



LAURISTON RUNNERS CLUB

RULES

1. NAME

The name of the Club is LAURISTON RUNNERS CLUB.

2. HEADQUARTERS

The Club headquarters are at: 6B Southside Common, Wimbledon, London SW19 4TG.

3. COLOURS

The Club colours are a black vest. The badge is a Stag's head in gold surrounded by an oval circlet containing at the top the name "LAURISTON" and at the bottom the motto "DURA VIRUM NUTRIX".

4. OBJECT

The Club's object is the encouragement of running.

5. AFFILIATION

The Club shall be affiliated to the appropriate national and regional bodies responsible for athletics.

6. OFFICERS AND MANAGEMENT

(a) The management of the Club is vested in a Committee consisting of:

- (i) Hon. Secretary
- (ii) Hon. Treasurer
- (iii) up to five members

each to be (re-)elected annually at the Annual General Meeting ("AGM"), and

- (iv) the Trustees (see 8)

(b) The Committee may co-opt additional members (without power to vote) and to fill any vacancy in its numbers, any such person to hold office until the next AGM.

7. COMMITTEE MEETINGS

- (a) The Committee shall meet quarterly and additional meetings may be called at the discretion of the Hon. Secretary.
- (b) Not less than five members form a quorum at a meeting.
- (c) The Committee shall elect a Chair from among those present.
- (d) Except where otherwise stated in the Rules, decisions at meetings are subject to a simple majority of those present and voting. The Chair has a casting vote.

8. TRUSTEES

- (a) Property acquired by the Club is vested in Trustees to hold for the benefit of the Club.
- (b) There shall be a minimum of two and a maximum of six Trustees at any time, each being a member of the Club and elected as a Trustee by a two-thirds majority of members present and voting at a Special General Meeting (“SGM”) called for that purpose.
- (c) Trustees continue in office until voluntary retirement or death.
- (d) Only the Committee may nominate a new Trustee for election at a SGM.

9. MEMBERSHIP

- (a) The minimum age for membership is 18.
- (b) Application for membership shall be made on the prescribed form proposed and seconded by two members and accompanied by the annual subscription.
- (c) Application for membership is subject to the approval of the Committee.
- (d) Membership commences on the date of approval by the Committee.
- (e) Any member whose subscription is in arrears is not eligible to vote at a general meeting or at a Committee meeting.

10. SUBSCRIPTIONS

- (a) Members shall pay an annual subscription on joining and on each 1st June at such rate as determined at a general meeting.
- (b) At the discretion of the Hon. Secretary, the subscription paid for membership approved in the last three months of the financial year (March-May) shall also cover the following financial year.
- (c) Any change to the rate of the subscription shall be agreed at a general meeting and become payable on the following 1st June.

11. ANNUAL GENERAL MEETING

- (a) An AGM shall be held during September or as soon thereafter as possible.
- (b) The Hon. Secretary shall give at least twenty one days' notice of the AGM and the draft agenda. Any notice as to other matters to be dealt with at the meeting shall be sent to the Hon. Secretary at least fourteen days prior thereto.
- (c) The financial year of the Club ends on 31st May and the Hon. Treasurer shall present the annual financial statements at the AGM duly audited by a member of the Club, who is not a Committee member, (re-)elected at the previous AGM.
- (d) Not less than seven members form a quorum at an AGM.
- (e) Except where otherwise stated in the Rules, decisions at an AGM are subject to a simple majority of those members present and voting.

12. SPECIAL GENERAL MEETING

- (a) A SGM may be held at the discretion of the Committee or shall be called within twenty one days of the receipt by the Hon. Secretary of a request in writing from not less than ten members stating the reason for calling the meeting and only the business referred to in the request may be discussed at the meeting.
- (b) Not less than ten members form a quorum at the meeting.
- (c) Except where otherwise stated in the Rules, decisions at a SGM are subject to a simple majority of those members present and voting.

13. HONORARY MEMBERS

- (a) On the recommendation of the Committee Honorary Members may be elected at a general meeting. A two-thirds majority of the members present and voting is necessary for such election.
- (b) Honorary Members are entitled to all the privileges of membership except they are not entitled to vote at a general meeting or serve on the Committee unless they are a Trustee.
- (c) Honorary Members are not required to pay a subscription.

14. REMOVAL FROM MEMBERSHIP

- (a) The Committee may remove from membership any member whose subscription is six months in arrears provided one month's notice has been sent by e mail or letter to the member's last known address informing him or her of the proposed action.
- (b) Any member guilty of misconduct may be removed from membership by a two-thirds majority of those present and voting at a meeting of the Committee called for that purpose.

15. AMALGAMATION, DISPOSAL OF ASSETS OR DISSOLUTION

(a) Any amalgamation of the Club shall only be with an organisation or organisations having objects similar to those of the Club.

(b) In the event of the dissolution of the Club any assets remaining after the satisfaction of all debts and liabilities shall be transferred to an organisation or organisations having objects similar to those of the Club.

(c) The Hon. Secretary shall give at least twenty one days' notice, with a proxy form, of a SGM called by the Committee to consider any resolution for the amalgamation, disposal or partial disposal of the Club's property or dissolution. The Chair of the SGM shall exercise the vote of members for which duly completed proxy forms are received by the Hon. Secretary at least one day before the meeting. The resolution shall only be passed by a two-thirds majority of those members voting.

16. CHANGE TO RULES

Any change to the Rules are subject to a two-thirds majority of those members present and voting at an AGM or a SGM called for that purpose.

17. INTERPRETATION OF RULES

The Committee decides all questions as to the interpretation of the Rules as regards the management of the Club.

September 2022