very successful with members ordering a range of kit. In future the only items held in stock will be club jerseys for new members or those looking to replace a jersey more quickly.

Membership Fees 2017/18

New Individual Adult Membership £45 including a club jersey

New Family Membership £50 including 1 club jersey

Individual Adult £25

Individual Junior membership (under 18) £5

Family Membership £30

Please pay your fees via bank transfer

Bank HSBC

A/C No 91057995

Sort Code 40-42-09

Social Events

The summer BBQ at Cobham Village Hall was organised by Phil and Ros Parkinson and had around 70 attendees. The live band was very popular and the musicians own enjoyment at playing tunes together made for a very pleasant atmosphere. It was completely free to members and their families and as before was a very successful event.

The annual lunch and prize presentation was organized by Ben Thomas and held at the Woodlands Park Hotel in Cobham. The event was subsidised by the SWRC at £5 per head.

The monthly Tuesday evening club night is not well supported except occasionally when special events are promoted or club clothing is available.

Club runs by Mark Browne

The weekly club runs have continued to provide the focal point of the Club's activities through 2017, with our growing membership reflected in healthy turnouts throughout the year. Some new destinations have been added to the old favourites, with awaydays in the summer have stretched out into Kent and Hampshire and the Isle of Wight. If it ain't broke we don't fix it – although some developments of note this year have been:

- Development of the D group. Led by Richard Post, this informal group has catered for new members and those returning from injury. This has provided a friendly introduction to the club with shorter social rides, and as a result a number of new members have fed through into the rest of the groups. Thanks Richard!
- Midweek rides. For those lucky enough to be retired or “working from home” regular ride-outs through the year have kept the tea & cake industry of South East England in healthy profit.
- Improving communications. We're also embracing social media and 4G more enthusiastically. All the ride groups now have a WhatsApp or email group of some sort to share information and last minute changes of plan. And it is great to see more of the group rides being shared on the Facebook page and Strava with some great photos.
- Pub Rides continued into their fifth year. When the weather was on our side in the early summer, we had some great turnouts – including a number of new members and even a few teenagers. Exactly the target audiences we want to introduce to the important relationship between cycling and beer.

The health of the club rides, and all these developments, are thanks to the substantial efforts of a number of our members who act as ride leaders and encouragers. Special thanks are due to (among others) Barry Harwood, Paul Gadd, Bob Maylin, Aubrey Fox, John Major, Dave Jordan, Ben Thomas, Richard Post and Peter Dewis. Please take a moment to bid them “chapeau” when you next see them out on the road.

In November the committee held a special meeting attended by the club runs leaders to discuss how the rides work and how we want to see them develop. We intend that these meetings will continue on 2018. In particular, we're looking for more members to play a role in leading rides – please have a chat with the incoming club rides secretary if you're interested.

Sportives by Peter Dewis

Continuing the trend of recent years, 2017 saw a great deal of sportive activity. 66 members took part in 53 different events over the course of the year. These included some of the most challenging of domestic events such as the Dragon Ride, The Etape du Dales and the Dartmoor Demon. The club was also represented at a number of the iconic European events including La Marmotte, L'Etape du Tour, La Maratona dles Dolomites, The Tour of Flanders, Liege Bastogne Liege and L'Ariegeoise.

Notable individual performances came from Alan McDonald who rode many more events than any other member including the three day Cyprus Gran Fondo and the Dartmoor Demon. Jacky Bennett and Sean Leonard did well to qualify for the Gran Fondo World Championships in Albi, France and put in very creditable performances on the day.

Mention should be made of Edell Costello who joined the club as a novice cyclist early in the year and took part in a number of Evans Ride Events of increasing length and difficulty as the year went on.

The club was very well represented at the annual Prudential Ride London event. Hilary Oliver, Paul Jarman, and Gerard Grady took on the new roles of rider safety captains. Their experience is being drawn on by the organisers as they seek to develop the role for future events.

2017 saw the 19th consecutive running of our own May Flyer event. It was again very well received. Positive feedback was received from many participants most of them referring to the helpful volunteers and marshals along with the excellent refreshments. Over 50 members helped out in a variety of roles, all contributing to its success, making it a great club event and a highlight of our year.

Audax rides by Nick Allen

The club has had a successful Audax year. What has been particularly pleasing is that a number of members who are not regular audax riders have ridden events and enjoyed them, many riding their first audax.

As a club, we amassed 375 points (1 point for each 100km ridden on an event), ranking us 13th nationally. This is the highest number of points we have ever achieved, which is largely down to the efforts of Jeff Ellingham who racked up 115 points on his own.

Other notable point scorers were Paul Alderson and Richard French, both with 50.

The big event of the year was London - Edinburgh - London which at 1450kms and run every 4 years is the premier UK event. This was finished by Matt Scholes, Richard French and Nick Allen with Alan Parkinson being forced to pull out due to a serious mechanical.

My only hope is that we see more riders entering an audax event next year, especially if that will be the first time they discover the wonderful world of audaxing.

Ladies report by Marina Leary

The female contingent of SWRC has continued to play an active part in the club this year.

We have had several new members who have ridden regularly and the Saturday club rides are quite well supported. Usually about 10-12 ladies who attend regularly riding in the Uppers and Downers, B's, B+'s, C's and D's. The Summer Thursday evening pub rides have also been quite popular.

There have been some notable riders who deserve a mention:

Jacky Burnett

Jacky qualified for and rode in the Gran Fondo World Championships in Albi, France. On the day she finished 7th in her age category and was the highest placed British woman in that category. She has also undertaken a number of other notable activities and particularly did a Raid Alpine ride from Geneva to Nice in awful weather conditions.

Edel Costello

Edel joined the club as a novice rider in the early part of the year and has progressively improved as the year has gone on. At about the time Edel joined she took part in an Evans 'Ride It' sportive but just doing the short event over 15miles. By the end of the year she had undertaken four of these events, but with a progressive increase in length and difficulty culminating in a 70 mile ride.

Helen Millier

Helen recorded the fastest time in the Hill Climb Championship.

Recently the committee held a meeting for club runs leaders. I asked for comments/suggestions/criticisms from the female membership and received helpful comments from all who responded. I hope the female membership continue to contact me if they have any comments or issues they wish to raise with the committee.

Club clothing report by Roger Leary

In March this year there was a Special General Meeting at which the decision was made to continue to have Evans Cycles as sponsors of the club with their name printed on our kit.

Ben Thomas instigated the new online Kalas eshop for SWRC kit earlier this year – a note of thanks to him as when I become clothing secretary in April most of the hard work had already been done. The great majority of our kit is now supplied by Kalas Sportswear via the online shop. This means members have access to a much wider range of clothing and many of you have taken full advantage of this. Sales of higher value items seem particularly popular. There have been no significant problems I am aware of and when minor problems have been reported these have been easily resolved. Kalas are proving to be very responsive and from my point of view the eshop is running successfully.

The shop has been open on 3 occasions. Sales are shown below:

1st order: £1290

2nd order: £2400

3rd Order: £1350

This means the club has paid approximately £1000 VAT on behalf of members who have purchased clothing.

It's worth knowing that Kalas have a 2 year warranty on clothing (with a reasonable fair use proviso) so if members have a problem (eg zips) we can contact Kalas. If relevant they ask for some photographs. I've done this twice for members and replacements were provided rapidly with no quibble.

In future only the standard club jersey will be held in stock for new members in a limited range of sizes. We now provide a jersey as part of the first year's membership fee and this will continue. We still have some stock of bib shorts, gilets and razor shirts which will not be replaced once sold.

The shop is next due to open for 9 days on Saturday 17th February until Sunday 25th February. Presently the eshop opens every 3 months. However we have to achieve a minimum order of £500 each time the shop opens. We may therefore eventually reduce opening to every 4 months if sales gradually diminish.

It is very noticeable that many more members now regularly wear SWRC kit on Saturday rides. This looks good and I feel sure it is very good for the clubs profile. Now, for the first time members will have access to SWRC winter clothing such as jackets and tights so hopefully we will gradually see more of you in SWRC kit on winter rides as well.

Other club activities

SWRC club run organized in conjunction with 'Cycling' magazine. Three page spread highlighting members involved in the club, our programme of events and our history.

A number of members attended the annual Training Week trip to Majorca, thanks to Gary Smith.

Barry Harwood organized club road race on behalf of Surrey League at Dunsfold in June.

Paul Alderson completed the West of Ireland Transatlantic race finishing in 8th place.

Hillary Oliver rode from Lands' End to John o' Groats.....

Colin Parkinson won gold and silver medals in British Masters track championships, gold and silver in the European Masters track championships and a bronze in the World Masters track championships.

Our Facebook page continues to give regular details of activities by club members. The Facebook page and SWRC NEWS emails are the main avenues for communication between club members.

The Club run list published on the main website links to a SWRC Garmin Connect website where members view maps and are able to upload route files for their Garmin GPS units.

Issue of club handbook in electronic form.

Club Affiliations 2018

British Cycling, CTT, CTC, WLCA (West London CA) and Southern Counties Cycling Union.

CLUB TIME TRIALS RECORDS

<u>Distance</u>	<u>Time</u>	<u>Record Holder</u>	<u>Date</u>
Men			
10 miles	19.42	C. Parkinson	2016
25 miles	50.46	C. Parkinson	2008
30 miles	1.03.16	C. Parkinson	2015
50 miles	1.45.56	C. Parkinson	2014
100 miles	3.45.55	C. Parkinson	2008
12 hours	281.63 mls	C. Parkinson	2011
24 hours	449.43 mls	M. Scholes	2015
Women			
10 miles	23.00	R.Hutton	2009
25 miles	59.50	R Hutton	2006
50 miles	2.14.00	C.Schouten	1988
100 miles	4.56.42	C.Schouten	1988
Junior (under 18)			
10 miles	21.53	C.Davis	1991
25 miles	56.13	S.Boorer	1987
Juvenile (under 16)			
10 miles	23.01	A.Parkinson	1979
25 miles	1.01.20	A.Parkinson	1979
Tandem			
10 miles	22.10	M.Fraser / A.Fraser	1999
25 miles	55.11	P.D.Parkinson / S.Gowar	1978
25 miles (mixed pair)	55.51	M.Fraser / A.Fraser	2000
30 miles	1.05.35	P.S.Parkinson / O.Davies	1949
50 miles	1.51.27	P.S.Parkinson / O.Davies	1953
100 miles	4.10.48	H.C.Fry / W.Mordan	1935
12 hours	244.628 mls	E.T.Knowles / F.J.Portch	1936
Tricycle			
10 miles	25.08	W.Squirrell	1979
25 miles	1.04.20	W.Squirrell	1979
30 miles	1.25.47	W.Squirrell	1960
50 miles	2.20.58	W.Squirrell	1979
100 miles	5.18.50	R.Morford	1942
12 hours	207.995 mls	W.Squirrell	1960
24 hours	357.0 mls	W.Squirrell	1963
Tandem Trike			
10 miles	24.44	W.Squirrell / R.Squirrel	1991
12 hours	232.750 mls	R.Morford / G.Lawrie	1942
London– Portsmouth and back			
Solo	5.41.25	P.S.Parkinson	1951
Tandem	5.06.05	P.S.Parkinson & O Davis	1954

DISCOUNTED CLUB CYCLE KIT

We use an online ordering system operated by Kalas and open the eshop 3 or 4 time a year. We only keep a small stock of short sleeved club jerseys specifically for new members. Our clothing secretary notifies the membership of the eshop opening dates.

Thanks to our sponsor, Evans Cycles, and money generated by Club-organised Cyclo-sportives, we continue to be able to offer Club kit to our members at a significant discount.

Discounts at Evans Cycles

Discounts for club members of **10% at all Evans Cycles shops for cycles, servicing, clothing and accessories** (on presentation of membership card) with the exception of special promotion offers. Only paid up members are entitled to club clothing and discounts on equipment etc. at the shops.

First Claim Club Members **must wear a South Western Road Club / Evans Cycles club jersey** carrying the sponsors logo in any recognised cycle race sanctioned by a governing body e.g. BC / CTT / LVRC / SL / SCCU etc. First Claim members must **enter and ride in any recognised cycle race in the name of South Western Road Club/ Evans Cycles**. Members are encouraged to promote the name of the sponsors at all times and to ride in their club jersey and shorts whenever possible.

Any race programme, report, advertisement, club promotion or any other item of publicity mentioning the SWRC must indicate the club sponsors.

Third Party Insurance

What about insurance? You should accept responsibility for your own conduct and safety (including the safety of your bicycle and other equipment) during Club activities. You are responsible for your own safety and individuals take part in any group rides at their own risk. SWRC 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. We strongly recommend that you take out appropriate third party insurance.

Cycling UK membership can be taken out at a reduced rate or you can join British Cycling at race or ride level all of which will give suitable third party liability insurance for accidents which are your fault.