

Metro Aberdeen Running Club

CLUB CONSTITUTION

1. The club shall be called Metro Aberdeen Running Club.
2. The object of the club shall be to promote amateur athletics.
3. The club shall consist of amateurs as defined by the Scottish Athletics Limited.
4. Application for membership shall be made on an approved application form to the club Treasurer and approved by a majority of the management committee.
5. Each member shall pay a membership fee due on the 1st of January decided at the annual general meeting. Members joining after October 1st will be considered members throughout the following year.
6. Any member who does not pay their fees by March 31st will be deemed to have left the club and forfeit all benefits
7. Fees must be paid for the current season before the member can compete for the club.
8. To resign a member shall inform the club Secretary in writing. If joining another SAL affiliated club the member must inform SAL and complete the appropriate form(s) to be endorsed by both clubs and SAL
9. No person who has refused to be tested by a properly constituted body of UK Athletics for the presence of drugs proscribed by the IAAF or is found on testing by such body to contain such drug or drugs may remain a member of the club nor may that person become so. This imposition being without limit of time or until that person is reinstated by the appeals committee.
10. The club shall have a nominated welfare officer. The welfare officer will report to the management committee but will also come under the jurisdiction of the SAL.
11. Any member found guilty of prejudice, harassment, bullying or misconduct i.e. behaviour contrary to this constitution or the standard set by the SAL may be cautioned once or expelled from the club. By majority decision of the management committee any person expelled will have the right to appeal to a management committee meeting called at their request not later than two weeks from the date of expulsion.
12. The management committee shall consist of a Chairperson, Secretary, Assistant Secretary, Treasurer, Male and Female Captains together with 9 elected ordinary members. The roles for the 9 elected ordinary will be determined and filled by the committee following the AGM.
13. The management committee shall be elected at each AGM, only paid up club members are eligible to serve on the committee.
14. The junior section will be managed by an elected junior representative being supported by the qualified club coaches and Welfare Officer
15. Any person elected to the committee will be required to serve 1 year as an ordinary committee member before being considered for a higher post with the exception being if no other member is nominated for the post and the post would become vacant and not filled.
16. Nominations for election to the committee to be submitted to the Secretary no less than 14 days prior to the meeting. Requests for nominations will be sent to the membership no less than 4 weeks prior to the AGM.
17. Nominations and seconds will be submitted by the membership to the secretary, only 2 submissions in total will be accepted from an individual member, e.g. 2 nominations or 2 seconding or 1 nomination and 1 seconding,

18. Résumés may be sent to the secretary from any nominated person for distribution to the membership to aid an informed decision as to a candidates suitability not less than 14 days prior to the meeting.
19. At the Committee's discretion, if for any reason a secret ballot is required, this will be conducted at the AGM, written papers will be issued to the membership for voting purpose
20. The management committee may fill any vacancy that occurs within it.
21. A quorum for the management committee shall be four.
22. The management committee has the power to co-opt extra members to create trustees and to form sub committees as and when considered necessary.
23. An auditor who may or may not be a member of the management committee must be elected to audit the clubs accounts.
24. The AGM will be held during November and the following business will be undertaken.
 - 24.1. Introduction by the Chairman
 - 24.2. Captains report
 - 24.3. Audited accounts presented
 - 24.4. Officials elected
 - 24.5. The Club London Marathon places will be drawn, members to be included should have been rejected by London and present their reject slips to the secretary, members to be included in the draw will have been members prior to 1st April for that year to qualify for inclusion.
 - 24.6. AOB, motions to be discussed must be submitted in writing to the secretary at least two weeks before the meeting.
 - 24.7. Annual awards presented (or at separate awards night as decided)
 - 24.8. Standing orders or rules may be changed by two-thirds majority decision.
 - 24.9. Only members over 14 years of age and fully paid up may vote at the AGM.
25. The Chairman shall only have a casting vote.
26. An ordinary general meeting may be called after two weeks notice to all members by the management committee or upon receiving a petition duly signed by ten paid up and voting members to discuss matters of pressing urgency.
27. The club colours shall be black and gold quartered vest with black shorts and must be worn by all competitors representing the club at every competitive meeting.
28. No alteration of this constitution shall be made except at the AGM by a vote of at least two thirds of attending members eligible to vote.
29. Alternatively an OGM attended by at least 20 club members may alter the constitution providing that at least two thirds of those present vote in favour of the amendment.
30. The management committee by a two-thirds majority may decide to dissolve the club. They must then call an extra-ordinary general meeting giving four weeks notice to all club members. If a twothirds majority passes the motion then the club is dissolved.
31. Twenty voting club members may also petition the club secretary in writing to call an EOGM in which the conditions in 24 will apply.
32. Upon dissolution any funds remaining after all debts have been met will be donated to charity.
33. This constitution was adapted from the 20/11/2018 version at the AGM held on 10/11/2020.