

# INGLI RUNNERS CONSTITUTION AND RULES

## 1. NAME

The club shall be known as "Ingli Runners".

## 2. OBJECTIVE

To promote amateur athletics. The Club is affiliated to the AAW.

## 3. HEADQUARTERS

The headquarters of the club is Fishguard Leisure Centre

## 4. MEMBERSHIP

a) Membership of the club is confined to Amateurs as defined by UK Athletics in the Rules for Competition Handbook.

b) Application for membership shall be made in writing to the club secretary on the approved form, and approved by a majority of the management committee.

c) Each member shall pay a subscription decided at the Annual General Meeting, fee due 1<sup>st</sup> April annually.

d) Subscriptions must be paid for the current year before the member can compete for the club except where the club choose to waive this rule.

e) Persons may be elected as Life Members of the Club in recognition of services/achievements associated with the Club or athletics in general. Recommendations for these awards must come through the Committee and then be proposed to the membership at the AGM.

f) To resign, a member must inform the secretary in writing.

g) Any member guilty of misconduct (eg contrary to the constitution) may be cautioned once or expelled from the club by a majority decision of the management committee. Any person expelled will have the right to appeal to the management committee meeting called at his/her request not later than 2 weeks from the date of expulsion.

h) AAA Rule 19. The committee shall have the power to expel any member whose subscription is twelve months in arrears provided one months notice in writing shall have been sent to such member by a registered or recorded letter, addressed to his/her last known address, informing him/her of the proposed action of the committee.

The name and address of any person so expelled shall be sent to the Hon Secretary of the AAW.

## 5. CODE OF CONDUCT

Ingli Runners supports a policy of equal opportunity and respect to others, this means high standards of behavior towards other athletes, coaches and officials at all times. Any member who brings the club or athletics generally into disrepute through unacceptable behavior will have his or her membership revoked by the Club Committee.

## 6. MANAGEMENT

a) The management committee shall consist of a Chair, Hon Secretary, Hon Treasurer, and up to 5 "other" members who will all be elected at the Annual General Meeting. The management committee shall total no more than 10 members.

b) The management committee shall meet monthly, with additional meetings for race organisation etc as required.

d) A quorum for the management committee shall be 50% of currently elected members.

e) All decisions will be by majority vote; the Chair shall have a casting vote in the event of a tie.

f) An auditor/s must audit the club accounts before each AGM.

## **7. ANNUAL GENERAL MEETING**

a) The AGM will be held during February and the following business undertaken:

- " The report will be read and discussed
- " The audited accounts will be presented
- " The officers will be elected

b) Each and every member shall be informed, in writing, of the AGM at least one month prior to the meeting. Motions that members wish to be discussed should be submitted in writing to the club secretary at least 2 weeks before the meeting.

c) Standing orders or rules may be changed by a two-thirds majority decision of those in attendance eligible to vote.

d) One fifth of all paid up members will constitute a quorum.

e) To be eligible to vote a member must have subscriptions paid up to date.

f) The Chairman shall have a casting vote.

## **8. CLUB COLOURS**

a) The colours of the club shall be a Black vest with Inqli Runners printed on white band on back of vest. Black shorts.

b) Club colours must be worn by all competitors representing the club at every competitive meeting.

## **9. ANNUAL CHARITY RACE**

An Annual charity race will be organised.

## **10. AMMENDMENTS TO CONSTITUTION**

a) The management committee, by a simple majority vote at a quorum meeting, may propose amendment to the constitution. The changes may be made only at the AGM or an Extraordinary General Meeting called for that purpose. 4 weeks notice must be given for an EGM. A quorum consists of one fifth of the membership. If a two-thirds majority, the amendment passes.

## **11. DISSOLUTION**

a) The management committee, by a two thirds majority at a quorum meeting, may decide to dissolve the club. They must then call an EGM giving 4 weeks notice to all club members. If a two-thirds majority of the club passes, the motion is then dissolved.

b) Upon dissolution any funds remaining after all debts have been met will be donated to a local club to be used in the furtherance of amateur athletics within the region.

Signature Chair

Signature Secretary

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