

1. The title of the Club shall be “LANCASTER AND MORECAMBE ATHLETIC CLUB”.
2. The objects of the Club will be:
 - (a) To encourage the practice and development of amateur athletics for all age groups and by forging partnerships with local schools and other educational establishments;
 - (b) To provide coaching for the members and to organise Competitions;
 - (c) To organise teams to represent the Club in competitions and leagues, and in such competitions as the appropriate Committee shall decide;
 - (d) In return, the Club would expect active members to compete in such competitions; and
 - (e) The Club shall cater for Track and Field Athletics, Cross Country Running, Road Running, Fell and Hill Running.

Lancaster and Morecambe Athletics 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.

3. Membership of the club shall be open to athletes who are amateurs as defined by the UKA and the minimum age entry is eight. Junior members are not eligible for vote at the Annual General Meeting (AGM) and Extra-ordinary General Meeting (EGM). Each applicant for membership must complete the official application form, and must be elected or rejected at a properly convened meeting of the Committee. A simple majority vote shall decide this election.
4. (a) The Management of the Club shall be vested in a Management Committee which shall consist of:-
 - President
 - Chairperson
 - Vice-Chairperson
 - Honorary Secretary
 - Honorary Treasurer
 - Assistant Treasurer
 - Social Media/Web site administrator
 - Commercial Officer
 - Honorary Subscription’s Secretary
 - Welfare Officer
 - Junior Development officer
 - Coaching co-coordinator,

Who shall all be the officers of the Club, together with a representative from each of the following disciplines/interests:

Track and Field

Cross Country and

Road Running

Fell and Hill Running

Coaching Coordinator

Each of these representatives shall have the authority to form sub-committees within their individual disciplines/interests as required.

- (b) Any potential member of management committee should declare any outside commercial interests that may cause potential conflict of interests at AGM to members when standing
 - (c) The Club Officers and Club Representatives shall be elected at the Annual General Meeting. The Committee shall have the power to fill vacancies if and when they occur. In addition, the Committee shall have the power to co-opt up to eight additional members to perform particular duties, depending on the changing needs of the Club. All persons elected to the Committee or co-opted to the Committee shall be entitled to one vote each at Management Committee meetings.
 - (d) At Management Committee meetings a quorum of five Committee members will be required to allow decisions to be taken, including at least two officers.
 - (e) At Management Committee meetings the Chairperson shall have a casting vote in the event of a tied vote (or the Vice Chairperson in his/her absence).
5. The Annual General Meeting shall be held in the month of March **for the purpose of:**
- (a) Receiving the Annual Report of the Committee;
 - (b) Receiving up to date report of the club finances Electing the Officers and Committee for the ensuing year
 - (c) Electing the Honorary Auditor(s); and
 - (d) Considering any amendments to the Constitutional Rules of which due notice has been given to all members. Any proposed change to a Constitutional Rule by a member must be received by the Chairman or Honorary Secretary at least 21 days prior to the date of the Annual General Meeting.
 - (e) Voting on any motions as put forward by club members
6. At least 21 days' notice shall be given to members of the date, venue, and agenda items for the Annual General Meeting. Each fully paid up

member at 29th February each year and present at the Annual General Meeting shall have one vote.

7. Nominations for the positions of Officers and representatives plus any motions for discussion must be given to the Secretary in writing listing a proposer and seconder 10 days prior to the Annual General Meeting – the Secretary will then publish details on the Noticeboard of all nominations received. No nominations may be made at the Annual General Meeting.
8. The Membership Secretary will be responsible for publishing a list of those members eligible to vote at the Annual General Meeting or an Extraordinary General Meeting.
9. The AGM shall be chaired by the Chairperson of the Club, apart from any item of business which refers to the position of Chairperson. In such circumstances the meeting to be chaired by the Club President for that item of business only. The Club President to have the casting vote in the event of a tied vote at an AGM.
10. The Club shall be affiliated to English Athletics and any other athletic organisations that the Management Committee shall consider appropriate to carry out the objects of the Club.
11. (a) The amount of the Annual Subscription and/or weekly subs shall be decided at an Annual General Meeting or Extraordinary General Meeting of the Club.
12. Any profits of the Club must be used for the furtherance of the Club's activities and must not be distributed amongst its members.

In the event of dissolution of the Club any assets are to be applied for approved sporting or charitable purposes

13. (a) Free membership of the Club with full voting rights at the AGM or EGM is given by the Committee to the following classes of members: Life and Honorary members.
- (b) Free membership of the Club with full voting rights at the AGM or EGM may be given on a number of provisos to the following classes of member:
 - (i) UK Athletics accredited coaches who actively coach within the Club and run leaders. (The definition of active is defined as giving 40 sessions a year.)
 - (ii) Volunteers

The provisos for this membership are

- A member fulfilling one of these categories is a noncompeting athlete at any level or age group.
- Proposals for this class of membership must be put to the Management Committee and agreed by the Committee on an annual basis and will only be valid for that year.
- A list of this class member will be kept by the Membership Secretary.

14. The Committee shall have the power to expel any member whose subscription is six months in arrears, providing that one month's notice in writing shall have been sent to such member by letter addressed to the member's last known address, informing of the proposed action of the Committee.

No member shall be awarded a Club prize or be allowed at a Club meeting unless he/she is a fully paid-up member of the Club.

15. Any member wishing to resign must do so in writing, addressed to the Chairperson or Honorary Secretary. The resignation will be considered by the Committee at its next meeting and will be effective on the date of tendering. Resignations will not be accepted if the member is financially indebted to the Club, i.e. has not paid the subscription for the current year, and acceptance will be withheld until the debt has been discharged.

16. (a) An Extraordinary General Meeting shall be called by the Honorary Secretary or Chairperson within one month of receipt of a request signed by at least 12 members stating the purpose of the meeting. In circumstances where there is no elected Honorary Secretary or Chairman notice to be given to the Club President.

(b) At least 14 days' notice shall be given to all fully paid up members of the date, venue, time and purpose of an Extraordinary General Meeting. No other business shall be conducted at such a meeting. Only paid up members seven days prior to the Extraordinary General Meeting shall be entitled to vote.

(c) The meeting shall be presided over by the Club Chairperson or Vice Chairperson, unless there is an item of business to discuss either of these two positions. In which case the meeting to be chaired by the Club President who would have the casting vote for that item in the event of a tied vote. In the event of a tied vote for all other items of business the Chairperson shall have the casting vote.

17. No constitutional rule may be altered, added to, or deleted except at an Annual General Meeting or at an Extraordinary General Meeting called for that purpose, and then only by a two-thirds majority of those present and voting.
18. The Club colours shall be a white vest with amber and maroon bands. Members shall be expected to wear these in Club events and when representing the Club.
19. As a mark of gratitude the members may wish to honour great service to the Club by the award of Honorary Life Membership, such proposal to be decided at the Annual General Meeting.
20. All fixtures of the Club will be held wet or fine.
21. Any member found guilty of conduct which brings the Club into disrepute will be liable to expulsion from the Club.
22. Any matter not dealt with in this Constitution shall be dealt with at the discretion of the Management Committee.

Club Chairperson

Signature Date