

WORTHING RUNNING SISTERS : CONSTITUTION

1. Title

The name of the club is Worthing Running Sisters.

2. Headquarters

The headquarters of the club is Davison Leisure Centre.

3. Aims and Objectives

To promote running for women, based on the ideals behind the National Sisters Network founded in 1983. The emphasis being on fitness, fun, friendship and safety.

4. Membership

Membership of the club is confined to women over 18. 16 to 18 year olds are accepted if accompanied. A candidate for membership must apply in writing on a form provided for the purpose. Membership is defined by fully-paid-up subscriptions and acknowledgement of the objectives of the club.

5. Subscription

The club 'year' runs from 1st April to 31st March. The annual subscription of the club shall be reviewed annually, at the Annual General Meeting. Subscriptions are payable on joining and subsequently on the 1st April each year.

6. Resignation

A member may withdraw from the club at any time. Written notice is not required.

7. Expulsion of members

Members whose conduct is inappropriate or who decline to abide by the aims and objectives of the club may be expelled or suspended by a resolution passed at a meeting of the management committee. Members shall have the right to appeal in person to the management committee regarding any decision affecting themselves, providing written notice is submitted to the Co-ordinator within seven days of the decision.

8. Management

The management of the club is vested in its members, who form the general committee.

However, a management committee comprising :- Co-ordinator, Treasurer and Secretary shall be elected by those members at the Annual General Meeting. These officers are elected for a period of one year, but may be re-elected to the same office or another office the following year. The management committee have the following duties:-

- a) To maintain a bank account and sign cheques (two or three signatures required) and keep accurate accounts of the club finances, through the treasurer. These should be available for inspection by members and prepared for presentation at the Annual General Meeting.
- b) To make decisions on the basis of a simple majority vote.
- c) To co-opt members for specific tasks as and when required.
- d) To arrange social events and the annual women only fun run.

9. General Meetings

General Meetings shall be held quarterly. Details of training evenings and the date of the next General Meeting are decided at these, and the resulting calendar provided to each member.

The Annual General Meeting shall be held on the first Monday in March each year. The business of the AGM shall be :-

- a) To confirm the minutes of the previous AGM and any decisions made at General Meetings since the last AGM.
- b) Receive accounts from the Treasurer.
- c) Elect officers to form the management committee (Co-ordinator, Treasurer and Secretary)
- d) Review subscriptions and agree them for the next year starting 1st April..
- e) Discuss any other business brought to the meeting by any of the club members.

10. Notice of Meeting

Every member should have at least 28 days notice of the time and place of the AGM and any General Meeting. Any club business can be dealt with at such meetings.

11. Alteration of Constitution

Any amendments to the constitution are to be made at the Annual General Meeting, or if necessary by a decision of the Management Committee.

12. Allocation of London Marathon club place/s.

First claim members who have applied individually and been rejected will have first option of club place/s. Drawn by 'names in the hat' if more applicants than places available. If no-one in this category then place/s made open to any club member, drawn by 'names in the hat' if more applicants than places available.

13 Dissolution

If at any General Meeting the dissolution of the club is requested, the Co-ordinator shall convene a Special General Meeting 28 days later. If two-thirds of the members present vote at that meeting to dissolve the club, the Management Committee shall proceed to realise the assets of the club and discharge all debts and liabilities. The remaining assets shall be given or transferred to some other voluntary organisation or charity, relevant to women's health or fitness.