



Members

Handbook 2024

CLUB OFFICIALS 2024

Role	Name	Email
President	M. Wood	president@swrc.org.uk
Vice Presidents (** max 2 to sit on Committee)	P. Parkinson C.Quemby R. Robinson R. Squirrell A. Parkinson R. Maylin ** G. Redhead	
Secretary	W. Baker	secretary@swrc.org.uk
Membership	J. Walters	membership@swrc.org.uk
Treasurer	G. Bowser	treasurer@swrc.org.uk
Racing Secretary	I. Waldron	racing@swrc.org.uk
Audax Secretary	A. Parkinson	audax@swrc.org.uk
Ladies Secretary		
Club Runs Secretary	L. Lidbetter	clubruns@swrc.org.uk
Webmaster	G. Davies	webmaster@swrc.org.uk
Clothing Secretary	G. Bowser	clubclothing@swrc.org.uk
Welfare Officer	E. Costello	welfare@swrc.org.uk
Committee Members	D. Savin	
Auditor	I. Smith	
May Flyer Organiser	G. Redhead	geoffredhead51@gmail.com

The committee regrets the loss of Vice President David Jordan and wish to record our gratitude for his many years of service to the club.

Website: www.swrc.org.uk

Facebook: facebook.com/groups/southwesternroadclub/

Instagram: [@southwesternroadclub](https://www.instagram.com/southwesternroadclub)

South Western Road Club Constitution

1. Name & Legal Form of Club

The Club will be called South Western Road Club (“the Club”) and may also be known as SWRC. The club is an unincorporated association. The club does not employ staff, own significant assets (e.g. land) or enter into significant contracts.

2. Aims and Objectives

The aims and objectives of the Club will be:

- To promote road cycling, through participation in group rides, sportives, racing, and Audax events
- To promote other cycling disciplines, such as MTB, gravel cycling, and track cycling,
- To ensure a duty of care to all members of the Club
- To provide all its services in a way that is fair to everyone

3. Membership

a) Membership of the Club is open to anyone principally interested in participating in road cycling, regardless of sex, age, disability, ethnicity, nationality, sexual orientation, religion, or other beliefs.

b) The membership shall consist of the following categories:

- Adult Member (1st Claim)
- Adult Member (2nd Claim)
- Family Member
- Junior (U18) Member
- Honorary Life Member

(A 1st claim member will always race for the benefit of SWRC. A 2nd claim member will race for the benefit of their 1st claim club.)

c) All members shall be subject to the regulations of the constitution and by joining the Club will be deemed to accept these regulations and codes of practice that the Club has adopted.

d) Subscription fees may be changed by approval of the Committee at any time.

e) Individuals shall not be eligible to take part in the business of the Club, vote at general meetings or be eligible for selection of any Club team unless the applicable subscription has been paid by the due date and/or membership has been agreed by the Club Committee.

f) Membership fees fall due on 1st November of each year. Members paying after 31st December will be subject to a late payment penalty, and members not paying by 31st January will be deemed to have resigned.

Membership Type	Fee
Joining Fee	£20 (+ free Club jersey)
Joiners: 1st July -30 th Sept	50% of annual subscription
Joiners: after 30 th Sept	Pays full year on following 1 st Nov.
Life Member	£ 0 p.a.
Adult	£15 p.a.
2nd Claim	£15 p.a.
Family	£20 p.a.
Junior (under 18)	£5 p.a.

g) Members leaving the club for whatever reason shall have no claim on the assets of the club.

4. Sports Equity

a) This Club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equity:

Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.

- b) The Club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.
- c) The Club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment, and abuse.
- d) All Club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.
- e) The Club will deal with any incidence of discriminatory behaviour seriously, according to Club disciplinary procedures.

5. Management of the Club

The affairs of the Club shall be conducted by a Committee. These positions are all Honorary (unpaid). All Voting Positions carry one vote

Position	Number (max)	Voting Position
President	1	Yes
Vice-President	2	Yes
Secretary	1	Yes
Membership Secretary	1	Yes
Treasurer	1	Yes

Club Runs Secretary	1	Yes
Audax Secretary	1	Yes
Racing Secretary	1	Yes
Ladies Secretary	1	Yes
Welfare Officer	1	Yes
Webmaster	1	Yes
Clothing Secretary	1	Yes
Co-opted Members **	2	Yes

** Preferably one to be under 23 years of age, but may be filled by any other member

- a) Committee Members shall be elected at the Annual General Meeting.
- b) No person shall hold more than two positions at any time.
- c) All Committee members must be members of the Club.
- d) The term of office shall be for one year, and members shall be eligible for re-election.
- e) If the post of any Committee member shall fall vacant after such an election, the Committee shall have the power to fill the vacancy until the succeeding Annual General Meeting.
- f) The Committee will be responsible for adopting new policy, codes of practice and rules that affect the organisation of the Club.
- g) The Committee will have powers to appoint any advisers to the Committee as necessary to fulfil its business.
- h) The Committee will be responsible for disciplinary hearings of members who infringe the Club constitution. The Committee will be responsible for taking any action of suspension or discipline following such hearings.
- i) The Committee meetings will be convened by the Secretary of the Club and be held no less than 6 times per year, except in exceptional circumstances. Such an exception requires approval by the President and Secretary.
- j) Only Voting Committee Members will have the right to vote at Committee meetings.
- k) The quorum required for business to be agreed at Committee meetings will be 5, of which one must be the President, Secretary or Treasurer.
- l) If a Committee Member fails in the performance of their duties, a Special General Meeting may be called for the purpose of removing that individual from office.
- m) The Hon Auditor is an Officer of the Club but is not a member of the Committee.

6. Finances

- a) The Club Treasurer will be responsible for the finances of the Club.
- b) The financial year of the Club will run from 1st November and end on 31st October

- c) All Club monies will be banked in an account held in the name of the Club.
- d) Prior to the Annual General Meeting, the annual accounts will be reviewed and approved by the Hon Auditor.
- e) A statement of annual accounts will be presented by the Treasurer at the Annual General Meeting.
- f) The Treasurer will maintain a Financial Controls Policy document which shall be approved by the Committee annually. This will mitigate the risk of fraud, through such controls as requiring invoices for all expenses and pre-approval of large expenditure items
- g) The Committee shall at its' discretion provide financial assistance to those participating in specific cycling events. The amount of funding shall be determined by the Committee as it sees fit from time to time. Members will be required to apply to the Committee for funding, and the Committee will take each request into consideration. Decisions of the Committee shall be final and shall be communicated to the member.
- h) All members of the Club shall be equally responsible for the financial liabilities of the Club

7. Annual General Meetings and Extraordinary General Meetings

General Meetings are the means whereby the members of the Club exercise their democratic rights in conducting the Clubs' affairs.

- a) The Club shall hold the Annual General Meeting (AGM) in the month of December to:
 - Approve the minutes of the previous year's AGM.
 - Receive reports from the Chairman and Secretary.
 - Receive a report from the Treasurer and approve the Annual Accounts.
 - Receive reports from other Committee Members on the activities of the Club.
 - Elect the officers on the Committee.
 - Agree Club affiliations.
 - Consider any proposed changes to the Constitution.
 - Deal with other relevant business.
 - Agree club cycling events for the forthcoming year.
- b) Notice of the AGM will be given by the Club Secretary no later than 1st December, (can't be later due to Christmas and New Year) at a convenient time and place, by giving not less than 21 days' notice in writing or email to be given to all members.
- c) Nominations for officers of the Committee will be sent to the Secretary prior to the AGM.

- d) Proposed changes to the constitution shall be sent to the Secretary prior to the AGM at least 10 days before an AGM. No such motion shall be considered unless at least 3 days' notice of the motion in writing has been given to all members.
- e) All members have the right to vote at the AGM.
- f) The quorum for AGMs will be the lower of 10% of the membership or 20 members
- g) The chairman of the meeting shall hold a deliberative as well as a casting vote at general and Committee meetings.
- h) An Extraordinary General Meeting (EGM) may be called by the Committee, giving not less than 7 days' notice in writing to all Club members. The Secretary shall call an EGM at any time on receiving an application in writing to the Secretary supported by at least 10% of the members of the Club. The Committee shall also have the power to call an EGM by decision of a simple majority of the Committee members.
- i) In the case of a member being expelled from the Club, that person shall have the right to appeal to an EGM upon application being made to the Secretary within 14 days of expulsion.
- j) At an EGM, only the business for which the meeting has been called may be discussed and voted on.
- k) All EGM procedures shall follow those outlined above for AGMs.

8. Amendments to the constitution

The constitution will only be changed through agreement by majority vote at an AGM or EGM.

9. Discipline and appeals

- a) All concerns, allegations or reports of poor practice/abuse relating to the welfare of young people will be recorded and responded to swiftly and appropriately. The Welfare Officer is the lead contact for all members in the event of any child protection concerns.
- b) All complaints (except in relation of 9a above) regarding the behaviour of members shall be presented and submitted in writing to the Secretary.
- c) The Committee will meet to hear complaints within 45 days of a complaint being lodged. The Committee has the power to take appropriate disciplinary action including the termination of membership.
- d) The outcome of a disciplinary hearing shall be notified in writing to the person who lodged the complaint and the member against whom the complaint was made within 20 days of the hearing.

- e) There will be the right of appeal to the Committee following disciplinary action being announced. The Committee shall consider the appeal within 20 days of the Secretary receiving the appeal.

10. Dissolution

- a) A resolution to dissolve the Club can only be passed at an AGM or EGM through a majority vote of the members attending that meeting.
- b) In the event of dissolution, all debts shall be cleared with any Clubs funds. Any assets of the Club that remain following this will be distributed:
- Remaining cash assets shall be distributed equally to all current members
 - Cycling-related physical assets (e.g. event signs) to be donated to local cycling club(s) with similar objectives.
 - Any other assets (e.g. trophies) will be distributed according to a majority vote of the members at that point.

11. Interpretation of Rules

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 for 2024

- British Cycling
- Cycling Time Trials
- Cycling UK

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.

Men's Club Time Trial Series Trophy (BILL REED CUP) shall be awarded to the male club member with the fastest time in the club's summer Time Trial series.

Ladies' Club Time Trial Series Trophy (SYD PARKINSON CUP) shall be awarded to the female club member with the fastest time in the club's summer Time Trial series.

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 Cycloportive 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.

Audax Championship

Winner to be the rider with the highest number of points on the Audax website.

Annual Report 2023

President's Introduction – Mike Wood

Welcome to the annual report for 2023 which summarises another successful year for the club.

The main activity of the club is our regular programme of rides on Saturdays, with rides on Tuesdays and Thursdays for those who are able to join us during the week, either regularly or occasionally. All club members are invited to join any of the club rides which are run at an appropriate speed for their ability.

The club owes a debt of gratitude to the group of regular ride leaders without whom rides would be less well organised. There are also many club members who have volunteered to lead occasional club rides and I would encourage anyone who has not led a ride to give it a try.

One of the less enjoyable aspects of being a ride leader is having to take the decision to cancel a ride due to adverse weather conditions. We have had to this more often in 2023 than in most years for a whole range of reasons: too cold, too hot (not very often this year!), too wet or too windy.

The club's financial position remains secure and the funds held by the club are being actively managed in line with our agreed financial strategy.

The May Flyer continues to be a very successful event, attracting about 300 entrants again this year. This event could not run without those members who volunteer for a large range of tasks both before and on the day. Next year will be the silver anniversary 25th running of the May Flyer; in that time many similar events have long since disappeared. Please try to be part of the team who run this event, scheduled for 12th May 2024.

Our long-distance riders had another exceptional year in 2023 with 6 riders completing the blue-riband 1200km Paris-Brest-Paris in rapid times.

Many congratulations to all our award winners for their achievements this year and best wishes to all club members for a successful 2024.

Membership Secretary's Report – Jonathan Walters

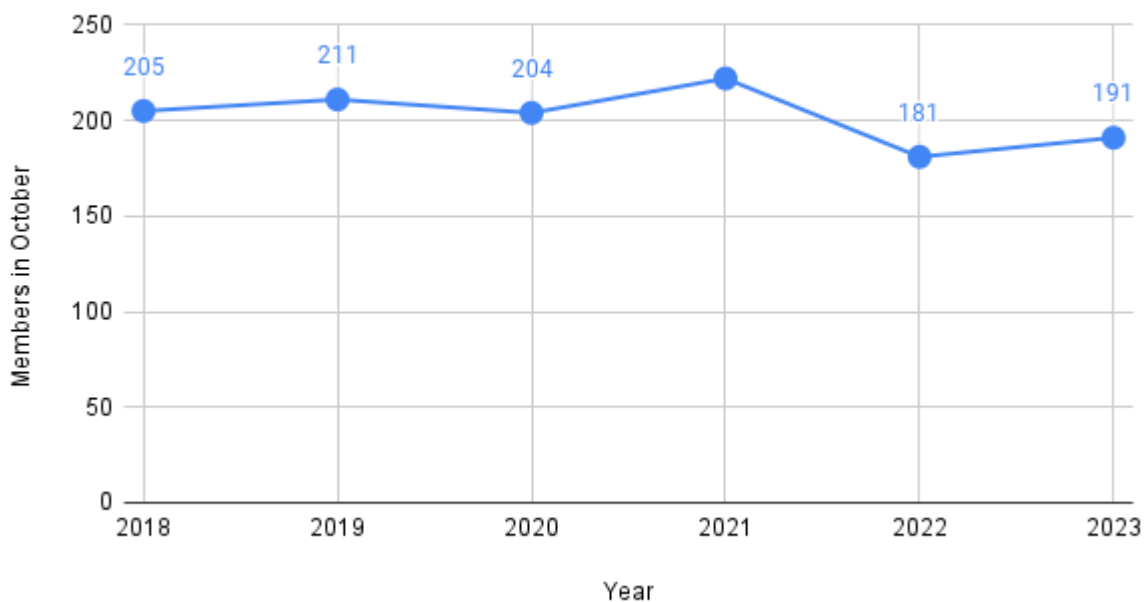
We started the winter of 2022 with a membership of 181 and saw this grow to 191 by October 2023. The members that joined have become regular riders on the weekday and weekend rides.

At the time of typing 142 of you have renewed and we have 14 honorary members. Although the new membership year begins in November, there are always a few who are slow to renew. There are 26 that have yet to renew and I imagine around two thirds of these will do so by the new year. Some (not so) interesting facts for you. The first member to renew this year did so at 03:30! The most popular time to renew a membership was before 09:00.

It's inevitable that we lose some members each year. For those that shared their reasons, moving away and (sadly) ill health were the top reasons.

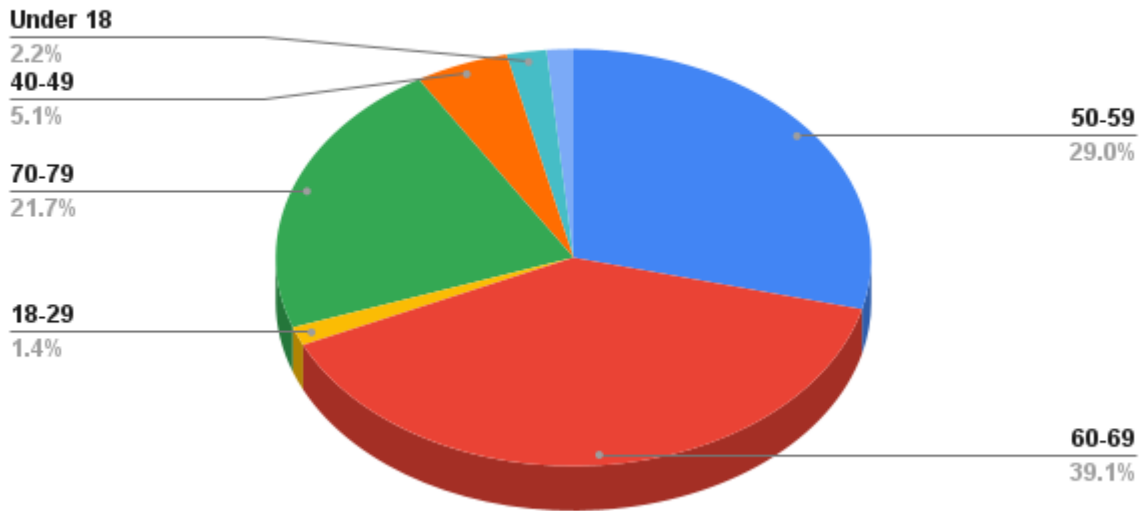
As we start the membership year, we have already welcomed three new members despite the inclement weather. This is a good sign that the club has a healthy future.

Membership Numbers in October



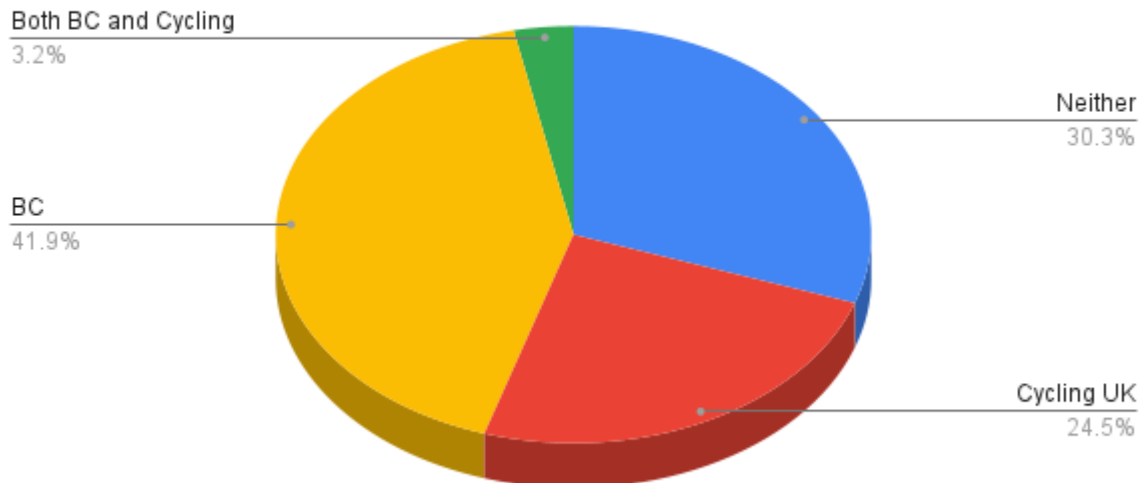
We ask members to check that their details are correct when renewing memberships. In 2021 I used a spreadsheet to report on some of the trends I had seen. Doing the same this year brought up the fact that we are all a little older (I can't report if we are collectively wiser!). In 2021 the 50 to 59 year olds were the biggest age group. There have been some significant birthdays recently and the 60 to 69 has moved ahead.

Age Ranges



The club suggests that riders have third party insurance when group riding. This is “just in case”. Both British Cycling and Cycling UK offer this to their members. Membership also includes legal support which several members have used to great effect. Some cycle specific and other insurance policies do include third party insurance.

BC/Cycling UK membership



Webmaster Report – Gordon Davies



It has been another quiet year for the website with few changes:

- Update to May Flyer and Vintage Velo Page, change of Charity from Air Ambulance to Queen Elizabeth's Foundation for Disabled People and upload of nearly 500 May Flyer photos taken by Noel Manchee
- Uploaded recent Newsletters (2021-) and Annual Handbooks (2017-) to Website
- Changes to security to prevent spam to Committee Members and spam from the Web Contact Page
- Update to Adverse Weather Policy
- Addition of the Buxum Bike Box Tourmalet for Hire
- Updates to Clothing Page, Club Contacts Page and Club Rides Page
- Suspension of Club Nights
- The highest amount of traffic on the Website was around the May Flyer with over 2,000 Active Users for the Month of May 2023

It would be great to get some new photos of riders out in the new clothing. Photos can easily be uploaded using the Photo Gallery page, which is under the About Us Menu item.

Treasurers Report - Gordon Bowser

The club remained in a secure financial position during 2023 with a deficit of £1,141 for the year, while the bank account held a balance of £16,025 at the year-end.

The cause of the deficit was primarily due to club kit subsidy and the summer party.

The May Flyer was a significant event for the club in 2023 with £9,860 of entry fees and donations. After paying our event expenses, we were able to make donations of £3,500 to the Full Circle Fund and £1,600 to the Air Ambulance Charity Kent, Surrey, Sussex.

Membership Fees

Membership fees remain unchanged for the coming year. These are set at £15 for adults and £20 for families.

Club Kit

We continued to offer club clothing at a discounted price to what we pay our supplier (20% for clothing and 30% for accessories) and provide free P&P.

Bike Boxes

We purchased a new Buxum Bike Box (cost £1,014). This is much more suitable for the current generation of road bikes with disc brakes and tubeless tyres than our 2 Bike Box Alan's. Bike boxes are now capitalised on the balance sheet and depreciated over 4 years.

2022/23 Financial Strategy

We are continuing the agreed 2020 financial strategy of reducing the overall cash balance into 2024. We will do this in a way that continues to promote club activities and benefits as many members as possible.

Hon Auditor's Review – Ian Smith

From: Ian Smith **Date:** 14th November 2023

Dear Gordon & Mike.

I have completed my review of the 2023 accounts and can issue my report as follows: -

In accordance with the Committee's instructions, I have reviewed the South Western Road Club's accounts for the year ended 31 October 2023. I have not audited the Club's accounts. I can confirm that the Income & Expenditure account for the year ended 31 October 2023 and the Balance Sheet as at 31 October 2023 are in agreement with the books and records maintained by the Club.

Ian Smith

Secretary – Bill Baker

The committee held 8 meetings over the year, all of these on Zoom.

At the April meeting it was agreed that there would be a change of Secretary.

The committee discussed many topics, including the Summer Party, the May Flyer, club time trials, the designation of trophies, charitable donations, club evenings, and the organisation of our club runs. We also discussed the club's budget and set membership fees.

For the May Flyer we agreed that in addition to support for the Full Circle Fund Therapies

some funds raised by the club would also go to the The Queen Elizabeth's Foundation for Disabled People.

Cobham Village Hall notified the committee that they could no longer offer storage space to SWRC. The club are very grateful that Simon Russell was able to provide alternative space.

The committee agreed that First Aid Courses specifically for cyclists would be offered free to members in January/February 2024. All bookings are managed on Spond.

The committee held a dinner at The Queen Stage to ensure that there was at least one opportunity to meet in person.

Clothing Secretary – Gordon Bowser

The kit show is now opening every 4 months. We sold 103 items over the last 3 shop openings, and currently hold a small stock of accessory items (arm warmers, caps and buffs) due to the Minimum Order Quantity that our supplier requires. We ordered £ 5,130 of kit during the year. We continued to provide 20% discount on regular clothing items, and 30% discount on accessory items, plus free postage & packing. This subsidy amounted to £1,578.

Racing events - Ian Waldron

We managed to run four club time trials on the Hungry Hill circuit this year. A couple of the dates were changed due to other circumstances.

We had around 4-7 riders per event, Andrew Broadbent completed all 4 which was fantastic, Paul Storey was the fastest with a time of 38.21 and Jacinta Moore the fastest lady with 46.41.

Our thanks to Bob Maylin for timing.

The Hill Climb Championship was held on the climb of Pitch Hill and for the fourth year running Oli Ball was the winning man with a time of 6.58, while Jackie Townsend came in 3rd and took the Lady's title with a time of 9.55. 11 members recorded a time up the climb.

Keith Garbutt

Keith did Ironman 70.3 Mallorca. It's the world's largest half Ironman with over three thousand competitors. He finished third in his age category and also got a bike photo in the local paper!

Keith finished third in his age group at Ironman Hamburg on June 4th, his time was 9:36 which breaks down as 1:05 swim (3.8km), 4:55 bike (180km), 3:26 marathon run, plus transitions. That qualified him for the full Ironman world championship, which is in Nice in September, a couple of weeks after he is going to Finland for the Ironman 70.3 (half distance) world champs.

On July 9th he raced in the British Triathlon Championships at the 'middle' (half Ironman) distance. Although he finished third in his age group, one of the guys ahead of him was not eligible for the championship so he brought home the silver medal!

His finishing time of 4:35 breaks down as roughly 30 minutes swim (1.9km), 2:30 bike (90km) and 1:30 run (21km), plus transitions.

Keith got 5th in his age group in the Ironman World Champs in Nice. That's his best result at this level over a really tough course around Nice.

Club Runs by Ian Waldron

I want to express my heartfelt gratitude to the club run leaders – John, Ben, Gordon, Aubrey, Bob, and Paul – for their unwavering dedication in organizing and guiding their groups throughout the entire year. I also extend my appreciation to the individuals who stepped in when the designated leaders were unavailable. Furthermore, I would like to thank all the club members who have

consistently contributed to making our rides enjoyable not only this year but also in previous years. Your collective efforts have played a crucial role in the success of our club activities.

This year the club rides have been just as busy, with Saturday rides starting from Cobham, however, on the first Saturday of the month the start is from Betchworth. We have midweek rides starting from Cobham as well as Effingham. The new location at Cowey Sale near Walton Bridge is now established and is popular for members nearer to that location where they meet and head off towards Windsor and beyond.

The weather once again has been a bit up and down, there were a couple of weeks earlier in the year where we had a prolonged period of very cold and icy conditions preventing us from riding safely. Spring and Summer were unfortunately unsettled, but we still managed to ride whenever possible, the warmth seemed to stay with us up to late September into early October before we started to feel the first effects of Autumn and the recent storms and wet weather we've experienced.

This year, we've had some fantastic away day rides, primarily organized by Gordon and one by me.

These outings were incredibly popular and thoroughly enjoyed by all participants. Looking ahead, we plan to arrange similar away day rides next year, and we enthusiastically invite our members to join and ride with us.

Uppers and Downers

Paul Storey leads the Uppers and Downers rides on Saturdays, drawing a consistent group of around 4-6 participants. As the name implies, these rides incorporate a few hills but are designed to conclude earlier than the standard club rides.

Gravel Rides from Jacky

Jacky Bennett has ridden numerous gravel events over the year, the year started with 6 days gravel in Girona where she entered the Traka 100 which was her first "race" on gravel with cut off times, it was a mass start, scary on gravel but all fun Jacky said. 104km 1054m in 5hr 42min

The Traka has 3 distances 100km. 200km and 360km raced by some big names and its one of the biggest gravel races in the world.

June 2023 Glorious gravel Isle of Wight. A lap of the Isle of Wight mostly off road. 106km 1900m Ekoi Stone Circle in Salisbury for summer Solstice. 138km 2039m, it's a beautiful course past Stonehenge in Salisbury. They rode through military bases on fire roads which also took them past Longleat.

Jacky is a ride leader once a month for G!RO, it's a social ride with a chilled group, the aim is to encourage more gravellers.

Jacky organised a SWRC gravel ride which started from Cobham with 4 members, another started from Giro in Esher, where we had 3 from SWRC.

Jacky has also ridden off road to Brighton. The route went via the North Downs off road to Cranleigh where she picked up Downs link towards Shoreham, the last part to Brighton was the South Downs way. It was a stunning route, it was tough but great fun, also it was a hot sunny day. Distance was

108km.

Then on 30/9 Jacky did Gravel Fest 23. Team of 4 route designed by G!RO, it was another very tough day 95km 1550m over north downs taking in Leith Hill with tricky descents. A Fab day out.

A few of our members have competed in some magnificent events in France, Portugal, Ireland, and other parts of the world including the USA and Vietnam.

Apologies if I have missed out anyone in this summary.

2023 May Flyer



Total income from the event almost £10,000

270 riders for the main event

10 riders for the Vintage Velo

£3,500 donation to The Full Circle Fund.

£1,600 donation to the Air Ambulance Charity Kent, Surrey, Sussex.

£100 donation to King George V Playing Fields

Welfare Officer - Edel Costello

British Cycling requires that every affiliated club has a Welfare Officer. The officer undertakes comprehensive safeguarding training and an enhanced Disclosure and Barring Service - DBS check.

No safeguarding concerns have been highlighted this year.

The club has a positive ethos towards inclusivity and diversity.

A number of First Aid courses have been organized for members to attend in the New Year.

Ladies Secretary - Edel Costello

The club has welcomed new female members this year. A small but active group of women riders regularly join the midweek and Saturday groups.

Jacky has maintained her interest in Gravel events and rides, keen for other club members to join her.

Deni, Mandy and Henri completed the exciting Vatternrundan- 300 km around lake Vattern in Sweden.

Other female members have cycled in France, Portugal, Ireland, USA and Vietnam. Also, enjoying bike - packing and touring adventures.

Clare conquered "All Points North" - A self-supported bike packing event where riders plan their own route to given controls. She completed the event as a pair with Alan Parkinson. They covered over 1000km and 12,000 m elevation.

Jackie T achieved spectacular Audax success this year, culminating in confident completion at Paris Brest Paris - 1200 km.

A record number of female participants rode The May flyer this year.

Audax Secretary – Chris Ball

SWRCs Audax section continues to go from strength to strength with the following members completing Audaxes and gaining points during the year.

Jackie Townsend	61
Richard French	42
Alan Parkinson	38
Bryan Butterworth	27
Rob Imrie	25
Nick Allen	21
Clare Liley	17
Paul Alderson	15
Jonathan Higgs	13
Andrew Litchfield	13
Jeff Ellingham	8
Matthew Scholes	8
Oliver Ball	5
Chris Ball	4

For those who don't know, you only get points for audaxes of 200km or more, with 100km equating to one point. So, the total distance ridden by all of the riders listed above is 29,700 kilometres!

Jackie Townsend rode the most kilometres in the year with an impressive 61 points (6100 kilometres).

In addition to the above distances covered, 6 SWRC audaxers completed the Paris Brest Paris ride which is 1200 Kilometres long. Paul Alderson completed it in 58 hours which is impressive!

Jackie Townsend

Alan Parkinson

Nick Allen

Bryan Butterworth

Rob Imrie

Paul Alderson

In September Oliver Ball completed the Trans Pyrenees ultra endurance race which was 1900 kilometres long with approximately 40,000 m of climbing. He completed this within the time limit of 8 days.

There were other memorable rides completed during the year, too many to mention here, but suffice to say, SWRC riders are really quite good at endurance rides!

If anyone is interested in giving Audax riding a try, please speak to me or anyone else on the list above. There is also a lot of information here: www.audax.uk

2023 SWRC Award Winners

Audax Trophy

Jackie Townsend

Jackie scored 61 points in Audax UK events including some of the hardest calendar rides such as the Hard Boiled 300, Porkers 400 and Brimstone 600. With 12 points from PBP, she has scored a total of 73 points this year.

Hill Climb Championship

The hill climb this year was Pitch Hill from the south starting at Ewhurst.

Men's Hill Climb Trophy

Oli Ball

Ladies Hill Climb Trophy

Jackie Townsend

Most Meritorious Performance Trophy

Paul Alderson

Paul has now completed 6 Paris-Brest-Paris rides, riding each event since 2003. He finished in 58 hours 47 minutes which is a very fast time.

SWRC Cyclo sportive Shield

Oli Ball

The SWRC Cyclo sportive Shield is 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.

Oli completed the Trans Pyrenees Race from the Atlantic coast to the Mediterranean coast and back again and finished within the time limit.

SWRC Special Award

Andrew Broadbent

The Special Award is awarded based on the majority decision of the Committee. Award is based on achievement relative to the ability of the winner, for example, a young but mature male's result would be expected to be higher in the base case versus that of a lady or relatively elderly competitors' result, or that of a member with health difficulties.

Andrew has worked hard to improve his fitness and rides regularly with group 4. He has attended the largest number of club rides this year for any of the groups.

Ladies Cup

Jackie Townsend

Outstanding Performance by a lady for all types of competition or achievement.

Jackie Townsend Jackie was the only female club rider to take part in Paris-Brest-Paris this year, completing the 1200km course in a commendably fast time of 76 hours and 2 minutes.

Sam's Tankard

Ian Waldron

This is 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.

Ian has been the Club Run secretary for 3 years and leads a ride himself almost every Tuesday, Thursday and Saturday. His rides are always very popular and usually oversubscribed.

Club Cycle Kit

We open the club kit shop 3 x per year. We have a wide range of clothing and accessory items at different price points to meet our members' requirements.

New members should order their free short-sleeve jerseys through the kit shop. The club does not hold any stock. The store is operated through the MemberMojo system that we use for memberships.

Please do be aware that because all ordered items are club specific, if you order an item that does not suit you for any reason then our supplier, Kalas, will NOT offer any refunds.

We will offer a "bulletin board" for members to sell/swap items to other members if there are issues kit sizes. The Club will NOT provide refunds.

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.

SWRC Welfare Officer

The main purpose of a club welfare officer is to assist with the safeguarding and protection of children and young people within a club, and to promote the club's policies and procedures on this. They also act as the main point of contact to deal with any concerns around safeguarding within the club. Details of the current SWRC Welfare Officer and their contact information can be found under the club official's page.