

PLYMOUTH HARRIERS

CONSTITUTION and RULES



TITLE

The Club is to be called Plymouth Harriers.

HEADQUARTERS

The headquarters shall be situated at Derriford Health & Leisure Centre, Derriford Hospital, Plymouth.

OBJECTIVES

The objectives of the club shall be:-

- a) To encourage cross country and road running.
- b) To provide a foundation of competition, coaching and experience upon which present and future members can build successfully and progressively.

AFFILIATION

The club shall be affiliated to UK Athletics (UKA) and England Athletics.

MEMBERSHIP

Membership is open to male and female amateurs from the age of seventeen years. UKA define an amateur as *a person who is eligible to compete under the rules of UKA.*

On joining a member becomes a registered athlete. A registered athlete holds a competition licence which is issued by England Athletics.

The payment of a joining subscription shall be £16. This includes a club vest. A candidate for membership must apply in writing to the new members' secretary using the appropriate form at least 4 weeks after their first visit to the Club. Membership shall be effective only after a subscription has been paid.

The maximum number of members allowed in the club shall be 150, comprising of runners and non-runners.

Membership is open to non-runners. The payment of a joining subscription shall be £3 annually.

Candidates for membership must apply in writing using the Club's 'non-active' form.

Honorary membership may be awarded by the committee to a member, who in the opinion of the whole committee, has contributed substantially to the well being of Plymouth Harriers.

SUBSCRIPTIONS

Subscriptions shall be due:-

- a) Annually at £40 pa. Post dated cheques are not accepted.
- b) Annual subscriptions shall be paid on joining and thereafter shall be due on January 1st.

Any member who has not paid their renewal subscription by 31st January shall be liable to pay a rejoining fee of £16.

TERMINATION OF MEMBERSHIP

In accordance with the rules of UK Athletics, a member remains as such even if he/she allows his/her subscription to lapse, until he/she either resigns in writing or is expelled.

It is the individuals' own responsibility to inform England Athletics if they wish to change clubs. Forms and information on the process can be found on the England Athletics website - www.englandathletics.org. Failure to do so could result in a 2 year ban before being eligible to run for another club.

The committee has the power to expel any member whose subscription payment is 4 weeks in arrears providing one month's notice is given of the intention. Such notice shall be given in writing.

The committee has the power to ban/suspend anyone who has been found guilty of cheating, taking illegal substances or bringing the name of Plymouth Harriers into disrepute. The length of the ban being at the discretion of the committee.

ANNUAL GENERAL MEETING (AGM)

An annual general meeting of the Club shall be held on the first Wednesday of June annually. The Secretary shall provide 4 weeks notice to advertise for an agenda. Items for the agenda must be in writing and will close 7 days prior to the AGM. There will be no other business at the AGM. There will be no Club run at the AGM and all members are requested to attend.

The following positions will be held in the Club and form the Committee.

Chairman
Vice Chairman
Treasurer
Club Secretary
Club kit secretary
Race Records Secretary
New Members Secretary
Social Secretary
Men's Team Captain
Ladies Team Captain(s)

Nominations for Club officers will be accepted before the AGM. The nominations shall comprise a proposal supported by a seconder from fully paid up members. Club officers will be confirmed or elected at the AGM. Names and positions will be displayed on the Club notice board and must be completed by 6.30pm, 7 days prior to the AGM. Any vacant positions can be filled at the AGM.

The government of the club shall be vested in the Committee. All club officers listed are entitled to vote in the Executive Committee. The Executive Committee shall be responsible to the members of the Club for the administration of the Club.

The Committee shall meet once every 6 weeks, or earlier if deemed necessary by three or more officers of the Club. Five shall form a quorum, one of whom is to be the Chairman or the Vice Chairman.

CLUB COLOURS/VEST/KIT

The vest shall be red/white/blue vertical panels. A red panel on the front of the vest and a blue panel on the back of the vest with white panels down each side of the vest, with the words PLYMOUTH HARRIERS on both the front and the back.

Club vests are to be worn by all Club members when competing for the Club.

All kit acquired for the purpose of representing the Club must be approved by the Committee.

CLUB ACCOUNTS

Accounts are available for inspection by any member. Accounts may be audited by England Athletics at any time. At each AGM, two club members are elected as auditors for the following year. The club auditors are to spot check cash, bank account and stock during their period as Club auditors. They are to report back, in writing, their findings to the Chairman who will publish the results.

TRANSPORT

Team captains will arrange transport to races where necessary, keeping the Club secretary and Treasurer informed at all stages of transport procurement. Club transport should be used where possible to engender Club spirit.

FIXTURE CARDS

Team captains shall co-ordinate a fixtures list of races to be displayed on the notice board and in the newsletter. This should cover a 4 month period. The Race Records secretary will keep a log of all results.

DUTIES OF MEMBERS

No Club can function without the full co-operation of its members. It is essential and fair that once a member has committed him/herself to represent the Club that he/she honours that commitment. Members who are unfit or no longer active can put their knowledge and experience to useful purpose by helping develop new members of the Club at training evenings and races.

The Club code of conduct whilst representing the Club shall be to observe traffic rules, look out for pedestrians and remember that safety is paramount. Members should also be aware of their general conduct whilst representing the Club in any capacity. The Committee has the power to ban/suspend any member who brings the Club into disrepute by their misbehavior.

ANNUAL SOCIAL

An annual social event will be arranged, usually in December, providing an opportunity to formally present the Club trophies. All members should endeavour to be present on this occasion.

TROPHIES

The Club has 2 trophies that are awarded at the discretion of Club members on ballot papers. The Club secretary shall produce ballot papers at the beginning of each November annually.

- a) Male runner of the year – awarded by the Club members.
- b) Female runner of the year – awarded by the Club members.

A Committee trophy is awarded by the Committee to the Club member who in the opinion of the Committee has contributed most to the Club's activities during the last 12 months.

CLUB TRAINING RUNS

Wednesdays

A route of the Wednesday run will be displayed in the Club. Members are to adhere to this route. If they wish to alter a route they are to verbally inform a Committee member before the run. This precaution is a safety measure in the interest of all club members. The Club will accept no responsibility for insurance claims if this precaution is not taken. The Wednesday run will commence at 18.30 hours (6.30pm) at the Derriford Health and Leisure Centre, Derriford Hospital, Plymouth.

Sundays

The Sunday run will commence from 0730 hours (7.30am) at the Devonshire Health and Racquet Club, Plymbridge Lane, Derriford, Plymouth.

CROSS COUNTRY

The team captains shall encourage all members to participate in the Westward League Cross Country races.

AWARD SCHEME

The club shall run an award scheme where runners reach a standard of bronze, silver, gold or diamond, in races of different lengths ranging from 1 mile to a marathon. The times required for each standard are dependant upon age and sex, and can be found on the notice board. Once a runner has reached a standard in 5 different events, he/she will be awarded a T shirt to the level achieved.

COACHES

The Club only recognises a UK Athletics qualified coach. Only coaches qualified at level 2 and above are insured by UK Athletics. Anyone taking advice of persons other than a qualified coach do so at their own risk.

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 Extraordinary General Meeting giving 21 days notice in writing to all Club members.
- b) Alternatively 20 ordinary paid up and voting members may petition the Club Secretary in writing to call an Extraordinary General Meeting with respect to calling the meeting and voting at it.
- c) If the motion is passed by a two-thirds majority at that meeting then the Club is dissolved.
- d) Upon dissolution any funds remaining after all debts have been met will be donated to England Athletics or successor body to be used in the furtherance of amateur athletics in the County.

