



SOLE SISTERS RUNNING CLUB RULES & CONSTITUTION

1. Name

(a) The club shall be known as Sole Sisters Running Club. The Club will be run as a not for profit organisation and will be affiliated to England Athletics as part of UK Athletics / or any other organisation which supports the sport of running and will abide by the rules of these bodies.

2. Objective

(a) The objective of the Club shall be to promote and enjoy amateur running, on and off-road and other associated activities. The Club ethos will be to extend a welcome to women runners of all standards and to be open and inclusive. The Club will adopt best practice in fairness, equal opportunities and equity in running.

3. Membership

(a) Application for membership shall be in writing to the Membership Secretary.

(b) Each member shall pay a subscription in April of each year, the amount to be paid will be decided by the committee prior to the Annual General Meeting.

© Subscriptions must be paid for the current year before the member is eligible to compete for the Club or use the name of the Club on any application to compete as an individual in any event.

(d) To resign, a member should inform the Membership Secretary either in writing or via e-mail.

(e) Any member guilty of misconduct (eg. Behaviour contrary to the Constitution or behaviour detrimental to the Club and its interests as judged by the Committee) may be cautioned or expelled from the Club by a majority decision of the Committee. Any person expelled will have the right to appeal to the Committee meeting called at her request not later than four weeks from the date of expulsion.

(f) If a member of the club fails to pay their subscription within two months of the due date (the due date being 1st April of each year) then their membership of the club will automatically cease. Such a person will not be entitled to any of the benefits/ privileges of being a paid-up club member. In these circumstances membership can only be resumed by the individual concerned by payment of the subscription fee.

(g) An Honorary Life Membership can be given by the Committee.

(h) As a condition of membership, the club member agrees to assist with the organisation in at least one Sole Sisters organised event (eg. The Bradley Stoke 10k).

4. The Committee

- (a) The committee shall consist of the Chairperson, the Club Secretary, Club Treasurer, Bradley Stoke 10k Chairperson, Lead Coach and up to five other members who will be elected at the time of the Annual General Meeting. All members of the Committee must be paid up members of the Club and at least 16 years of age.
- (b) The Committee shall meet on at least a quarterly basis.
- © A quorum for the Committee shall be half of the elected number, at least five committee members.
- (d) All decisions will be by a majority vote, and the Chairperson shall have a casting vote in the event of a tie.
- (e) The Committee has the power:
- (i) to co-opt up to three extra members
 - (ii) to propose changes to the Rules and Constitution
 - (iii) to form a sub-committee as and when considered necessary
- (f) the Committee can only use monies raised by way of members' subscriptions for Club purposes, and only for charitable donations agreed by a majority vote of the Committee.
- (g) If a situation should arise where there is a large surplus in the accounts, then that money should be used to reduce subscriptions, subsidise club events (such as the annual party, club travel to an event etc).
- (h) New appointees to the Committee can be nominated by a paid club member and the final decision/seconded by a majority vote of the Committee members.
- (i) All members of the committee who wish to stand for the forthcoming year has to be re-nominated individually at least 14 days prior to the AGM.
- (j) The information on the application form will be regarded as confidential it will be computerised and the information will only be available to the Club Chairperson and Club Secretary.
- (k) Bank accounts shall be maintained with a convenient bank in the name of the club.
- (l) All cheques payable on the account must be signed by the Treasurer and either the Secretary, Chair or other nominated member, approved by the committee.

5. Annual General Meeting

- (a) the Annual General Meeting (AGM) will be held during March of each year. Club members will be given a minimum of 28 days' notice of the date of the AGM and the following business will be undertaken:
- (i) a summing up of the previous membership year by the Chairperson
 - (ii) a summary of the financial accounts
 - (iii) confirmation of the officers/ committee members elected or still standing
- (b) Motions to be discussed must be submitted in writing to the Club Secretary at least two weeks before the meeting. All motions presented at the AGM have to be voted on and not just discussed.
- © Standing Orders or Rules and Constitution may be changed by a two thirds majority decision of those attending the AGM.
- (d) Only paid up members of 16 years or over will be eligible to vote.
- (e) The Chairperson shall have the casting vote.
- (f) In addition to the AGM, members are entitled to call an Extraordinary General Meeting (EGM):
- (i) an EGM can be called by ten ordinary and paid up members petitioning the Club Secretary in writing.

- (ii) an EGM must be held within four weeks of such a petition being received by the Club Secretary.
- (iii) voting rights at the EGM are as at the AGM.

6. Club Awards

- (a) The Hilary Jennings (Club Person of the Year) Award/ Cup shall be presented annually to the club member who has done exceptional work or an achievement on behalf of the club during the year. The committee should vote for the recipient of this award prior to the annual awards party.
- (b) The Dr Becks Award shall be presented annually to the club member who has most improved their ability/ or overcome extraordinary circumstances. The committee should vote for the recipient of this award prior to the annual awards party.
- (c) All other categories of awards should be agreed by the Committee for voting purposes 30 days before the annual awards party.

7. London Marathon Numbers

The club applies for and usually receives two guaranteed London Marathon entries.

The allocation will be decided by pulling names/ envelopes during December. Eligibility for the ballot will be based on:

Frist claim club members must have been a member of Sole Sisters since the marathon of the preceding year of entry

- Not run London Marathon before in any capacity
- Hold a rejection slip from London Marathon ballot
- Have attended club evenings at least once per month for 10 months during the Marathon year (the committee will take into consideration any non-attendance due to injury)
- The committee's decision of eligibility for a guaranteed Sole Sisters club place is final

8. Club Colours

- (a) the colours of the Club shall be Royal Blue and Silver and displaying the club logo.
- (b) Club colours should be worn by all competitors representing the Club at every competitive meeting.

9. Amendments to the Constitution

The Committee, by a two thirds majority at a quorate meeting, may propose amendments to the Constitution. The changes may only be made at the AGM or an EGM. If the motion is passed by a two thirds majority and the meeting is quorate, the amendment to the Constitution will be adopted.

10. Dissolution

(a) The Committee, by a two thirds majority at a quorate meeting, may decide to dissolve the club. They then must call an EGM, giving four weeks' notice to all club members. The dissolution of the club will only be effective if made at the AGM or an EGM. If the motion is passed by a two thirds majority and the meeting is a quorate, the Club is then dissolved.

(b) Upon dissolution, any funds remaining after all debts have been met will be distributed (or donated) to a purpose agreed by the Committee.

This amended Constitution was adopted by the Committee at an AGM held on March 21st 2018.

Signed.....

Chairperson Penny Greenwood

Signed.....

Club Secretary Sarah Bradley