

PLYMOUTH STRIDERS

CONSTITUTION AND RULES



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1. NAMES AND OBJECTIVES

- a) The Club shall be called the Plymouth Striders (established 15th Sept 2008 and name changed from Widewell striders in April 2013) and herein after may be referred to as the Club or Striders.
- b) The primary objective of the Club shall be to provide for its members such facilities from time to time deemed necessary to further the sport of recreational and competitive running. The Club is open to all, over the age of 16.
- c) The Club shall at all times seek to further the interests of the sport of athletics by all such means as the members consider good and proper. In particular, the Club will pursue this objective by organised instruction and practice and by friendly competitive activities within the Club, and with other Clubs and persons as may be arranged.
- d) The Club shall at all times retain the status as amateur.
- e) The Club shall seek and thereafter continue to remain in affiliated membership of UK: Athletics, and through affiliation to England Athletics (EA), or any successor organisation.
- f) The Club shall do all such things as are necessary to promote the primary objective of the Club.
- g) The Club colours shall be a navy blue.

2. MEMBERSHIP

- a) Membership shall be by application to the committee in writing on a form provided for that purpose. Membership of the Club shall be open, on application, to anyone interested in recreational or competitive running, regardless of gender, disability, ethnicity, race, nationality, sexual preference, occupation, religion, political beliefs or other beliefs. The committee will then decide on the application using a ballot if required. Where disability is noted, the Club may need further guidance from outside sources to fulfil the required need before membership is approved.
- b) Members of the Club are confined to amateurs as defined in the UK Athletics Rules of Competition.
- c) Membership shall continue for so long as members are compliant with the Club Constitution, Code of Conduct and Rules of the Plymouth Striders. The committee have the right to terminate any membership if deemed to have been non-compliant with the above rules.
- d) To resign from the Club a member must inform the Membership Secretary in writing. His/her membership terminates on the date of that notice unless he/she is indebted to the Club, in which case the committee may withhold acceptance until the liability is fully discharged. No refund of subscription shall be made in respect of any un-expired period of membership. Unless deemed otherwise by the committee.

e) **Termination of membership** - From the effective date of cessation of membership all rights and benefits accruing to a member shall cease. The committee shall have the right to terminate membership of a member who has been found guilty of any of the following:

- i. Misconduct as deemed fit by the Club committee.
- ii. Acting in a manner that is likely to bring discredit to the Club.
- iii. Non-payment of subscriptions after a period of 12 months provided a month's notice in writing has been sent to such a member by a registered or recorded letter, addressed to his/her last known address, informing the member of the proposed action of the committee. The name and address of any person so expelled from the Club shall be sent to England Athletics who shall enter the athletes name in a "The Suspension Book" kept for that purpose. Every person entered in a Suspension Book shall be suspended from competing at any meeting held under UK Athletics rules until the liability causing the said expulsion which shall not exceed one year's subscriptions have been discharged. No member whose subscription is in arrears is eligible to take part in any competition promoted by the Club.

N.B. Second Claim members will pay the same fee as competing 1st Claim members and will be entitled to all facilities and services afforded to 1st Claim members.

3. HONORARY MEMBERS

a) An Honorary Membership of the Club may be granted either for the current or forthcoming year at the discretion of the elected committee. Honorary life membership may only be approved at a general meeting. The chair will have the deciding vote if deadlock is reached.

4. PRESIDENCY

a) The Honorary position of President may be granted annually after approval at an Annual General Meeting nominated by the committee members and ratified by the Club members. The President shall not be a member of the committee, but may be invited to committee meetings as required by the committee.

5. OFFICERS

a) The Officers of the Club shall consist of Chairman, Secretary, Membership Secretary and Treasurer. All officers shall take office as from such time after the election as is comparable with the proper continuance of official duties.

- i. **Chairman** - The Chairman shall chair all committee meetings and have the casting vote at any General or committee meeting. The Chairman shall take office from the close of the Annual General Meeting.

- ii. **Club Secretary** - The Secretary shall be responsible for the administration of the Club and shall be the named contact with the governing bodies. The committee may elect other members to assist the Secretary with administration of various aspects of the Club when deemed necessary.
- iii. **Treasurer** - The Club Treasurer will ensure proper accounts are kept and provide Committee Members with accurate financial reports on at least a quarterly basis. The Club's financial records shall always be open to inspection by any eligible member of the Club. The Treasurer shall keep such financial records as are necessary to maintain strict control of the Clubs financial affairs. The treasurer will maintain a record of members and their subscriptions. Liaise closely with the Membership secretary for the list of members and all other matters concerning financial matters ascertaining to the Club.
- iv. **Membership Secretary** – The membership secretary shall be responsible for all matters arising ascertaining to the general wellbeing of the Club and its members. This shall include all Club applications and membership fees – (work closely with the treasurer).
- v. **Ordinary Committee Member** – The Ordinary committee member shall aid the committee by undertaking task and roles to facilitate the day to day operation of the Club. He/she shall also have voting rights at any committee meeting. This position may be without a general task but is seen by the committee as a general position that makes up the 5th member of the elected committee.

6. COMMITTEE

- a) The committee shall consist of the officers listed in 5 and any other such members as are deemed necessary and ratified at an Annual General Meeting or Extraordinary General Meeting. Committee members shall remain in office for a period of 1 year.
- b) The committee shall set up sub-committees as required to manage specific projects, these sub committees can take appropriate action on any matter related to the project, but this action must be ratified at a full committee meeting unless the sub-committee is empowered to take the said action without final ratification. The chairman will have the casting vote on any indifference between the Club committee and any sub committees formed.

7. ELECTION OF OFFICERS

- a) Any member may be nominated by any other two members, with his/her approval. As a candidate for any of the post of officers shall be elected by a ballot at the Annual General Meeting and shall serve for a period of twelve months. Nominations must be submitted in writing before the AGM (including Email) to the Club secretary.

- b) An officer or committee member may be removed from office at any time by a majority vote at an Extraordinary General Meeting.
- c) Elected committee members shall attend all meetings as far as is practicable. Failure to attend meetings on three consecutive occasions may be deemed to constitute a resignation from the committee but not the Club.
- d) The committee shall have the power to appoint a member to fill any casual vacancy on the committee or amongst the honorary officers until the next AGM.

8. FUNDS / ACCOUNTS

a) **Funds** - The funds of the Club shall be applied solely and only to carry out the objects of the Club.

- i. Finance shall be raised by subscriptions which shall be agreed at the Annual General Meeting for the ensuing year.

- ii. Finance shall be raised by such other means as are deemed proper by the committee.

d) **Subscriptions** - Subscriptions shall be set at a level to ensure the proper functioning of the Club for the forthcoming year, after other reasonable anticipated income and funds are taken into account. These Subscriptions will include the fees paid to England Athletics on behalf of each eligible member.

e) **Weekly Subscriptions** - Weekly subscriptions are due every Mondays and Thursdays at Club meetings. Annual Subscriptions shall be due on the 1st April following the Annual General Meeting.

f) A refund or reduced subscription may be made at the discretion of the committee if certain Circumstances exist. And where circumstances exist a payment programme may be deemed necessary- this will be decided by the Treasurer and the committee on an individual and confidential basis.

g) **Cheques** - All cheques drawn on the Club accounts shall be signed by two of the approved signatories, one of which should be the treasurer if that is practicable.

h) **Audit – Auditing of the finances**

- i. The Clubs accounts and books should be audited independently of the committee.

- ii. The auditors shall have access to all books, accounts and records as they deem necessary for the completion of the audit.

- iii. The audit shall be carried out annually in advance of the Annual General Meeting.

- iv. The auditors shall sign the balance sheet and supporting accounts to certify that, in their opinion, the balance sheet and accounts are a true and fair record of the Club's affairs.

9. AGM – ANNUAL GENERAL MEETING

- a) An Annual General Meeting shall be held before the end of March each year.
- b) The following business shall be undertaken.
 - i. The Club committee reports will be read and discussed.
 - ii. The accounts will be audited and available.
 - iii. The committee members will be elected for the new Club year.
 - iv. Any other matters on the Agenda will be considered.
- c) The Club Secretary must give every member 21 days' notice of the meeting.
- d) Notice of any business which it is desired be placed on the agenda must be given to the Club Secretary or Chairman at least 14 days prior to the meeting.
- e) Amendments to the Constitution may be changed by a two thirds majority decision of eligible members in attendance and entitled to vote at the meeting.
- f) All routine matters will be decided by a majority vote of eligible members in attendance at the meeting.
- g) Any member who is in arrears for either subscriptions or fees unpaid shall not be entitled to vote at an AGM.
- h) The Chair shall have the casting vote.
- i) The Annual General Meeting shall elect from those present a representative (preferable someone who is respected by all present and is seen as independent and fair) who will oversee any elections conducted at the meeting.

10. EGM – EXTRAORDINARY GENERAL MEETING

- a) An EGM can be called by any member giving 3 weeks' notice to the Club Secretary. You have to specify the place, day and time of the meeting.
- b) The Secretary shall, on the receipt of request convene a Special General Meeting within 3 weeks, stating the business to be raised. No other business is to be discussed at this meeting.
- c) A meeting will not be called if less than 6 members entitled to vote at such meetings agree on the said business.

11. CONSTITUTION / CODE OF CONDUCT

- a) The Club Constitution may be added to, repealed, or amended by resolution at any Annual or Special General Meeting carried by a majority of at least two-thirds of the members voting thereon.

b) The committee shall be the sole authority for the interpretation of the Constitution and Code of Conduct.

c) The Club's Code of Conduct is attached to this Constitution.

12. DISSOLUTION OF THE CLUB

a) If at any Special General Meeting a resolution for the dissolution of the Club shall be passed by a majority of the members present, a further Special General Meeting shall be convened, to be held no less than 2 weeks thereafter (of which 1 weeks' notice shall be given to each member in addition to the provisions and notices), to further consider the matter.

b) The members of the Club may vote to wind up the Club if not less than three quarters of those present and voting support that proposal at a properly convened special general meeting. If successful, the committee shall proceed to release the property of the Club and discharge all liabilities.

c) Any property remaining after the discharge of debts. And liabilities of the Club shall be paid to or distributed to another community amateur sports Club for road running or athletics. Any other charitable organisation having similar objects and affiliations may be nominated at the special meeting.

13. MISCONDUCT OF MEMBERS

a) No unauthorised gambling, drunkenness, bad language or such other misconduct as deemed improper by the committee shall be permitted on any Club activity,

b) Any officer or member of the Club becoming aware of such misconduct shall report it to the Committee.

14. REDRESS OF COMPLAINT

a) Any member on giving written notice to any member of the committee may request attendance at a Committee meeting for a personal hearing on any matter relating to Club business, such meeting to be held within 1 month from the date of the notice.

15. BYELAWS

a) The Committee is empowered to make such byelaws as may be deemed necessary for the good government of the Club provided that no such byelaws be in contradiction of the constitution and rules here stated.

16. RESPONSIBILITIES

The Club shall accept no responsibilities other than those imposed by legislation.

17. LONDON MARATHON - EA ALLOCATED ENTRY

- a) The Plymouth Striders currently receives 1 automatic entry into the London Marathon.
- b) All applicants wishing to enter the ballot for automatic entry must fulfil the following club criteria.
- c) You must have been refused entry to the London Marathon (for the current year). You must present your refusal letter to the committee who will verify your claim. Your name will then be put into a draw.
- d) The draw will then be drawn by an independent person not entering the draw.
- e) 2 names will be picked out of the draw 1st and 2nd place. In the event that the first placed runner cannot run. The place will be given to the 2nd place name.

18. CODE OF CONDUCT – ATTACHED BELOW

Plymouth Striders Code of Conduct: These points are all of equal importance and so in no particular order. See separate document for Code of Conduct signature sheet.