

Chelmer CC Handbook

Chelmer Cycling Club 2014 Season 'At A Glance'

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A welcome from the Club Secretary

Welcome to our 2014 handbook. The handbook is a useful source of information detailing our club activities, dates of club races, and the events that are included in this year's club championship and points competitions. Also listed are your club officials, 2013 trophy winners and current club records.

2013 saw the club reaffirm its work with British Cycling and the maintenance of our Clubmark accreditation. Clubmark is Sport England's cross-sport quality accreditation for clubs with junior sections. The rewards for the club's effort comes via recognition through Clubmark, which proves that the club is observing best practice in child protection, coaching and competition, and club management. For parents or young cyclists, it provides confidence to know that the club is safe, well-managed and an exciting place to be.

Our new re-vamped chelmercc.org.uk continues to provide our main source of information to prospective members and the forum at forum.chelmercc.org.uk provides further advice and information on club rides and activities. It is necessary to register to be able to post on the forum but it can mostly be read as a guest, which will provide further resource to existing and new members alike. Updates on club rides and activities are also available on twitter.com/ChelmerCC and facebook.com/ChelmerCC.

Whatever your aspirations for the coming year, I wish you every success.
Alex Eason 2014

Note from the editor. The handbook was split into various sections in 2013, the 'At A Glance' information needed for the season and the full 'rules and history'. If you require any further information please do not hesitate to contact the handbook secretary.

Club Officials Elected AGM 2013

President - Peter Horsnell

Vice Presidents – John Cottee, John Letch, Mrs Evelyn Orrin, Mrs Jean Potter, David Powell, Llewellyn Ranson

Chairman - Chris Whiley

General Secretary – Alex Eason

Treasurer – Daniel Babbs

Club Captain - Antony Stapleton

Awards Secretary – Steve Freeman

Auditors – John Cannon, Chris Regan

Clothing Secretary – Antony Stapleton

Club Coaches – Russell Tribley, Claire Lee

Club Dinner Secretary

Club Handicappers – Peter Horsnell, Ann Shuttleworth

Club Timekeepers – John Cottee, Kevin Orrin, Chris Whiley

Communications Secretary – Erron Field

Competitions & Records Secretary - Graham Painter

Handbook Secretary – Ann Shuttleworth

Headquarters Secretary – John Cottee

Marshalling Secretary – Chris Whiley

Membership Secretary – Chris Whiley

Minutes Secretary – Ann Shuttleworth

Off Road Co-ordinator Secretary – Lee Rowing

Open Events Secretaries - 'Open 25' - Corinna Francis

GP des Gentlemen - Antony Stapleton

Chelmer 'Hard-riders' - Antony Stapleton

Social Secretary – Corinna Francis

Road Race Secretary – Michael Rostoft

Runs Leaders - A. Antony Stapleton

B. Trevor Walters / Kevin Orrin

C. Mick Somers / Kevin Orrin

Family run. Mick Somers

Gateau ride. Kevin Orrin

Time Trial Secretary – John Golder

Track Secretary – Steve Freeman

Welfare Officers – Christine Holmes, R Tribley and J Story

Additional Committee Members – Chris Gray, Phil Paffey, Tim Wood, Sherilyn Powell, Russell Tribley, Trevor Walters

CTT Delegates – John Golder, Antony Stapleton

BC – David Boakes, Stuart Clarke, Michael Rostoft

ERRL – David Boakes, Michael Rostoft

ECCA – John Cottee, Kevin Orrin, Chris Whiley

2013 Trophy Winners

The Championship Cup (Men & Women)

1. Daniel Babbs, 2. Antony Stapleton, 3. Alex Eason

1st lady Mary Bower

Women's BAR Cup – Corinna Francis

Men's BAR Cup - 1. Daniel Babbs 2. Erron Field, 3. John Golder

Veteran's Trophy - 1. John Golder

Junior Trophy – Jonathon Pool

Handicap Trophy - 1. Daniel Babbs, 2. Corinna Francis, 3. Alex Eason

Road Race Meritorious Cup – Tim Torrie

Hard Track Trophy – Sherilyn Powell

Road Race Senior Points Trophy – 1. Henry Robertshaw, 2. Daniel Babbs

Grass Track Trophy – Aaron Freeman

Cyclo-cross – Aaron Freeman **Runner-Up** – Sherilyn Powell

25 Mile Cup – Daniel Babbs 54 minutes, 11 seconds

Captains Cup (Ladies 10 mile Cup) – Corinna Francis 22 minutes 19 seconds

Nail Cyclist – Scott Clarke

Festival of Sport (Points Trophy)

1. Scott Clarke 2. Sam Wightman 3. Malcolm Sadler

Dave Fretwell Trophy – Juvenile Points - Tim Torrie

John Wright Meritorious Shield – Christine Holmes

Attendance Trophy – Scott Clarke

Attendance Ring – Malcolm Sadler

Brian Fewell Memorial (Junior Club runs) – Chester Tribley

Colin Davies Tankard

Scratch 1. Antony Stapleton, 2. Daniel Babbs, 3. Sam Wightman

Handicap 1. Sam Wightman, 2. Scott Clarke

Kathleen Smith Trophy

scratch 1. James Endicott, 2. Daniel Babbs, 3 Sam Wightman
handicap 1. Sam Wightman, 2. Scott Clarke

Bob Haworth Trophy – 1. Daniel Babbs, 2. Tim Wood, Chelmer CC

Edward & Lilley Windley Map Reading Trophy

Chris & Melissa Regan

Bob Haworth Memorial Bowl – Chelmer CC

Daniel Babbs, Tim Wood, Scott Clarke, Peter Barton

Hill Climb – Tim Torrie (1 minute 35 seconds)

L'escargot Trophy – Peter Tibbitts

Open 25 Trophy – Steve Dennis – East Grinstead CC

Florence Ranson Trophy – Julia Freeman – Easterley CC

Joan & Brian Potts (Handicap Points Trophy)

1. Scott Clarke, 2. Malcolm Sadler, 3. Matt Coughlan

Gerard-Tofts Salver – Sheryllyn Powell

Junior Clubman medals – Bobby Babbs, Jamie Babbs, Freddie Gill, George Gill,

Charlie Hands, Alex King, Daniel King, Chester Tribley

Turner Tankard – James Endicott on E21/12; 56 minutes 14 seconds

Current Club Records**MEN & TEAM**

10 miles bicycle – **A Stapleton 19.52** – 2012

10 miles bicycle team – **D Babbs, A Stapton, E Field 1.01.23**- 2013

15 miles bicycle – **T Bright 31.47** – 1997

15 miles bicycle team – **A Stapleton, J Golder, Mary Bower 1.42.07** -2013

25 miles bicycle – **A Stapleton 50.46** – 2010

25 miles bicycle team – **A Tovey, W Broadfield, G Barton 2.42.10** – 1999

30 miles bicycle – **R Evans 1.02.59** – 2011

30 miles bicycle team – **R Evans, A Stapleton, E Field – 3.14.11** - 2011

50 miles bicycle – **A Stapleton 1.43.41** – 2012

50 miles bicycle team - **A Stapleton, E Field, J Golder – 5.24.16** – 2012

100 miles bicycle – **A Stapleton 3.44.59** – 2011

100 miles bicycle team – **A Stapleton, J Golder, R Mellor – 12.00.02** - 2011

12 hours bicycle – **A Stapleton – 278.78** - 2012

12 hours bicycle team – **A Stapleton, E Field, J Golder – 782.24 miles** - 2012

24 hours bicycle – **A Farrell 412 miles, 71 yards** – 1960

MEN'S VETERANS

10 miles bicycle

40 to 49 years – **A Stapleton 19.52** – 2012

50 to 59 years – **W Broadfield 20.42** – 1998

60 to 69 years – **J Golder 22.24** – 2013

70 to 79 years – **W Broadfield 23.51** – 2012

80+ years - **P Horsnell 25.53** - 2010

15 miles bicycle

40 to 49 years – **G Painter 34.17** – 2011

50 to 59 years – **G Boden 34.31** – 2002

60 to 69 years – **J Golder 35.15** – 2013

70 to 79 years – **P Horsnell 39.50** – 2000

25 miles bicycle

40 to 49 years – **A Stapleton 50.46** - 2010

50 to 59 years – **T Wood 53.59** – 2012

60 to 69 years – **J Golder 56.00** – 2013

70 to 79 years – **B Broadfield – 57.51** – 2012

80+ years - **P Horsnell 1.06.09** - 2010

30 miles bicycle

40 to 49 years – **R Evans 1.02.59** – 2011

50 to 59 years – **W Broadfield 1.06.52** – 1996

60 to 69 years – **J Golder 1.09.49** – 2013

70 to 79 years – **P Horsnell 1.15.39** – 2001

50 miles bicycle

40 to 49 years – **A Stapleton 1.43.41** – 2012

50 to 59 years – **W Broadfield 1.52.01** – 1999

60 to 69 years – **J Golder 1.56.54** – 2013

70 to 79 years – **P Horsnell 2.08.51** – 2002

80+ years - **P Horsnell 2.17.58** - 2011

100 miles bicycle

- 40 to 49 years – **A Stapleton 3.44.59** - 2011
- 50 to 59 years – **J Golder 4.05.40** – 2011
- 60 to 69 years – **J Golder 4.07.11** – 2103
- 70 to 79 years – **P Horsnell 4.47.25** – 2003
- 80+ years – **P Horsnell 4.55.07** - 2011

12 hours bicycle

- 40 to 49 years – **A Stapleton 278.78 miles** – 2012
- 50 to 59 years – **J Golder 253.942 miles** - 2008
- 60 to 69 years – **J Golder 252.96 miles** – 2013
- 70 to 79 years – **P Horsnell 226.349 miles** – 2000
- 80+ years – **P Horsnell 212.96 miles** - 2011

24 hours bicycle

- 40 to 49 years standard to achieve + 387 miles
- 50 to 59 years – **Mary Horsnell 394.15 miles** - 1983

TRICYCLES

- 10 miles tricycle – **D Biggs 27.19** – 2008
- 15 miles tricycle – **M Kliskey 39.52** – 1996
- 25 miles tricycle - **D Crook 59.58** – 1966
- 25 miles tricycle team – **D Crook, R Drury, P Howell 3.09.02** – 1966
- 30 miles tricycle – **P Barnard 1.13.35** 1961
- 30 miles tricycle team - **P Barnard, R Drury, P Wallis 3.55.12** – 1961
- 50 miles tricycle – **P Barnard 2.04.53** - 1963
- 50 miles tricycle team - **P Howell, R Drury, D Crook 6.40.18** - 1967
- 100 miles tricycle - **P Howell 4.38.37** - 1967
- 100 miles tricycle team – **P Howell, D Crook, R. Drury 14.07.59** - 1967
- 12 hours tricycle - **P Howell 233 miles, 3 yards** - 1967

VETERAN'S TEAM RECORD – BEST ON RECORD AT 05.02.13

- 10 miles – **A Stapleton, G Painter, Corinna Francis – 1:03:37** – 2012
- 15 miles – **A Stapleton, J Golder, Christine Holmes 1.52.50** - 2013
- 25 miles – **R Evans, A Stapleton, R Mellor – 2:42:13** - 2011
- 30 miles – **R Evans, A Stapleton, J Golder – 3:16:48** - 2011
- 50 miles - **A Stapleton, J Golder, R Mellor – 5:30:45** – 2012
- 100 miles – **A Stapleton, J Golder, R Mellor – 13:00:02** – 2011
- 12 hours – **A Stapleton, J Golder, G Painter – 771.03 miles** - 2012

TANDEM TIME TRIAL RECORDS

- 10 miles – **A Stapleton, G Painter 19.36** - 2010
- 15 miles - **C Regan, G Painter 29.52** - 2002
- 25 miles - **M Kliskey, G Snellin 51.22** - 1996
- 30 miles – **C Regan, G Painter 1.04.54** - 2003
- 50 miles – **C Regan, G Painter 1.49.18** - 2003
- 100 miles – **G Painter, Ann Shuttleworth 4.03.30** –2011
- 12 hours – **G Painter, Ann Shuttleworth 243.832 miles** – 2005

MIXED TANDEM TIME TRIAL RECORDS – BEST ON RECORD AT 05.02.13

- 10 miles – **C Regan, Ann Shuttleworth 20.30** 2005
- 15 miles – **A Stapleton, Corinna Francis 30:31** - 2011
- 25 miles – **A Stapleton, Corinna Francis 51.30** - 2011
- 50 miles – none noted.
- 100 miles – **G Painter, Ann Shuttleworth 4.03.30** – 2011
- 12 hours – **G Painter, Ann Shuttleworth 243.832 miles** – 2005

LADIES TANDEM TIME TRIAL RECORDS – BEST ON RECORD AT 05.02.13

- 10 miles – none claimed
- 15 miles – none claimed
- 25 miles – **Ann Shuttleworth, Tracey Fritschy – 1:00:56** - 2005
- 30 miles – **Ann Shuttleworth, Tracey Fritschy – 1:11:55** - 2005
- 50 miles – none claimed
- 100 miles – none claimed
- 12 hours – none claimed

TRACK RECORDS

MEN

- 200m unpaced – **C Camp 12.55 seconds** - 1997
- 500m unpaced / paced
- 1k paced
- 1k unpaced standing start – **S Freeman 1 minute 17.877 secs** - 1998
- 3k pursuit – **A Stapleton 3 minutes 53.891 secs** - 2004
- 4k unpaced standing start – **S Freeman 5 minutes 12.852 secs** - 1998
- 10k unpaced
- 20k unpaced
- 1 hour unpaced

WOMEN

- 200m unpaced
- 500 m unpaced / paced
- 1k paced / unpaced – **S Wright 1 minute 27.56 secs unpaced**
- 3k unpaced
- 3k pursuit – **S Wright 4 minutes 16 secs** -1990
- 5k unpaced
- 10k unpaced
- 20k unpaced
- 1 hour unpaced

JUNIOR MEN

- 200m flying start
- 500m flying start
- 1k standing start
- 3k standing start

JUNIOR WOMEN

200m flying start
500m flying start
1k standing start
2k standing start

U16 MEN

200m flying start
500m flying / standing start
2k standing start

U16 WOMEN

200m flying start
500, flying/ standing start
2k standing start

U14 MEN

200m flying start
500m standing start – **M Powell 40.873 seconds** - 2012
1.5k standing start – **M Powell 2 minutes 8.529 secs** - 2012

U14 WOMEN

200m flying start
500m standing start
1.5k standing start

U12 MEN

200m flying start – **M Powell 18.29seconds** – 2008 (U10)
500m standing start
1.5k standing start

U12 WOMEN

200m flying start
500m standing start
1.5k standing start

NOTE: BC definition of age categories

junior = under 18 (from 1 January in year of 17th birthday to 31 December of year 18th birthday falls on)

U16 (from 1 January in year of 15th birthday to 31 December of year 16th birthday falls on)

U14 (from 1 January in year 13th birthday to 31st December of year of 14th birthday)

U12 (from 1 January in year 11th birthday to 31st December of year of 12th birthday)

JUNIOR TIME TRIAL RECORDS

10 miles bicycle – **A Stapleton 21.23** - 1983
15 miles bicycle – **A Gilbert 37.49** - 2000
25 miles bicycle – **A Stapleton 54.16** - 1983
30 miles bicycle - **R Cary 1.59.40** 1983
100 miles bicycle – **A Stapleton 4.20.06** - 1983
12 hours bicycle - **R Cary 241.79 miles**- 1983

JUVENILE TIME TRIAL RECORDS

10 miles bicycle - **D Pallet 22.26** - 1987
15 miles bicycle – **K Story 37.29** – 1996
25 miles bicycle – **N Lyons 59.02** - 1982

WOMEN'S TIME TRIAL RECORDS

10 miles bicycle – **S Wright 21.26** - 1989
10 miles bicycle team – **C Francis, C Lee, A Shuttleworth 1.08.24** - 2012
15 miles bicycle – **M Bower** - 2013
15 miles bicycle team - **S Wright, E Sandland, M Horsnell 2.05.50** - 1992
25 miles bicycle – **M Bower 55.46** - 2013
25 miles bicycle team – **M Bower, C Francis, A Shuttleworth 2.50.51** - 2013
30 miles bicycle – **S Wright 1.07.24** - 1991
50 miles bicycle – **S Wright 1.55.13** – 1989
50 miles bicycle team – **M Bower, C Lee, A Shuttleworth, 6.07.05** - 2013
100 miles bicycle – **S Wright 4.04.19** – 1992
100 miles bicycle team – **M Bower, C Lee, A Shuttleworth 14.43.01** - 2013
12 hours bicycle – **A Shuttleworth 244.12 miles** – 2013
24 hours bicycle – **M Horsnell 394.15 miles** – 1983

LADIES VETERANS – BEST ON RECORD AT 05.02.13 & new records

10 miles bicycle
40 to 49 years – **C Francis 22.11** - 2012
50 to 59 years – **M Horsnell 24:27**
60 to 69 years – **M Horsnell 26.11**
70 to 79 years – **M Horsnell 29.11**
80+ years - **M Horsnell 34.43**
15 miles bicycle
40 to 49 years - **C Francis 35.10** - 2012
50 to 59 years - **M Horsnell 41.22**
60 to 69 years - **M Horsnell 44.57**
70 to 79 years - **M Horsnell 47.57**
80+ years - none on record

25 miles bicycle

40 to 49 years – **C Francis 56.46** - 2013
50 to 59 years – **M Horsnell 1:03:06**
60 to 69 years – **M Horsnell 1:08:17**
70 to 79 years – **M Horsnell 1:17:03**
80+ years - none on record

30 miles bicycle

40 to 49 years – **A Shuttleworth 1:12:18** - 2012
50 to 59 years – **M Horsnell 1:18:56**
60 to 69 years – **M Horsnell 1:27:03**
70 to 79 years – **M Horsnell 1:34:25**

50 miles bicycle

40 to 49 years – **C Francis 1:58:05** - 2012
50 to 59 years – **M Horsnell 2:14:38**
60 to 69 years – **M Horsnell 2:21:32**
70 to 79 years – **M Horsnell 2:40:41**
80+ years - none on record

100 miles bicycle

40 to 49 years – **C Lee 4:22.26** - 2013
50 to 59 years – **M Horsnell 4:47:46**
60 to 69 years – **M Horsnell 5:20:31**
70 to 79 years – **M Horsnell 5:54:23**
80+ years - none on record

12 hours bicycle

40 to 49 years – **A Shuttleworth 244.12 miles** - 2013
50 to 59 years – **M Horsnell 222.06 miles**
60 to 69 years – **M Horsnell 207.22 miles**
70 to 79 years – **M Horsnell 176.01 miles**
80+ years - none on record

24 hours bicycle

40 to 49 years standard to achieve + 387 miles
50 to 59 years – **Mary Horsnell 394.15 miles** - 1983

CHELMSFORD (Kings Road) to BRAINTREE (Railway Bridge) and return

Men's bicycle – **P Barnard 45.36** - 1960
Women's bicycle – **Mary Horsnell 54.57** - 1964
Tricycle – **R Drury 52.25** - 1962
Tandem – **R Drury, D Crook 44.26** - 1965

CHELMSFORD (Army and Navy Roundabout) to Southend (Railway Station Roundabout) and return

Men's bicycle – **R Drury 1.39.30** - 1958
Tricycle – **R Drury 1.7.44** - 1970
Tandem – **R Drury, J Biggs 1.36.32** - 1970

CHELMSFORD (Army and Navy Roundabout) to COLCHESTER (The Albert Roundabout) and return

Men's bicycle – **R Drury 1.48.34** – 1960
Women's bicycle – **Mary Horsnell 2.08.58** – 1958
Tricycle – **R Drury 1.56.11** - 1966

CHELMSFORD (Army and Navy Roundabout) to GREAT YARMOUTH (Post Office) and return

Men's bicycle – **J Perrin 9.47.41** – 1977

CLUB COURSE RECORDS – verification required hence pink!

EH/07 Hill Climb - A Tovey 1 minute 28.2 seconds - 1997
E91/10 - S Freeman 21.59 - 1996
E9/15 - S Freeman 33.12 - 1998
E9/25 – N Green 56.21 - 2006

PARIS-BREST-PARIS RECORD (1200km)

Women's bicycle - **J Swain 85 hours 30 minutes**– 2007
Men's bicycle – **C Regan 88 hours 10 minutes** – 2007

COMPETITION RECORDS HELD BY MEMBERS

15 miles – mixed tandem – **Antony Stapleton, Corinna Francis 30.31**

VTTA NATIONAL AGE RECORDS

100 miles bicycle

Age 79 – **P Horsnell 4.55.21** – 2009
Age 80 – **P Horsnell 4.55.07** - 2011

12 hours bicycle

Age 46 – **Ann Shuttleworth 244.12 miles** - 2013
Age 77 – **P Horsnell 217.816 miles** – 2007
Age 78 – **P Horsnell 207.161 miles** – 2008
Age 79 – **P Horsnell 201.746 miles** - 2009
Age 80 – **P Horsnell 209.42 miles** – 2010
Age 81 – **P Horsnell 212.96 miles** - 2011

Chelmer Competition Events 2014

Turner Tankard

Bishops Stortford Hilly E15/27 Monday 21st April. (In the event of cancellation the Eagle 45 E1/45 will be the replacement event)

Championship Cup

day	date	event	course	distance
Sunday	27 th April	Colchester 50	E7/50c	50
Saturday	10 th May	Lea Valley	E2/10	10
Sunday	1 st June	ECCA Championship	E1/25b	25
Wednesday	11 th June	Essex Roads	E18/6b	10
Sunday	22 nd June	ECCA	E2/100	100
Tuesday	15 th July	Club Event 10	E91/10	10
Sunday	27 th July	Colchester 47	E22/47	47
Saturday	9 th August	Cambridge CC	E33/25	25
Saturday	16 th August	Bob Haworth Interclub	E83/25	25

Points are awarded for the best five events of which at least one must be over 25 miles.

Should an event be cancelled the following have been nominated as replacements. If this is not possible, the Competitions and Records Secretary will nominate an alternative.

There will be a maximum of nine counting events.

Saturday	20 th September	ECCA	E2/10	10 (1)
Sunday	5 th October	Lea Valley	E1/25	25 (2)
Sunday	14 th September	Eagle 45	E1/45	25 (3)

Notes

- (1) this event will replace a cancelled 10
- (2) this event will replace a cancelled 25
- (3) this is the replacement event for a 50/100

Chelmer Open Event Promotions

Dates for your diary

day	date	event	course	organiser
Sunday	23 March	Chelmer Hard Riders	E99/25	Antony Stapleton
Sunday	6 April	Chelmer Road Race	Birds Green	Michael Rostoft
Sunday	15 June	Chelmer Open 25	E9/25	Corinna Francis
Sunday	19 October	GP des Gentlemen	E99	Antony Stapleton
Friday	14 November	Chelmer Annual Dinner & Dance	The County Hotel	Cathy & Tim Wood

Chelmer Club Events Programme 2014

Following the success of last year's campaign, the Club Events are again being held in conjunction with the Ford CC Programme of Events. Fees are payable to the Ford CC on the date of the event, there are no 'season tickets' again this year. Fees must be paid in order to ride. Entries are on a strictly first come first served basis.

Please see separate attachment detailing the events.

The maximum number of counting events for club points, ladies points, vets points and juvenile points is 10. This was amended at the 2013 AGM.

Details of the week's club event are circulated to all members via email by Mike Gowers, the Ford CC club event secretary. In the event of over-subscription to a club event, if the rider limit or daylight available will compromise rider safety, his word is final

We strongly recommend that the events that are in the club championships and or Trophy events are entered in advance to avoid disappointment.

The following club events are the nominated events for the following trophies. Advance entry is recommended.

27th May Colin Davies Trophy E9/25

15th July Championship counting event E91/10

22nd July Kathleen Smith E9/25

16th August Bob Haworth E83/25

