



Members Handbook 2019

CLUB OFFICIALS 2019

President	Mike Wood	01483 272488	president@swrc.org.uk
Vice Presidents & Committee Members	Bob Maylin David Jordan	01372 375646 01932 868623	
Hon.General Secretary	Phil Parkinson	020 8873 3556	secretary@swrc.org.uk
Hon. Membership Sec.	Jonathan Walters	07504 515258	membership@swrc.org.uk
Hon. Treasurer	Gordon Bowser	01372 843908	treasurer@swrc.org.uk
Hon. Racing Secretary	Colin Parkinson	01162 891371	racing@swrc.org.uk
Hon. Sportive Secretary	Chris Ball	01306 886971	sportive@swrc.org.uk
Hon Audax Secretary	Nick Allen	020 8871 1886	audax@swrc.org.uk
Hon. Ladies Secretary	Marina Leary	01372 801303	ladies@swrc.org.uk
Hon. Club Runs Secretary	Peter Dewis	01737 813921	clubruns@swrc.org.uk
Hon Webmaster	Gordon Davies	01372 374936	webmaster@swrc.org.uk
Hon. Clothing Secretary	Roger Leary	01372 801303	clubclothing@swrc.org.uk
Committee Members	Ian Waldron Alan McDonald	01372 376143 07970 978101	
Hon. Auditor			
Welfare Officer	Ros Parkinson	0208 873 3556	
Vice Presidents	P. Parkinson, C. Quemby, G. Redhead, D. Jordan, R. Robinson, R. Squirrell, 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
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. Racing 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 – SWRC 2018

The Annual Report

This Report summarises Club activities and achievements in 2018.

Club membership by Mike Wood

The total membership of the club was 228 in 2018. This is an increase of 7 from last year and included 16 new members.

Categories of membership:

Adult 165 Adult 2nd claim 4 Family 47 Honorary life 12

New members pay a joining fee of £20 and continue to receive a voucher for a new jersey.

The majority of renewals were made successfully with members renewing online and arranging payment via bank transfer. Reminder emails are automatically generated from the database for those who have not renewed and I have amended these renewal reminders again to make the process clearer.

There are a small number of renewals still outstanding on 27th 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 members who have not responded yet to remain in the club.

With 25 new members in 2015, 27 in 2017 and 25 in 2018 and 16 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.

Club emails to all current members are sent using the email list in the database. Telephone contact numbers and email addresses are available to all members from the database from the 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 8 times in 2018 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.

Re-writing of the website club runs section information.

Compliance with new data protection act. in relation to our membership database.

Removal of non-club members from the SWRC Strava site.

Purchase of new bike box.

Reaching out to lady members for feedback on club matters. There are approximately 35 lady members in the club.

Financial support to club trip abroad. We contributed £180 to six members attending.

Organisation of Tuesday club room events such as TCR talk and film night.

Direct subsidy of annual club lunch tickets of £5 each plus wine for each table.

Organisation of club summer BBQ for 50 members. Club funded event at a cost of around £700 for food, drink, hall hire and live band.

Funding drinks in pub after club time trial events and paying CTT levies. Cost to club of £200 for drinks and £100 for levies.

Suitable event/ride/memorial stone/away day in memory of Ted Collins.

One of our vice presidents Margaret Squirrell passed away. We donated £100 to BHF, her chosen charity.

Organisation of bike maintenance course. Cost of £300 for 6 attendees, club to fund 50% of the expense with those attending contributing the balance.

Providing 12 rider safety captains for this year's event Pru Ride London event.

Promotion of the SWRC Mayflyer event for 2019 as new organizer required.

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

Organisation of day long first aid course for group ride leaders. Total cost of £660 paid for by the club.

Monitoring of online club clothing system.

Charitable donations during the year to various organisations amounting to £7,700.

Introducing new ride group as method of giving members greater flexibility to move between groups on the Saturday rides.

Renaming of ride groups.

Limiting ride group sizes to 10 riders, as safety measure.

Relationship with club sponsor Evans cycles.

Providing financial support to racing members via race support scheme.

Continued support to Newport track day.

Time Trials by Phil Parkinson

PP had run 5 club events over the summer on Wednesday evenings at the Hungry Hill course. Bob Maylin had timed. The events had generally been well supported, probably due to the exceptionally fine weather. 22 members had taken part with an average of around 8 per event. The club had funded CTT levies of around £100 and pub drinks of around £200. The fastest rides were from Lee Higlett, Keith Garbutt and Doug Warr.

Of the five events run this year we had 6 riders in the May race, 15 for first June event and 9 for the second, 6 in July and 9 in August. Many thanks to Bob Maylin for timing and Dave Jordan and Alan Parkinson for help with marshaling.

Colin Parkinson won the Club BAR for the 12th year in a row with an average speed of 26.81 mph for the 10, 25 and 50 miles.

In a change from previous years, Colin only rode a few Open events, 4 x 10's and 4 x 25's and single 15, 30 and 50 mile events.

Club member Mark Smith produced some very fast times during the year of 19.15 for 10 miles, 49.08 for 25 miles, 1.40.25 for 50 miles, 3.33.59 for 100 miles and 297 miles for 12 hrs, which at 45 years old made him the fastest vet in the U.K. However as a first claim member of Crawley Wheelers unfortunately Mark is unable to qualify for the SWRC awards.

Track riding by Colin Parkinson

Colin won the 'D' group (55-59 age category) at the Derby LVRC TL for the second year running but fell short in the LVRC Madison his only 'target' event for the season finishing 4th with his partner Martin Perret.

No Newport track day was run this year but we are hoping to find a date in the Spring of 2019.

Financial Position by Gordon Bowser

The club remained in a secure financial position during 2018 with a deficit of £539 for the year, while the bank account held a balance of £25,394 at the year-end.

The main sources of the Club's income remain memberships (£5,095) and the May Flyer (£12,841). On the back of this, the club was able to make substantial charitable donations of £7,700. May Flyer entry fees and donations funded £5,150 to the Full Circle Fund and £2,000 to the Kent Surrey Air Ambulance.

The deficit was a function of £546 in relation to an ongoing dispute with British Cycling over insurance for the May Flyer, and a write down of £470 for club kit held in stock due to the Evans Cycles sponsorship situation.

Evans Cycles

The SWRC committee was already in negotiations with Evans regarding 2018/19 sponsorship prior to Evans falling into administration. We have received £1,000 annually from them for many years. However, Evans had requested a meeting with us to discuss the sponsorship before continuing the relationship for this year. On 30th October 2018, Evans went into a "pre-pack" administration, and Sports Direct acquired the firm. While it's been announced that they will close ~ 50% of the stores, it is likely they will retain the brand name. I think there is a reasonable likelihood that they will not renew our sponsorship this year. Committee representatives will re-engage with Evans management team early in 2019 when the dust has settled from the change in ownership. Given the reasonable likelihood that Evans might not be our title sponsor, the value of our Evans-branded kit has been substantially written-down.

May Flyer

At the time of writing this report, we do not have volunteers to run the May Flyer in 2019. This is our flagship event, and without a volunteer team to run it, we cannot carry on as a significant charitable donor to the Full Circle Fund and Kent Surrey Air Ambulance. Our kit subsidy would likely also have to end. It is CRITICAL we find members willing to assist in running this event.

Membership Fees

The committee has agreed to keep fees at the current level for 2018/19 season. If you have not already paid, please do so as soon as possible. Late payers will receive a penalty of £15 after 31st December 2018.

Honorary Treasurer Role

Keith Stainer has been our Honorary Auditor for 4 years but has regrettably stepped down. The Committee would welcome any volunteers with an accounting training/background, who could audit our year-end accounts. Please contact the Treasurer if you could assist.

Social Events

The summer BBQ at Cobham Village Hall was organised by Dave Jordan, Phil and Ros Parkinson and had around 50 attendees. The weather was fabulous and everyone enjoyed listening to the live music of Ant Frend and his band.

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 once again 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 saw a film night organized in April and a talk by Alan Parkinson and Paul Alderson on their TRC event in November.

Thursday night pub rides have been run by a collective group of riders this year.

Club runs by Peter Dewis

The Saturday club runs have continued to be the main focus of the club's activities. A healthy turnout at Cobham can be guaranteed except in extreme weather circumstances.

The Betchworth start on the first Saturday of the month is less popular but is still appreciated by many giving us the opportunity to explore the countryside out into Kent.

For most of the year, six separate groups would set out. Towards the end of the year, following feedback from some members who were finding that the gap between the B and B+ groups was uncomfortable to manage, a new group, led by Peter Dewis, was established to try and fill this gap. At present, the group is using the same destinations as the B+ group, but getting there and back at a slightly slower pace. The new group has been well received.

The Uppers and Downers group has been very popular throughout the year especially by those who may have a limited amount of time to spare. On many weeks it has been necessary to split this group into two in order to accommodate the numbers. Splitting the group in this way has also helped to cater for a wide range of climbing abilities.

The midweek rides continue to be very popular with faster and slower rides taking place on most days. In the summer, a few pub rides were held, but these were less popular than in previous years.

Because of the expanding number of groups, the opportunity has been taken to rationalise and simplify the naming system. We will be moving to a simple numbering system with the change due to coincide with the launch of the club's new website.

Early in the year, the notes for members giving some pointers on successful group riding were revised and published on the website. At the same time, some guidance notes for group leaders was produced. Hopefully these will add to our enjoyment of the rides.

In November a first aid course for group leaders took place with a view to helping us stay safe and to ensure that we can manage the rare serious accident or illness in the best way we can. 11 members attended with all costs paid for by the club. Aspects of training included scene management, airways, breathing, bleeding, bone breaks, CPR and use of defibrillators.

Sportives by Chris Ball

2018 has seen many SWRC members riding sportives in all areas of the UK and Europe. Indeed our members have travelled as far as France, Belgium, Majorca, Italy, Spain, Cyprus and Switzerland. The focus of members seems to be away from the more "commercial" sportives and towards more challenging and interesting events.

There was also a good turnout of SWRC riders at the Anjou Velo Vintage in Saumur, France in June which saw us riding bikes from years gone by, an event which I would thoroughly recommend.

Two events saw a large entry from SWRC, the Tour of Cambridgeshire and The Southern Velo. Sadly the Southern Velo was cancelled due to bad weather.

In August the club were asked to provide 12 "ride Captains" to participate in the Prudential Ride London and to assist, encourage and provide sage advice to the other riders ! We very quickly received 12 applications from members and we took part despite the dreadful weather. Our involvement seemed to be much appreciated and I hope we can continue with this help next year if asked.

Audax rides by Nick Allen

The club has had another successful Audax year.

For the audax year ended 30.09.18 the club scored a total of 342 points which put us 13th nationally.

The 6 rider total was 252 points , which put us 10th. In terms of individual points achieved, with each point representing 100kms ridden, this includes;

Alan Parkinson -69 points
Jeff Ellingham- 59
Paul Alderson -41
Nick Allen-30
Rob Imrie -27
Matt Scholes -26
Chris Ball -21

Excellent to see a good chunk of points from Rob and Chris having ridden some demanding events including at least one 600kms ride, but best of all 17 members have scored some points in the official Audax record last year. The credit for the increase in participating riders is largely down to Jeff Ellingham's encouragement, enthusiasm and organizational skills.

To give you an idea of current levels of activity, there are about 8 members riding the South Bucks 200 event on 8th December.

In 2019, the Paris Brest Paris ride takes place, the oldest long distance race/ride in the world, one which is deeply embedded in cycling history. It is great news that both Rob and Chris are intending to ride this event . The club could have at least half a dozen riders .

Ladies report by Marina Leary

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

Saturday club rides are quite well supported. Usually about 10-12 ladies who attend regularly riding in the Uppers and Downers and in groups 3-5. A few ladies also join the mid-week rides.

There have been some notable riders who deserve a mention:

Clare Liley

Clare Liley, who is the winner of the Ladies Cup, has ridden the 312 in Mallorca; the Gran Fondo Stelvio and the Prudential. As well as several 200km and a 300km Audax rides.

Jane Geddes

Jane recorded the fastest time in the Ladies Hill Climb Championship.

As the club's point of contact for ladies, I aim to assist with any particular issues that our female members may have with the SWRC. Although we are an open and friendly club some members struggle to get their voice heard and I hope I facilitate this for all the female members.

Club clothing report by Roger Leary

The eshop has had a successful year and members continue to buy a wide range of clothing. The great majority of members now wear SWRC kit on Saturday mornings and at other times. I would appeal to those that don't to please consider it as it does make the club stand out and does improve our image.

There have been no significant problems I am aware of and when minor problems have been reported these have been easily resolved. Kalas continue 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:

Feb 2018:	Total £270.54	includes VAT 45.09
June 2018:	Total £1317.28	includes VAT 219.55
October 2018:	Total £1186.74	includes VAT 237.35
Special Order re Caps:	Total £599.76	includes VAT 99.96

The club has therefore spent £602 VAT on behalf of members who have purchased clothing.

- Because the majority of members have been requesting items are posted in future all orders will be posted out to members and an additional charge of £3.30 for P&P will be made for this service.

- 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 several times for members and replacements were provided rapidly with no quibble.
- I have also been selling off old stock and the club now has only very minimal amounts of stock items other than the standard club jersey. In future only the standard club jersey will be held in stock for new members in a limited range of sizes.
- We provide a jersey as part of the first year's membership fee and this will continue.

Evans Cycles Sponsorship and club kit

In March 2017 there was a Special General Meeting at which the decision by the members vote was made to continue to have Evans Cycles as sponsors of the club with their name printed on our kit. Unfortunately with the financial difficulties Evans are now labouring under and the new ownership it seems very unlikely our sponsorship deal will continue. Officially the years sponsorship ended on 31st October 2018.

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>
<u>Men</u>			
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
<u>Women</u>			
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
<u>Junior (under 18)</u>			
10 miles	21.53	C.Davis	1991
25 miles	56.13	S.Boorer	1987
<u>Juvenile (under 16)</u>			
10 miles	23.01	A.Parkinson	1979
25 miles	1.01.20	A.Parkinson	1979
<u>Tandem</u>			
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
<u>Tricycle</u>			
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
<u>Tandem Trike</u>			
10 miles	24.44	W.Squirrell / R.Squirrel	1991
12 hours	232.750 mls	R.Morford / G.Lawrie	1942
<u>London- Portsmouth and back</u>			
Solo	5.41.25	P.S.Parkinson	1951
Tandem	5.06.05	P.S.Parkinson & O Davis	1954

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.

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

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.