

Lampard Road Club Trophies

(and how to win them)

1. **B.A.R Trophy**

Awarded to the first claim rider having achieved the fastest average speed over distances of 25, 50 and 100 miles in club, open or association events.

2. **Dave Harris Memorial Trophy**

Awarded to the first claim rider amassing the greatest number of points from the season long competition to include club reliability rides, club championships and club runs as follows:-

Club Runs – 1 point for attending the start.
1 point for attending the finish
3 points for completing any part of the ride, or
5 points for completing the whole ride.

Club Championship 10 and 25 events - 10 points for a completed ride.

Reliability Rides - 5 points for completed ride in slowest time, or
10 points for completed ride in fastest time.

3. **Cecil Cooke Memorial Trophy - 25 Mile Club Champion**

Awarded to the first claim rider achieving the fastest time in a 25 mile event nominated by the Committee prior to the start of the season

4. **Lampard Challenge Cup - 10 Mile Club Champion**

Awarded to the first claim rider achieving the fastest time in a 10 mile event nominated by the Committee prior to the start of the season

5. **Veterans Cup**

Awarded to the first claim rider aged 40 or over achieving the highest total of points for performances, based on VETS standard times, in club events during the season. Points are awarded as per the attached table.

6. **Veterans Shield**

Awarded to the first or second claim rider aged 40 or over achieving the fastest average speed over two 25 and one 50 mile time trial.

Times can be recorded in club, open or association events and are based on VETS standard times.

7. **Ladies Cup**

Awarded to the first claim lady rider achieving the highest number of points from the season long competition to include club reliability rides, club 10's and club runs as detailed in 2. above.

8. **Handicap Cup**

Awarded to the first claim rider achieving the highest total of handicap points in club events during the season.

Points are awarded for handicapped placings in club events as detailed in the attached table.

Handicaps are based on rider's performances in club events only and are set, initially, with reference to the rider's best performance in the previous season. Any improvement in the current season will result in the handicap being adjusted accordingly.

A rider without a previous season's best time will be given a handicap in their first event of one half of the greatest handicap in that event. Thereafter handicap will be based, and adjusted, on the rider's best performance of the season.

9. Junior Trophy

Awarded to the first claim junior rider (under 18) achieving the highest number of points for performances in club events during the season. Points are awarded as per the attached table.

10. Laurence Boulter Memorial Trophy -Junior B.A.R

Awarded to the first claim junior rider (under 18) achieving the fastest average speed over two 10 and one 25 mile time trial.

Times can be recorded in club, open or association events.

11. Road Race Trophy

Awarded to the first claim rider achieving the highest number of points during the season for performances in Road Races run under the regulations of a nationally recognised body.

Ten points are awarded for a win down to 2 points for 9th place with 1 point for finishing an event.

12. Track Trophy

Awarded to the first claim rider achieving the highest number of points during the season for performances in Track races run under the regulations of a nationally recognised body.

Ten points are awarded for a win, 8 for second place, 6 for third place with 1 point for finishing an event.

NB Road Race & Track Trophies

Riders are expected to compete in a category appropriate to their ability or age. The committee reserve the right to discount performances by riders where they consider the spirit of this rule to have been abused.

13. Club Event Prize Points

Points are awarded for performances in club events in accordance with the attached table and may be aggregated over the course of the season.

The prize value of points will be decided by the Committee at the end of the season in accordance with rule 20 and trophies of an equivalent value awarded.

Riders winning sufficient points may, at the discretion of the Committee, be given the option to split their prize between an engraveable trophy and cycling equipment