

LORDSHILL ROAD RUNNERS
(Affiliated to: England Athletics, SEAA and HAA UKA)

CONSTITUTION

1. TITLE The name of the Club is **Lordshill Road Runners.**

2. OBJECT The objective of the Club is the promotion and enjoyment of running and the Club is a non-profit making organisation.

3. HEADQUARTERS The Headquarters of the Club is Oasis Academy Lordshill, Fairisle Road, Lordshill, Southampton.

4. COLOURS The official Club colours are: a white vest or crop top with red, blue and red diagonal stripes on the front and 'Lordshill Road Runners' printed on the back. Blue shorts.

5. MANAGEMENT The Management of the Club is vested in a Management Committee consisting of Chairperson, Secretary, Treasurer, Membership Secretary, Magazine Editor, Events Secretary, Men's and Women's Captains, Club Coach and at least two general Committee members and such other members as a General Meeting shall decide; all to be elected annually by paid up members with five Committee members to form a quorum. The maximum period that a member may serve as Treasurer is three consecutive years. The Committee has the power to fill any vacancy which may arise. The Committee may delegate any of its powers to a person or persons nominated by it.

6. MEMBERSHIP Membership of the Club is confined to Amateurs aged 17 years and over. Applications for membership must be made in writing and agreed by the Committee. Club members are automatically affiliated to England Athletics who hold details of individual members for administration purposes.

7. RESIGNATION A member intending to withdraw from the Club shall give notice in writing to the Club Secretary, and membership terminates on the day after settlement of all Club debts.

8. SUBSCRIPTION The Annual Subscription of the Club can only be agreed at the Annual General Meeting. The Management Committee shall have the power to expel any member whose subscription is six months in arrears provided a month's notice in writing shall have been sent to such a member by

a registered or recorded delivery letter, addressed to their last known address, informing them of the proposed action of the Management Committee. No member whose subscription is in arrears is eligible to take part in any competition as a representative of the Club.

9. MISCONDUCT Any member whose behaviour brings discredit to the Club or the sport may be disciplined by the Management Committee. Should any Member's conduct render it necessary, he or she may be expelled from the Club membership by a vote of not less than $\frac{3}{4}$ majority at a Management Committee meeting of which all members of the Management Committee must be officially notified by the Secretary with details of any such intention, in accordance with UKA Rules.

10. ANNUAL GENERAL MEETING (AGM) and SPECIAL GENERAL MEETING (SGM). An Annual General Meeting shall be held in September to receive the Committee's report and financial statement, elect Officers and Management Committee, agree the Club Championship Race and deal with any other matter specified on the Agenda. The Secretary must call a Special General Meeting if requested in writing by the Management Committee or ten members. The Secretary must give every Member 28 days' notice of either an AGM or SGM. Notice of any Agenda items must be given in writing to the Secretary at least 14 days prior to the Meeting. The Secretary must ensure the Agenda is published on the Club notice board and on the Club website at least 7 days prior to the meeting and ensure members are informed of this.

11. ALTERATIONS TO CONSTITUTION No alterations or additions may be made to the Constitution except by an Annual General Meeting or a Special General Meeting called for the purpose. Notice of any proposed amendment must be given as provided in Rule 10 above.

12. CLUB PRIZES The Club championship prize can only be awarded to a first claim member. Members belonging to other clubs are eligible for other club prizes for events run as members of Lordshill Road Runners.

13. DISBANDMENT Should the Club have to be disbanded for any reason any remaining funds and assets shall be donated to a registered charity after all debts and liabilities have been discharged as decided upon at an SGM. Constitution **agreed** at AGM on 26th September 2005.

Amended: at AGM on 24 September 2007.

Amended at AGM on 29th September 2008

Last amended at AGM on 28th September 2009