



# IPSWICH BICYCLE CLUB MEMBERS' WELCOME PACK

ISSUE NO 2 | APRIL 2025 |

## Introduction

Thank you for joining our Club – you are very welcome. This pack, updated for the start of each season, provides an overview of all that we are about so you can get the most from your membership, but please do not hesitate to contact me, or one of the committee, who will be happy to help. We have lots more information available through our club website and official club documents such as our constitution and terms and conditions. I hope that you enjoy your time riding with us and are able to take part in the wide range of rides, races and events which we organise for our members. We look to maintain the club as a club for our members and therefore do feel you can provide constructive feedback at any time.

Have fun, stay safe and ride!

Lucy Stark, Chair Person – November 2024

Ipswich Bicycle Club

IBC is a welcoming, family friendly club offering inclusive rides and competitive opportunities for all members regardless of ability, age or ambition.

## History

Our Club was established in 1892 and formally known as the Ipswich Stoke Rovers until 1922. There was an Ipswich Bicycle Club formed in 1887 and together with about 5 other clubs reigned for several years but one by one they fell by the wayside.

During the 1930s, the National Cyclists Union produced figures of its member clubs with Ipswich Bicycle Club, shown to be one of the largest clubs in the Eastern Area with over 120 members. These members competed at all disciplines and could regularly be seen on the track at Herne Hill, London. Club members also enjoyed success at grass track meetings held at the various horticultural shows around East Anglia in addition to regular victories at Portman Road where Ipswich Harriers had a track.

The IBC heritage of trophies and awards are on display cabinet at the Ipswich Transport Museum.

The Club currently exists around the ethos of social and safe cycling, ensuring that whatever we arranged and participated in was done with the best behaviours, adhering to the Highway Code

and being courteous to other road users ... an ethos that remains within the heart of the club today.

We have arranged several events for members including monthly Social Evenings, annual BBQ and Awards Celebration Evening, various rides and time trials.

We are proud of our past and the Club which we have built and are enthusiastic for our plans for the future.

## Communication

We want our Club to be accessible and for any feedback, recommendations or suggestions to reach the right people as soon as possible. On the club website we detail our key contact email addresses but please also remember that we are here to chat and therefore do speak to the ride leaders or committee members and we'll be happy to help.

## Club Officials

It's important in any successful club to have willing volunteers to carry out all the various required functions. At IBC this is no different and we are grateful to all the members who give up their time to support our activities. You will get to know many of these individuals during your time with the Club but we want to introduce you to some of them. If you would like to get involved at any stage, please do let us know.

<b>Club President</b>	Tim Butler
<b>Vice President</b>	Steve Grimwood
<b>Honorary Members</b>	Mick Hearn, Joyce Neville, Clive Tricker
<b>Managed Positions</b>	
Chair Person	Lucy Stark
Vice Chair Persons	Tracy McKenzie, Will Taylor
Treasurer	Paul Rippon
Accounts Examiner	Sarah Bowles
Club Secretary	Mark Salter
Membership Secretaries	Anne Betts, Charles Mildred
Welfare Officers – Female & Male	Anne Betts, Kevin Stark

Social Rides Secretary	Hilary Bond
Social & Trophy Committee	Tracy Mckenzie, Lucy Stark
Media Secretary	Sue Chittock, Mark Salter
Coaching Secretary	currently vacant
Clothing Co-ordinators	Kevin Stark, Mark Salter
<b>General Positions</b>	
Road Race & Track Secretary	Charles Mildred
Time Trial Secretary	Jon Carlyon
Mountain Bike Secretary	Steve Grimwood
Cyclo-Cross Secretary	Steve Grimwood
Youth Representative	currently vacant
Members' Representative	Josephine Rosier

## Ride Leaders

19 current Club members who kindly volunteer their time to lead group rides on a rota basis to facilitate weekly rides for at least one - blue, red and black group rides (the green group ride is available most weeks).

## The Basics

We want our ride leaders to be passionate about delivering the ride program to our members.

Club rides should be safe, enjoyable and inclusive and for members to realise their goals.

All Club rides should be conducted in a safe manner and in accordance with the Highway Code. In addition, all riders are responsible for their own well-being during the ride and should be prepared for situations such as adverse weather conditions, mechanical problems and flat tyres and should be courteous to other road users and be aware of their responsibilities while riding in a group.

All ride groups should be limited to ideally 8 with a maximum of 10.

All riders must have a correctly fitted helmet, a bike in safe working condition with two brakes and working lights (when visibility is reduced due to weather or light).

## **Club Kit**

Under review – await update, see 'In The Saddle'

## **Wellbeing and Protection (Welfare)**

As an Affiliated Club we follow British Cycling's Wellbeing and Protection Policy. As such the Club has a Wellbeing and Protection Officer (WPO).

All incidents on Club rides and events must be reported. Our Club officers will do everything reasonably expected of us in planning and preparation of club rides to ensure the welfare of ride participants.

We expect all adult participants to be responsible for their own wellbeing during the ride and should be prepared for situations such as adverse weather conditions, mechanical problems and flat tyres.

We encourage all our members to treat everyone with courtesy and respect but should anyone witness anything in the club they are not happy with, whether that's during our rides, events or social occasions, please contact a club committee member and we will ensure it is suitably investigated. We want to ensure our vision is maintained through all our activities and that members feel empowered to raise any concerns.

## **Insurance**

The following summarises the key details however if you are keen to know more, please find details [here](#).

As a club we are affiliated to British Cycling and therefore qualify for club insurance.

## **Further information & Club communication**

- **Club kit, committee positions, minutes and up to date news on all things Club related.**

Please visit our website at [www.ipswichbicycleclub.co.uk](http://www.ipswichbicycleclub.co.uk) where you will find details on the Club events, Club ride information and guides,

- **Club membership terms and conditions** can be found here;

### **IBC Membership Rules**

If you have any questions on your membership, please do contact either of us on one of the email addresses shown below or visit <https://ipswichbicycleclub.co.uk/contact/> for further addresses.

- **Club member only Facebook page** where details of club events and rides are posted, please apply to join this group here <https://www.facebook.com/groups/275350485899940/>

If you prefer **Instagram**, we can also be found on [www.instagram.com/ipswichbicycleclub/](http://www.instagram.com/ipswichbicycleclub/)

### **Official documents**

We have several documents covering various policies, guidance and information which are regularly updated including our terms and conditions, constitution and disciplinary process.

### **Club Events Calendar for 2025**

A list of planned events for the year is available - see 'In The Saddle'