

PLYMOUTH HARRIERS

CONSTITUTION and RULES

1.TITLE

The Club is to be called Plymouth Harriers.

2.HEADQUARTERS

The headquarters shall be situated at Lipson Cooperative Academy, Lipson, Plymouth, PL4 7PG

3.OBJECTIVES

The objectives of the club shall be:-

- 1) To encourage cross country and road running.
- 2) To provide a foundation of competition, coaching and experience upon which present and future members can build successfully and progressively.
- 3) To foster an environment where runners of ALL abilities feel and are supported.

4.AFFILIATION

- 1)The club shall be affiliated to UK Athletics (UKA) and England Athletics.
- 2)The club shall be affiliated to The British Triathlon Club. £105 per year which the club will fund.

5.MEMBERSHIP

Membership is open to male and female amateurs from the age of 14 years old. A person under the age of 18 years is to have written permission by a parent or guardian stating they are willing and supportive for the individual to participate within Plymouth Harriers. The club is to appoint a Welfare Officer/Child Person Officer who will hold a current Disclosure Barring Service check, in line with Government legislative requirements.

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 £42. A club vest is £20. A candidate for

membership must complete an application form via the club secretary providing full details 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 250, comprising of a mix of runners and non-runners.

Membership is open to non-runners (social membership). Social membership will permit attendance of social events but will not permit entry to races as a Plymouth Harrier nor does it include UKA membership. The payment of a joining subscription shall be £5 annually. Candidates for membership must apply in writing using the Club's 'non-active' form.

Honorary/Life 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.

6.SUBSCRIPTIONS

Subscriptions shall be

- a) Annually at £42pa. Students, Service people, OAPs & 2nd Claim Members £26
Post-dated cheques are not accepted.
- b) Annual subscriptions shall be paid on joining and thereafter shall be due on 1st April

Any member who has not paid their renewal subscription by 30 April shall be liable to pay a re-joining fee of £16.

7.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 authority 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 authority to ban/suspend anyone who has been found guilty of cheating, taking illegal substances or, in the opinion of the Committee, bringing the name of Plymouth Harriers into disrepute. The length of this ban will be at the discretion of the Committee.

8.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 encouraged to attend.

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

Chairperson

Vice Chairperson

Treasurer

Club Secretary

Race Records Secretary

New Members Secretary

Social Secretary

Social Media & Website Secretary

Men's Team Captain(s)

Ladies Team Captain(s)

Cross Country

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. In terms of best practice and fairness, if more than one person is proposed, then those persons shall leave the room for the remaining members to vote with a show of hands. In the event of an even vote, the

Chairperson/Vice Chairperson will have the casting vote. You must be a club member for a year before you can be selected to the Committee.

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 per month 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 Chairperson or the Vice Chairperson. Committee members are expected to attend all meetings. If Committee members miss 3 consecutive meeting then the Committee have the authority to dismiss the individual/s within this position.

9.CLUB COLOURS/VEST/KIT

The vest shall be red/white/blue colours. PLYMOUTH HARRIERS on both the front and the back of the vest.

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.

10.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.

11.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 support Club members, in particular with Cross Country events.

12.FIXTURE CARDS

Team captains shall co-ordinate a fixtures list of the cross country races and encourage members to provide information about other races available to members. This can be displayed on notice board or via newsletter.

The Race Records secretary will keep a log of all results.
The Chairperson is to keep all members up to date with club information in conjunction with Vice Chairperson and Club Secretary via emails, website and social media.

13.DUTIES OF MEMBERS – HEALTH AND SAFETY

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 no longer active for whatever reason should be encouraged to put their knowledge and experience to useful purpose by helping develop new members of the Club at training evenings and races.

On club nights it is important for the health and safety of each other that **no members are to use stereo headphones when they are out running**. This is for the benefit of observing traffic rules, pedestrians and fully aware of staying with their group.

The Committee has the authority to ban/suspend any member who, in the opinion of a majority of the Committee, brings the Club into disrepute by their misbehaviour.

It is legislative requirement that each group must have a recognised running Leader who will take the responsibility of leading the group. For health and safety reasons they are to carry a mobile telephone with them and should report to any Committee Member if there are experiencing any difficulties when out running within a group.

14.CLUB TRAINING NIGHTS

Tuesday evening's speed/interval session is coached by John McGhee, a recognised coach. In his absence John McGhee will identify another suitably qualified person to lead the session. Any club members wishing to attend this session are to meet at Brickfield track at 6:30pm finishing by 8pm. Participation is encouraged for all abilities.

Wednesday is club night. The Wednesday run will commence at 6:30pm Lipson Cooperative Academy, Lipson, Plymouth, PL4 7PG after club announcements .

Each group will have an identified Leader who will inform a Committee Member if the group is expected to return later than 8pm. For health and safety reasons one member of the group is expected to carry a mobile telephone with them and should report to any Committee Member if there are experiencing any difficulties when out running within a group.

Brickfields Saturday morning track session is available to all fully paid members of any ability. Any member who is a qualified Leader is encouraged to participate within these sessions alongside a qualified coach. Plymouth Harriers are fully active within these sessions. The session begins at 10am and finishes at 12pm.

Sunday morning runs commence at 7:30am/8am from various locations within Plymouth. Plympton Pool is to date identified as main meeting point.

15.CROSS COUNTRY

The team captains shall encourage all members to participate in the Westward League Cross Country races. The club will fund this event and will if provide transport to such events.

16.ANNUAL SOCIAL

There will be two social annual events each year – The Summer Ball (July) and The New Year Awards event (January). The New Year Award event will provide the opportunity to formally present Club trophies. All members should endeavour to be present on this occasion. At this event the following trophies will be presented:

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

- a) Male runner of the year – awarded by the Club members.
- b) Female runner of the year – awarded by the Club members.
- c) Chairperson award – at the discretion of the chair person
- d) New Improver Award – awarded by the Committee
- e) New Beginner Award – awarded by the Committee
- f) Recovered Runner Award – awarded by the Committee

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.

17.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 voucher to the level achieved.

18.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.

The club must have qualified Leaders to take a group – at the Committee's discretion the club will fund this qualification.

19.SOCIAL MEDIA

Factual information on anything running related ie events, races, training runs, club meetings, injuries, recommendations for products or services are all helpful and should be shared but avoid posting views on individuals as there are laws covering false and damaging (defamatory) comments which are published on-line or printed. Publishing them is considered libel and offended individuals can sue for money.

The Facebook page is monitored and any inappropriate comments and photos will be removed. Any members who misuse the Plymouth Harrier Facebook will be blocked from using it. You are responsible for what you write so please exercise good judgement and common sense.

20.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.

