



Alchester Running Club T&C's / Rules

Club Website www.alchester-runningclub.co.uk

Founded 1999

Affiliated to SEAA and Oxon AA

1. **Title.** The name of the club is Alchester Running Club.
2. **Headquarters.** The headquarters of the club is Bicester Sports Centre, Queen's Avenue, Bicester, Oxon.
3. **Objective.** The objective of the club is: 'To promote running'.
4. **Management.** The management of the club is vested in a committee of members who shall be elected annually. The committee shall consist of: Chairman, Vice Chairman, Honorary Secretary, Honorary Treasurer, Membership Secretary plus other members as deemed necessary. The committee has the power to fill any vacancy that shall arise, only first claim members shall sit on the committee. The committee has the authority to appoint sub-committees as and when required.
5. **Membership.** Membership is confined to amateurs as defined by the UK governing body. A candidate must apply in writing on a form provided for that purpose and each application shall be considered by the committee.
6. **Resignation.** A member intending to resign from the club shall give notice in writing to the Membership Secretary and their membership shall terminate from the date the letter is received. No member can enter and compete in affiliated races as a member of the club unless his/her membership fees are fully paid.
7. **Subscription.** The annual subscription fee shall be payable on acceptance of a new member's application and subsequently on 1st April each year. The level of subscription fee shall be set by the committee for endorsement at the A.G.M.
8. **All funds.** The income and expenditure of the club shall be recorded by the Treasurer. The club's annual accounts shall be open to scrutiny and a financial report, verified by an independent auditor shall be presented by the Treasurer at each AGM. The club's funds shall only be used in furtherance of the club's specified aims and objectives. A quorum of the committee (at least 4 members, including at least two officers) shall have the authority to call for immediate reports. The committee shall have the power to reduce or waive the membership fee in cases of known hardship. All claims for such exemption will remain in the strictest confidence.
9. **Annual General Meeting.** The Annual General Meeting shall be held during the month of January each year to receive the committee's report and financial statement, elect officers and committee and deal with and other matter specified on the agenda. The Honorary Secretary must give members 21 days notice of the meeting, and notice of any proposed item on the agenda must be given to the Honorary Secretary at least 14 days prior to the meeting.
10. **Extraordinary Meeting.** An Extraordinary Meeting must be called by the Honorary Secretary within 14 days of receipt by him/her of a notice in writing signed by at least ten members of the club, stating business to be brought before such a meeting.
11. **Alteration of Rules.** No alteration or addition may be made to the rules except by an Annual General Meeting or an Extraordinary Meeting called for the purpose. Notice of any proposed amendments must be given as provided in rules 10 and 11.

12. **Notice of Meeting.** The Honorary Secretary shall give at least seven days notice of the time and place of any General Meeting, along with the business to be dealt with at such meeting. The agenda is to be posted on the Club Website (or sent by post) at least seven days prior to the meeting in question.
13. **Club Colours.** The club colours are as follows: vest with white front panel, club name in red, and side panels in red and blue trim.
14. **Guidelines to Members.** Members are expected to follow the guidelines below when running in club training sessions:
 - All run on one side of the road, preferably facing oncoming traffic.
 - Always use pavements where available.
 - Wear light coloured and/ or reflective clothing when running in the dark.
 - Members shall compete in accordance with the rules as defined by the sports national governing body.

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