

LES RANDONNEURS MONDIAUX

# **CONSTITUTION 2019**

# **ARTICLE 1 - TITLE**

Les Randonneurs Mondiaux (LRM) is an international association of cycling organisations dedicated to the sport of randonneur cycling, created at the initiative of l'Audax Club Parisien (ACP) in August 1983 with the collaboration of representatives from eight countries, the founding members. The official languages of the society are English and French. The address is the head office of ACP. The laws of France apply and the courts of France have competent jurisdiction. In the event of any discrepancy between the English and French versions of the Regulations, the English version shall prevail.

# **ARTICLE 2 - OBJECTIVES**

- 2.1 To promote, encourage and applaud the efforts of those cyclists who wish to test their personal limits by combining the enjoyment of touring with the demands of long distance cycling.
- 2.2 To promote and encourage randonneur cycling events in accordance with the rules of "Brevets de Randonneurs Mondiaux (BRM) à allure libre", or self-paced randonneur brevets with set time limits, created in 1921 by the Audax Club Parisien.
- 2.3 To validate BRM of 1200 km or more, except the Paris Brest Paris (PBP).

### **ARTICLE 3 - MEMBERSHIP**

- 3.1 Membership is open to all national randonneur cycling organisations which agree to organise BRM (at least the 200 km) every year in accordance with the rules promulgated by ACP and with those rules which may be developed and adopted by the General Assembly (GA) of LRM.
- 3.2 It is the prerogative of each member organisation to identify to the Executive Committee the name of their Randonneur Mondiaux Representative (RMR), whether elected or appointed, to the General Assembly (GA) of LES RANDONNEURS MONDIAUX (LRM). By virtue of their position, all ACP correspondents automatically become their country's LRM representative (RMR) members of LRM. However, if a

country elects or appoints somebody else as RMR, that country's ACP correspondent will not have a vote at GA or other forum in which LRM business is conducted.

- 3.3 All communication of a member of a national association with the Officers of LRM will be via the RMR. The RMR will have the right to vote when necessary at the GA and/or by post or electronic means in accordance with the wishes of their country.
- 3.4 Application for membership must be presented to the President of ACP who validates the classic brevets of 200 km, 300 km, 400 km, 600 km and 1000 km. (See Note 1).
- 3.5 There are two categories of members :
  a) Voting members: i.e., the founding members and new members admitted after two years' probation;
  b) Associate members: members during the probationary period.
- 3.6 During a probationary period of 2 years, the applicant must organise BRM regularly on routes approved by ACP, and demonstrate that all ACP rules have been followed and route cards are well maintained. The ACP President then forwards the application with his recommendation to the President of LRM. who will submit it to the GA for approval, and then will authorise the applicant to organise brevets of 1200 km or more.

### **ARTICLE 4 - GENERAL ASSEMBLY (GA)**

- 4.1 The GA will be composed of the voting members and the associate members. The quorum of the GA will be 50% of the voting members present at the meeting and those having given postal or electronic indication of their intended votes, plus one (1).
- 4.2 The GA will hold a quadrennial meeting after each PBP, and may in addition at the request of the President hold annual meetings by telephone conference or by correspondence (paper or by electronic means).
- 4.3 Voting at the GA itself will be conducted by voting card issued to the RMR's present at the meeting, with the votes of those not present being cast by the President in accordance with the instructions that they have provided.
- 4.4 The responsibilities of the GA are to:
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- 4.4.1 Receive the reports of the Executive Committee and the members;
- 4.4.2 Establish policies and regulations for LRM;
- 4.4.3 Approve application of new members;
- 4.4.4 Establish the one time application fee for new members;
- 4.4.5 Establish the annual fee for all members;
- 4.4.6 Establish the fee for validation of brevets of 1200 km or more and the cost of the LRM medals and pins;
- 4.4.7 Approve and elect the Officers of LRM.

# ARTICLE 5 - OFFICERS

5. The officers of LRM will be the President, the Vice President, and the Treasurer, elected by an absolute majority of the GA for a term of four years. The officers form the Executive Commitee of LRM. The Past President will be an ex-officio member of the Executive Committee without voting privileges during the transition phase of presidential duties. The Executive committee may be supplemented by an Advisory Board of one or more members co-opted by the Executive. Names of co-opted members will be notified to all RMR with reasons for co-option. Such members will not have elected by an absolute majority of the GA as noted above but without voting privileges or administrative responsibilities. This Board will be given specific duties as determined by the current needs of the LRM.

# **ARTICLE 6 - DUTIES OF THE PRESIDENT**

- 6. The President will:
  - 6.1 Approve, on recommendation of the National Representative of the respective country, the routes of brevets of 1200 km or more;
  - 6.2 Validate the individual results of brevets of 1200 km or more, issue a validation number and record the names of the finishers in the LRM Registry;
  - 6.3 Convene all meetings of the GA and of the Executive Committee;
  - 6.4 Send an Agenda for the GA to all members as least four months before the meeting;
  - 6.5 Chair the meetings of the GA and of the Executive Committee;
  - 6.6 Supervise the dissemination of information to all members;
  - 6.7 Send at least twice-yearly a PRESIDENT'S LETTER to members; and
  - 6.8 Cast a deciding vote at the GA in case of a tied vote.

### **ARTICLE 7 - DUTIES OF THE VICE PRESIDENT**

- 7. The Vice President will:
  - 7.1 Assume all the duties of the President if the President resigns or becomes incapable, for whatever reason, of discharging the duties of his office;
  - 7.2 Record the decisions and prepare a summary report of the meetings of the GA and of the Executive Committee for distribution to all members within two months of the meetings; and
  - 7.3 Assume other duties that may be delegated to him by the President.

### **ARTICLE 8 - DUTIES OF THE TREASURER**

- 8. The Treasurer will:
  - 8.1 Collect all LRM fees from voting and associate members;
  - 8.2 Maintain records of income and expenses and prepare annually a report on the financial status of LRM for distribution to all members;
  - 8.3 Prepare and present a quadrennial financial report to the GA;
  - 8.4 Prepare, with input from the President, a quadrennial budget for submission to the GA; and
  - 8.5 Assume other duties that may be assigned by the President.

### **ARTICLE 9 - DUTIES OF THE EXECUTIVE COMMITTEE**

- 9.1 The Executive Committee:
  - 9.1.1 Will be responsible for administering the business of LRM;
  - 9.1.2 Will ensure policies of LRM are implemented by the members;
  - 9.1.3 May, in the interval between quadrennial meetings of RM assess an additional fee to meet urgent financial needs of the association. Any increase in fees whether approved by the GA or by the Executive Committee will become effective on January 1st following the approval.

- 9.2. Meetings of the Executive Committee will be by telephone or other electronic means.
- 9.3 Expenses, such as postage, communication (e.g., telephone & fax), office supplies and any other items approved in the budget incurred by the Officers of LRM in the administration of the affairs of LRM will be reimbursed by the treasury of LRM in Euros.

### **ARTICLE 10 - DUTIES OF THE LRM NATIONAL REPRESENTATIVE**

- 10.1 The National Representative should be an experienced randonneur cyclist, accepted by ACP and committed to adhere to the rules of the ACP for all brevets organized by himself or by his delegates (e.g. verifying the route itinerary and control points).
- 10.2 The National Representative will:
  - 10.2.1 Represent the interest of, and ensure responsible supervision of all LRM activities in their country;
  - 10.2.2 Recommend for approval by the President, the routes selected for brevets of 1200 km or more in their country
  - 10.2.3 Be the official contact between LRM Executive Committee and their member organisation;
  - 10.2.4 Provide the President with relevant news items that may have international interest;
  - 10.2.5 Communicate LRM information and news items to all randonneurs in their country;
  - 10.2.6 Submit to the President, if desired, a report and topics for discussion at the GA, at least six months before the meeting of the GA; and
  - 10.2.7 Represent the views of their member organisation at the GA.

# **ARTICLE 11 - ACCOUNTING**

Les Randonneurs Mondiaux is a non-profit organisation. The financial year will be the calendar year.

### ARTICLE 12 - VOTING AT GENERAL ASSEMBLY

Policies and other administrative issues of the Association, including the content of the Event Regulations, will be amended, adopted or rejected at a meeting of the GA at which they are presented by a simple majority vote of the voting members and voting in favour at the meeting, or expressing such

an opinion to the LRM President by postal or electronic means at least 15 days before the meeting of the General Assembly.

## **ARTICLE 13 - AMENDMENTS**

- 13.1 The Constitution can only be amended at a meeting of the GA by a majority vote of two thirds (2/3) of the voting members and voting in favour at the meeting, or expressing such an opinion to the LRM President by postal or electronic means at least 15 days before the meeting of the General Assembly.
- 13.2 Proposed amendments to the Constitution and Regulations must be forwarded in writing or electronically to the President at least six (6) months before the meeting of the GA. The President will communicate these to all members and request comments, sub-amendments, or counter amendments pertaining to the proposed amendments.
- 13.3 At least four (4) months before the meeting of the GA, the President will send to all members, with the agenda of the GA, all debates, proposed sub-amendments and counter amendments to the Regulations.

# **ARTICLE 14 - SPECIAL GENERAL ASSEMBLY**

Should a grave problem occur, e.g. dereliction of duties by the President or other members of the Executive Committee, LRM Representatives representing at least 25% of voting members may call a special GA by post or electronic means.

# **ARTICLE 15 - SUSPENSION**

Members who become inactive (e.g. do not hold BRM on an annual basis) or are derelict in payment of their annual membership fee may be suspended from LRM by the Executive Committee. Re-instatement is subject to payment of arrears as determined by the Executive Committee.

### **ARTICLE 16 - RESPONSIBILITIES**

The Officers of LRM are not in any way personally responsible for the organisation of randonneur events listed in the annual calendar. These randonneur events are the direct responsibilities of the organising clubs, which listed them in the LRM calendar. The Officers are only responsible for their action in the administration of their duties on behalf of the association.

#### **ARTICLE 17 - DISSOLUTION or LIQUIDATION**

In the event of the dissolution or liquidation of Randonneurs Mondiaux, any assets remaining after all debts and obligations have been honoured shall be transferred to the Audax Club Parisien.



# LRM EVENT REGULATIONS 2019

# 1 BREVETS

- 1.1 Only Les Randonneurs Mondiaux (LRM) has worldwide sanctioning authority for randonneur cycling events of 1200 km and above, excepting the Paris-Brest-Paris 1200 km. LRM registers all such brevets. Each brevet receives a homologation number. These are assigned chronologically based on time of receipt.
- 1.1 To have an event sanctioned by LRM, the event organiser must provide, at a minimum, the following information to the RMR of their country, who will provide the details to LRM.
  - 1.1.1 Name of the event
  - 1.1.2 Distance of the event as specified in 2.3
  - 1.1.3 Location of start and finish
  - 1.1.4 Date of the event;
  - 1.1.5 Name, address, telephone number and email address of the organiser,
  - 1.1.6 Course outline;
  - 1.1.7 List of all control points to include the opening and closing times and the distance between each control;
  - 1.1.8 Details of any requirements specific to their country or club, e.g. the need for insurance, helmets, mudguards, dual rear lights, etc.
- 1.2 The allocated times for LRM sanctioned events are based on an overall average maximum speed of 30kph. Overall average minimum speeds for events shall be as follows
  - 1.2.1 For events from 1200 to 1299 km: 13.33 kph
  - 1.2.2 For events from 1300 to 1899 km: 12 kph
  - 1.2.3 For events from 1900 to 2499 km: 10 kph
  - 1.2.4 For events of 2500 km and above: 200 km per day.
  - 1.2.5 For events where the rate of climbing is greater than 11 meters per kilometer the President will give consideration to requests for extra time. This will normally be based on a 5% allowance for every full m/km of extra climbing. (examples are given in Appendix 3). Specific authority to adopt these allowances must be sought from the LRM President.

- 1.3 Event organisers may, with the permission of LRM, introduce a higher minimum speed category but will not be permitted to deny riders access to the minimum speeds specified in 1.2.1 to 1.2.4
- 1.4 The distance of the course will be determined by the shortest distance between controls capable of being cycled safely on road. The time limits will be calculated by dividing this distance by the overall minimum and maximum average speeds applicable.
- 1.5 For all events the RMR may request permission of the LRM President to approve modifications of the opening and closing time of the control points but only within the total time allocation available. In such circumstances, the RMR will provide appropriate supporting documentation.
- 1.6 It is recommended that all LRM sanctioned events be patterned after the Paris-Brest-Paris and use qualifying brevets to ensure participants are well prepared and non-finishers are minimised.

# 2 HOMOLOGATION

- 2.1 All LRM events of 1200 km or more shall appear in the official ACP and/or LRM calendars of events published at the beginning of each year. It is the responsibility of the event organiser to provide via the RMR the complete information to LRM by 31 October of the year preceding the event. The calendar of LRM sanctioned events will also be published on the web site of LRM, currently at randonneursmondiaux.org and in the bi-annual PRESIDENT'S LETTER to all RMR's.
- 2.2 All events of 1200 km or more to be submitted for homologation by the President of RM will be accepted only if submitted by the RMR of the country.
- 2.3 Homologation of event results by the President of LRM will be chargeable to the relevant national association via the RMR according to charges laid down by the GA and will include, if the organiser has so requested, the cost of any LRM medals allocated.
- 2.4 LRM medals must be ordered by the organiser at the end of the event. Exceptionally they may be ordered though the RMR.

# **3 GENERAL REGULATIONS**

- 3.1 These brevets are open to any amateur cyclist regardless of his or her cycling affiliations and covered by insurance. Any rider under the age of 18 must have the consent of his or her parent or legal guardian in order to take part.
- 3.2 To participate in a LRM brevet a rider must complete a registration form and pay a registration fee set by the event organiser. In some countries, a waiver of liability must be signed.
- 3.3 Each rider must be covered by liability insurance, either by a group policy or by a personal policy.
- 3.4 Any form of human-powered vehicle is acceptable. The only stipulation is that the vehicle must be powered solely by the rider.
- 3.5 During the event, each rider is considered to be on a personal ride. The rider must ride in accordance with all applicable traffic codes and obey all traffic signals.
- 3.6 LRM, event organisers, and the RMR and his/her association cannot and do not accept responsibility for any accidents that may occur during the course of a brevet.
- 3.7 For night riding and at any other times when poor visibility conditions exist (eg rain, fog etc) riders must be equipped with lights and reflective gear deemed necessary by the legal requirements of the jurisdiction or jurisdictions through which the event travels.
- 3.8 LRM recommends that for night riding all riders wear :
   (a) a reflective vest, sash, Sam Browne belt, or something similar that clearly places reflective material on the front and back of the rider and (b) ankle reflectors.

vehicles must be equipped with front and rear lights attached firmly to Lights must be fully functional at all times (Spare lights are

- 3.9 Lights must be fully functional at all times (Spare lights are strongly recommended).. At least one of the rear lights must be in a steady (rather than flashing) mode, depending upon the legal requirements of the country/countries where the event takes place. Riders not complying with all these requirements will not be permitted to start.
- 3.8 Lights must be on from dusk to dawn and at any other times when poor visibility conditions exist (rain, fog, etc.), depending upon the legal
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requirements of the country/countries where the event takes place. Each rider, whether riding in a group or by himself/herself, must comply fully with this requirement. **Everyone must use their lights!** 

- 3.9 All riders must wear a reflective vest, sash, Sam Browne belt, or something else that clearly places reflective material on the front and back of the rider, as required by the laws of the country or countries where the event takes place.
- 3.10 Any violation of these night riding rules may result in the immediate disqualification of the rider.
- 3.11 Each rider must be self-sufficient. No follow cars or support of any kind are permitted on the course. Personal support is only allowed at checkpoints. Violation of this requirement may result in disqualification.
- 3.12 If the organiser creates groups at the start, then, as everyone rides at his or her own pace, a rider may leave the group at any time. No rider can be considered as a group leader. All distinctive signs (e.g. jersey, armband,etc.) or title (e.g. road captain) are not allowed.
- 3.13 All riders are required to conduct themselves in a civil manner and abide by all applicable vehicle codes, laws, and regulations.
- 3.14 All riders are required to respect local customs with regards to decorum.
- 3.15 At the start, each rider will receive a brevet card specifying the location of and time limits for the checkpoints, and route information by GPS tracks or similar and/or traditional cue sheet indicating the route. Riders must stay on the route. If a rider leaves the route, they must return to the route at the same point prior to continuing, i.e. no shortcuts or detours from the route, unless specified by the organiser.
- 3.16 Riders must stop at each checkpoint to have their card stamped.
- 3.17 Organisers may also include unannounced checkpoints along the route. This assures that everyone will stay on the prescribed route.
- 3.18 The organiser must use brevet cards that are acceptable to LRM.
- 3.19 Organisers may have checkpoints with no member of the organising staff present. At these checkpoints riders must get their brevet card stamped at a local establishment that the organiser specifies as a

checkpoint, such as a grocery store or gas station. Checkpoint information to be noted on the brevet card includes the time and the date of passage. Other equivalent methods of verification of passage may be acceptable if agreed with the local RMR, e.g. shop, ATM receipts or photograph with an identifying landmark.

- 3.20 For unmanned checkpoints where no means of getting a stamp is available (arrival in the middle of the night for example), the rider may either (1) mail in a postcard with the checkpoint information (time, date, full name of the rider, and the rider's club affiliation) to the brevet organiser; or (2) write into their brevet card identifying information from a predetermined landmark or sign; or (3) or photograph with an identifying landmark at the checkpoint also noting the time and the and the date of passage. When the rider mails a postcard, the rider should mark his brevet card in the space provided for the checkpoint: PC, with the time and date the postcard was sent. The organiser has the discretion to determine which option is to be allowed for a given checkpoint. Other methods of verification of passage may be acceptable if agreed with the local RMR, e.g. shop or ATM receipts.
- 3.21 Missing checkpoint stamps, missing checkpoint times, or loss of the brevet card (regardless of how far into the ride a rider is) may result in disqualification.
- 3.22 Each rider is responsible for seeing that his/her brevet card is properly completed at each checkpoint.
- 3.23 Overall time limits vary for each brevet according to the distance, as specified in Regulations 1.2.1 to 1.2.5
- 3.24 Additionally, riders must arrive at each checkpoint between the opening and closing times for the checkpoint. These times, calculated on the maximum and minimum average speeds for the event, are noted on the brevet card with the information for the checkpoints.
- 3.25 If a rider arrives at a checkpoint after it has closed and the ride organiser is satisfied that the rider's lateness is due to the occurrence of something unforeseen and beyond the control of the rider (such as stopping to help at a traffic accident, or a road closure), then the ride organiser may waive the fact that the rider arrived at the control late and allow the rider to continue. Poor bicycle or equipment maintenance, fatigue, lack of fitness, hunger, etc. are not unforeseen and beyond the control of the rider and therefore will not serve as a valid reason for being late. Subject to the foregoing, failure to make all

checkpoints, even if the brevet is done within the overall time limit, may result in disqualification.

- 3.26 Any fraud, cheating, or deliberate violation of these rules may result in the exclusion of the rider from all ACP and LRM sponsored events.
- 3.27 At the finish, the rider must sign his brevet card and return it to the event organiser. The brevet card will be returned to the rider after the brevet has been verified and a brevet number issued.
- 3.28 In the event of the organiser losing a brevet card, no replacement to the rider will be made.
- 3.29 These brevets are not competitive events, so no rider classifications are made.
- 3.30 The LRM medals noting the successful completion of the brevets are generic and applicable to all LRM events without distinction by distance or speed. Organisers may provide their own medals, which should be uniform for all riders
- 3.31 A LRM brevet must be done alone and may not be counted as participation in another event held in conjunction with it.
- 3.32 All promotions associated with a LRM event in a particular country, such as classifications, awards, challenges, etc., for the riders and/or clubs, are exclusively the responsibility of the local RMR and his/her association.
- 3.33 Organiser's events can be scheduled only on their geographical area on the LRM calendar, wherever the starting point is located.
- 3.34 If an organiser (in particular a frontier club) proposes to route an event through another country or countries, he/she should seek permission, which will not be unreasonably refused, from the RMR of that country or those countries. In the event of any dispute on this, the LRM President's ruling will be final.
- 3.35 By taking part in a LRM brevet, the riders accept the publication of their identity and the time achieved in the results published by the organisers. Their identity must never be used for commercial purposes or be transmitted to a third party for this purpose.
- 3.36 Support vehicles are forbidden on the riders' official route. Riders who wish to have a support vehicle (even for only one control) must specify it at registration.

- 3.37 When a special route has been provided for support vehicles, riders can meet their support vehicle only at the checkpoints and within 5 km from the checkpoints.
- 3.38 Both the rider and the driver of the support vehicle must sign a binding pledge whereby they assert having been informed about the authorised level of support that can be provided to the rider, that the support crew will comply with the present regulations and that non-compliance is subject to penalties.
- 3.39 When the RMR is of the opinion that local conditions mandate the presence of support cars on the official route, he/she may request that the LRM President consider the relaxation of Article 19.1 regulation
   3.11 in the interests of rider safety and rule accordingly.
- 3.40 LRM and the RMR reserve the right to refuse entry to LRM events and to disqualify riders in case of major transgressions. Official controllers will be clearly identified. Any violation of the regulations recorded by official controllers will be penalised according to the following categories and scale of penalties as set out by ACP for PBP. The current scale ( January 2019) of these penalties is set out at Appendix 4.
- 3.41 SCALE OF PENALTIES

3.41.6 Absence of (or hidden) reflective vest or other such equipment required by law at night2 hours3.41.7 Refusal to obey controllers2 hours3.41.8 Registered vehicle present on the official route.2 hours3.41.9 Support given on the official route, or in the control4 hours	3.41.1 Overtaking official vehicles at the start of the event	1 hour
<ul> <li>3.41.4 Drafting with someone not taking part in the event</li> <li>3.41.5 Environmental pollution</li> <li>3.41.6 Absence of (or hidden) reflective vest or other such equipment required by law at night</li> <li>3.41.7 Refusal to obey controllers</li> <li>3.41.8 Registered vehicle present on the official route.</li> <li>3.41.9 Support given on the official route, or in the control</li> </ul>		1 hour
3.41.5 Environmental pollution2 hours3.41.6 Absence of (or hidden) reflective vest or other such equipment required by law at night2 hours3.41.7 Refusal to obey controllers2 hours3.41.8 Registered vehicle present on the official route.2 hours3.41.9 Support given on the official route, or in the control2 hours	3.41.3 Using a mobile phone if unlawful while riding	1 hour
3.41.6 Absence of (or hidden) reflective vest or other such equipment required by law at night2 hours3.41.7 Refusal to obey controllers2 hours3.41.8 Registered vehicle present on the official route.2 hours3.41.9 Support given on the official route, or in the control2 hours	3.41.4 Drafting with someone not taking part in the event	1 hour
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<ul><li>3.41.8 Registered vehicle present on the official route.</li><li>3.41.9 Support given on the official route, or in the control</li></ul>		2 hours
3.41.9 Support given on the official route, or in the control	3.41.7 Refusal to obey controllers	2 hours
	3.41.8 Registered vehicle present on the official route.	2 hours
		5 hours

#### 3.41.10 Unacceptable behaviour of rider or support crew towards the controllers 5 hours

- 3.42 As far as possible, riders will be informed of the attributed penalty either immediately or at the next checkpoint. Penalties will be noted in the brevet card. They apply to the overall time only.
- 3.43 Penalties may be doubled in the event of further similar offences.
- 3.44 No rider can be stopped because of penalties during the event. It is explicitly stated that riders take part in the event solely at their own responsibility. Any rider passing his or her brevet card to another rider will be disqualified. This action absolves the organisers of responsibility in case of any accident suffered or caused by this other rider during the event.
- 3.45 Any rider who registers for and starts a LRM brevet agrees by these actions to the following:
  - 3.45.1 Any complaint or question concerning a brevet or its organisation must be submitted to the organiser in writing, within 5 days from the finish of the brevet.
  - 3.45.2 The organiser will review the complaint and forward it, within 5 days with a recommendation, to the local RMR of the country where the event takes place for a final decision.
  - 3.45.3 Any question regarding the final decision will be sent with organiser and RMR recommendations to the LRM President for consideration by the LRM Executive Committee.



# APPENDICES

### APPENDIX 1 INTERNATIONAL SUPER RANDONNEUR AWARD

The International Super Randonneur award (ISR) was introduced in 1991 by Audax United Kingdom (AUK). This award, homologated by the President of LRM, is designed to encourage and recognise randonneurs who take part in Randonneur Mondiaux and BRM events in other than their own country. Details are on the LRM website.

#### APPENDIX 2 CHALLENGE LEPERTEL

This LRM award commemorates former ACP President Robert Lepertel who reinvigorated Paris-Brest-Paris and was instrumental in the founding and early development of LRM.

Riders achieve the award by completing different events as follows

(a) 1200 km or longer events in each of 4 consecutive years, the consecutive years to start from the date of the first such 1200+km event ridden by the cyclist.

(b) All events to be 1200+km events registered with LRM, or Paris-Brest-Paris.

(c) The 1200+km events are to be ridden in at least 2 different countries.

Details are on the LRM website.

#### APPENDIX 3 ALTITUDE ALLOWANCE EXAMPLES

Example	Distance (km)	Elevation (m/)	Std pace (km/hr)	Std time	Climbing (m/km)	Extra (m/km)	Extra Allce	Extra time	ALLOWED TIME
LEL	1440	12200	12.0	120:00	8.5	0	0%	0:00	120:00
Alpi 4000	1518	21000	12.0	126:30	13.8	2	10%	12:39	139:09
1001 Miglia	a 1600	20000	12.0	133:20	12.5	1	5%	6:40	140:00
Brasil 1300	) 1300	20000	12.0	108:20	15.4	4	20%	21:40	130:00
Tasmania	1200	15000	13.3	90:00	12.5	1	5%	4:30	94:30

#### **APPENDIX 4**

SCALE OF ACP PENALTIES FOR PBP (at January 2019)

Overtaking official vehicles at the start of the event	1 hour
No lighting at night or under conditions of poor visibility	1 hour
Using a mobile phone if unlawful while riding	1 hour
Drafting with someone not taking part in the event	1 hour
Environmental pollution	2 hours
Absence of (or hidden) reflective vest or other such equipment required by law at night	2 hours
Refusal to obey controllers	2 hours
Registered vehicle present on the official route.	2 hours
Incorrect behaviour of rider or support crew towards the controllers	5 hours
Support given on the official route, or in the control towns, by a non-registered vehicle	5 hours