



LISS RUNNERS

CONSTITUTION & CLUB RULES

1 Name of The Club

The Club will be called LISS RUNNERS (Hereinafter will be referred to as The Club) and will be affiliated with county and national athletics associations.

Headquarters; Newman Collard Pavillion, Hill Brow Road, Liss, GU33 7LE

2 Aims and Objectives

The aims and objectives of The Club will be:

- a) To provide basic instruction in running.
- b) To assist those members who wish to compete in officially sanctioned competitions.
- c) To promote The Club within the local community.
- d) To provide a sociable environment for its members.
- e) To ensure a duty of care to all members of The Club.
- f) To provide all its services in a way that is fair to everyone

3 Membership

3.1 - The Club supports three categories of membership – Adult Members, Young Members and Junior Members. Membership of The Club shall be open, on application, to anyone interested in recreational or competitive running, regardless of sex, age (subject to a minimum age of 18 for Adult Members, between the ages of 16 and 17 for Young Members and between the ages of 12 and 15 for Junior Members), disability, ethnicity, race, nationality, sexual orientation, occupation, religion, political or other beliefs. It is recognised however that some events and activities may not necessarily be suited to persons with particular disabilities.

3.2 - The membership categories are further broken down into the following sub-categories:

- a) Full Adult Member (with England Athletics affiliation)
- b) Adult Member (without English Athletics affiliation) – including Social Members
- c) Young Member (with England Athletics affiliation)
- d) Young Member (without England Athletics affiliation)
- e) Junior Member (with England Athletics affiliation)
- f) Junior Member (without England Athletics affiliation)
- g) 2nd claim Member (already affiliated with another club)
- h) Life Member



3.3 - Junior and Young Members will only be able to join the club if they are 'sponsored' by a Responsible Adult. A Responsible Adult is defined as a parent or legal guardian of the Junior Member. In addition, a parent or legal guardian of the Junior Member may nominate a second person to be a Responsible Adult for the Junior Member. All Responsible Adults are required to be an Adult Member of the club.

3.4 - The management, coaching and behavioural expectations of Junior Members and Young Members is contained in the Junior and Young Members Guidance and shall be reviewed annually by the Committee.

3.5 - All members will be subject to the regulations of the constitution and by joining The Club will be deemed to accept these regulations and codes of practice that the club has adopted.

3.6 - Members in each category will pay membership fees, as determined at the Annual General Meeting.

3.7 - Individuals shall not be eligible to take part in the business of the Club, vote at General Meetings or be eligible for selection of any Club team unless the applicable subscription has been paid by the due date and/or membership has been agreed by the Club Committee.

3.8 - Members having arrears of subscriptions of more than twelve weeks will have their membership terminated and will not be eligible to participate in the affairs or activities of the Club, including voting in any General Meeting. Payment of a full subscription at a later date will enable the former Member to be readmitted.

3.9 - Resignation: Members may resign from membership at any time by notice to that effect given to the Membership Secretary. A Member who resigns shall not be entitled to any refund of subscriptions in respect of the remaining period.

3.10 - If a Member resigns and is a current holder of a Club yearly trophy/award then this will need to be returned immediately to the Committee.

4. Sports Equity

4.1 - This Club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equity:

Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.



4.2 - The Club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.

4.3 - The Club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.

4.4 - All Club Members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.

4.5 - The Club will deal with any incidence of discriminatory behaviour seriously, according to the club disciplinary procedures.

5. Committee

5.1 - The affairs of the Club shall be conducted by a Committee which shall consist of The Executive Committee being that of Chair, Treasurer, Secretary, Welfare and Welfare Support Officers, plus Ordinary Committee being that of Membership Secretary, Ladies Captain, Men's Captain, Kit Manager, Newsletter Editor, plus general committee members to a maximum of 13 overall, who shall be elected at the Annual General Meeting.

5.2 - All Committee Members must be Members of the Club. A Member may hold more than 1 position on the Committee, but the positions of Chairman, Secretary and Treasurer must be held by different people. In the event of 1 person holding more than 1 post, they shall only be entitled to 1 vote on the Committee.

5.3 - If required, the Committee shall elect a Vice Chair from among its members.

5.4 - The term of office shall be for one year, and Members shall be eligible for re-election.

5.5 - If the post of any Office or Ordinary Committee Member should fall vacant after such an election, the Executive Committee shall have the power to fill the vacancy until the succeeding Annual General Meeting.

5.6 - The Committee will be responsible for adopting new policy, codes of practice and rules that affect the organisation of the club.

5.7 - The Committee will have powers to appoint any advisers to the Committee as necessary to fulfil its business.

5.8 - The Committee will be responsible for disciplinary hearings of Members who infringe The Club rules/regulations/constitution. The Committee will be responsible for taking any action of suspension or discipline following such hearings.



5.9 - The Committee meetings will be convened by the Chairman of the Club and be held no less than four times per year.

5.10 - Only Committee Members will have the right to vote at Committee meetings.

5.11 - The quorum required for business to be agreed at Committee meetings will be 5.

6 Finances

6.1 - The Club Treasurer will be responsible for the finances of the club.

6.2 - The financial year of the club will run from 1st April and end on *31st March*.

6.4 - All club monies will be banked in an account held in the name of the club.

6.4 - A statement of annual accounts will be presented by the Treasurer at the Annual General Meeting.

6.5 - Membership will be paid for by electronic banking. Cheques are no longer accepted. The Membership Secretary is responsible for ensuring all Members have paid.

6.6 - All Members of the Club shall be jointly and severally responsible for the financial liabilities of the Club.

6 Annual General Meetings and Extraordinary General Meetings

7.1 - General Meetings are the means whereby the members of the Club exercise their democratic rights in conducting the Club's affairs.

- a) The Club shall hold the Annual General Meeting (AGM) in the month of April to approve the minutes of the previous year's AGM.
- b) Receive reports from the Chairman and Secretary.
- c) To receive other reports from Committee Members on the club's activities during the preceding year and to allow Members to ask questions about those reports.
- d) Receive a report from the Treasurer and approve the annual accounts.
- e) Elect the Officers on the Committee.
- f) Agree the membership fees for the following year.
- g) Consider any proposed changes to the Constitution.
- h) Deal with other relevant business.

7.2 - Notice of the AGM will be given by the Committee with at least three weeks' notice to be given to all Members.



7.3 - Nominations for Officers of the Committee should be sent to the Chairman either at or prior to the AGM.

7.4 - Only fully paid-up Adult and Young Members have the right to vote at the AGM. Junior Members are permitted to attend the AGM but are not entitled to vote.

7.5 - The quorum for the AGM will be at least 30 Members or 50% of Members, whichever is the fewer.

7.6 - The Chairman of the Club shall hold a deliberative as well as a casting vote at General and Committee Meetings.

7.7 - An Extraordinary General Meeting (EGM) shall be called by an application in writing to the Secretary supported by at least 10% of the Members of the Club. The Committee shall also have the power to call an EGM by decision of a simple majority of the Committee Members.

7.8 - All procedures shall follow those outlined above for AGMs.

8 Grievance, Disciplinary and Appeals

8.1 - All concerns, allegations or reports of malpractice or abuse relating to the welfare of children or vulnerable adults will be recorded and responded to swiftly and appropriately in accordance with England Athletics' safeguarding policy and procedures. The Welfare Officer shall be the lead Officer for all Members in the event of any safeguarding concerns.

8.2 - Any complaints of misconduct (improper or unprofessional conduct) regarding the behaviour of Members or Officers shall be dealt with by the Club in accordance with its discipline and appeals policy and procedure and must be presented in writing to the Secretary (and where the matter relates to the Secretary, the complaint must be submitted to the Welfare Officer). Unless exceptional circumstances apply, the Secretary will hear complaints within fourteen (14) days of receiving a complaint. If the complaint is sufficiently evidenced, the Secretary will appoint 3 (three) Club Members (who have no direct or indirect interest/involvement in the matter) to sit on a disciplinary panel. Subject to rule 3 below, a decision of the disciplinary panel shall be final and conclusive.

8.3 - Any appeals must be received by the Secretary within 7 (seven) days of receiving the written decision and, if appropriate, the appeals process will be followed as per the clubs Appeals Policy.

8.4 - Any complaints of serious misconduct (including, without limitation, theft, doping violations, fraud, physical violence, safeguarding policy breaches, serious breach of applicable health and safety, gambling and/or ticketing regulations or any act or omission of the Member or Officer which in the opinion of England Athletics, acting reasonably, brings or is likely to bring the sport of athletics into disrepute) regarding the behaviour of Members or Officers shall be reported and dealt with by England Athletics in accordance with its Disciplinary Procedures.



8.5 - If a dispute arises between any Members or Officers of the Club about the validity or propriety of anything done by any Member or Officer under these Rules and the dispute cannot be resolved by agreement, the parties to the dispute must first try in good faith to settle the dispute by mediation before resorting to litigation.

9. Welfare Policy

9.1 - The Club aims to create an environment where Members feel safe, secure and are able to participate and enjoy club events without being subject to any form of harassment, bullying, verbal or physical abuse or pressure.

9.2 - All Members are to adopt the principle that everyone within the club should be safe and protected, and each Member is responsible for ensuring individuals are afforded the highest standard of care by adopting and promoting good practices as laid out in the following UK Athletics/England Athletics welfare policies:

- a) UKA and HCAF Adult Safeguarding Policy April 24.
- b) UKA and HCAF Adult Safeguarding Procedures April 24.
- c) UKA and HCAF Child Safeguarding Policy April 24.
- d) UKA and HCAF Child Safeguarding Procedures April 24.
- e) UKA and HCAF Safeguarding Regulations April 24.
- f) UKA and HCAF Codes of Conduct booklet 2024.

9.3 - The Welfare Officer(s) will support Members with issues that may arise and will endeavour to help with their individual needs and well-being. Members with any queries or concerns are encouraged to contact the Welfare Officer(s) directly to discuss concerns or to seek help and advice.

10 Alteration and interpretation of the Rules/Constitution

The Constitution may be added to, repealed, or amended by resolution at any Annual or Extraordinary Meeting carried by a majority of at least two-thirds of the Members voting thereon.

The Committee shall be the sole authority for the interpretation of the Constitution and of the Club Rules. The decision of the Committee upon any questions of interpretation or upon any matter affecting the Club and not provided for by the Constitution, shall be final and binding on the Members except if otherwise directed by the Club in a Special or Annual General Meeting.

11 Dissolution

11.1 – A resolution to dissolve the Club may only be proposed at a General Meeting and shall be passed by at least three-quarters of the Members present.





11.2 – The dissolution shall take effect from the date of the resolution (or the date specified in that resolution) and the Committee shall be responsible for ensuring that all relevant steps are taken to affect an orderly wind-up.

11.3 – Any surplus assets remaining after the discharge of the debts and liabilities of the Club shall be applied or transferred to another club or to England Athletics for use by them related to community sports.

12 Declaration

LISS RUNNERS hereby adopts and accepts this constitution as a current operating guide regulating the actions of members.

Name	Catherine Seager	Position	Chair
Sign		Date	05/10/2025

Name	Liz Avery	Position	Secretary
Sign		Date	05/10/2025