

Barking Road Runners

Club Rules

Last revised June 2008

BARKING ROAD RUNNERS CLUB RULES

1 Title

The name of the club is the Barking Road Runners.

2 Headquarters

The Headquarters of the Club is the Barking Abbey School Leisure centre, Woodbridge Road, Barking.

3 Affiliation

The Club will be affiliated to the governing body of United Kingdom athletics, via the South of England Athletic Association (SEAA) & England Athletics (EA), and any other body to which affiliation would be advantageous to the Club.

4 Object

The object of the Club is the promotion of amateur running.

5 Management

The management of the Club is vested in the Committee consisting of a Chairman, Vice-Chairman, Treasurer, Secretary, Membership Secretary, Social Secretary, two joint Club Captains and two Media Secretaries, all of whom are to be elected annually. The Committee will meet once a month and any four members shall form a quorum. The Committee shall have the power to fill any vacancy which may arise and co-opt members as necessary.

6 Membership

(a) Membership of the Club is confined to amateurs as defined by the governing body of United Kingdom athletics.

(b) A candidate for membership must apply in writing on a form provided for the purpose, be proposed by one member and seconded by another, and be elected by ballot at the next ensuing Committee meeting.

(c) Full Membership is limited to persons over the age of 16 years, but applications by persons under the age of 18 years must be signed by a parent or guardian.

(d) Junior Membership is limited to persons over the age of 11 years, one of whose parents or guardians is a Full Member. Responsibility for the conduct of the Junior Member rests solely with their parents or guardians, who must ensure that the Junior member is accompanied by a Full member during training.

(e) Life Membership is in the gift of the Committee, to be awarded in recognition of noteworthy service to the club. The costs of Life Membership are borne by the Club.

7 Resignation

A member intending to withdraw from the club shall give notice in writing to the Secretary, and his/her membership terminates at that date unless s/he is financially indebted to the Club, in which case the Committee may withhold acceptance of the resignation until s/he has discharged that liability.

8 Subscription

(a) The Annual Subscription is £12 for Full membership and £5 for Junior Membership. Membership start date is 1st April of each year; new members joining prior to this month will

pay a pro-rata fee until April 1st when the full annual subscription will apply. At the time of renewal the club will accept any additional affiliation fees that members wish to pay and apply on their behalf, members do however reserve the right to apply themselves. Current EA affiliation fee is £5 and is required if members wish to take part in affiliated races.

(b) Membership shall lapse if not renewed within one month of the renewal date.

(c) No member whose subscription is in arrears is eligible to take part in any competition promoted by the Club, to represent the Club in any event, to hold a Committee position or vote at any Annual or Special General Meeting.

9 Annual General Meeting

(a) The Annual General Meeting shall be held in the month of February to receive the Committee's report and financial statement, elect the Committee for the ensuing year and deal with matters specified on the agenda. Any matters not specified on the agenda may be raised only if time allows.

(b) The Secretary shall give each member 21 days notice of the time, date and place of the meeting. Details of any business to be placed on the agenda or nominations for Committee posts must be given in writing to the Secretary at least 14 days prior to the meeting. Details of the agenda will be available from the Secretary 7 days prior to the meeting.

10 Special General Meeting

A Special General Meeting can be called by the Committee if it is thought necessary, and must be called by the Secretary within 14 days of receipt of a requisition in writing, signed by ten members, stating the business to be brought before the meeting.

11 Minutes of Meetings

The Secretary will ensure that minutes are kept of all Committee and general meetings, and make such minutes available to members.

12 Amendments to Club Rules

No amendment, deletion or addition may be made to these Rules except by an Annual General Meeting or a Special General Meeting called for that purpose. Notice of any proposed amendment, deletion or addition must be given in accordance with Rules 9 and 10.

13 Club Competitions

(a) The Competitions Sub-committee will be responsible for the organisation of all club competitions. It will consist of the Club Captain with other members co-opted as necessary and the Club Captain will report monthly to the main Committee.

(b) Any protest or query regarding club competitions will be dealt with in the first instance by the Sub-committee, which will report to the main Committee with its recommendations.

(c) Only first claim members are eligible for club trophies but second claim members may participate in club competitions in a non-scoring capacity.

(13a) The Most Improved Runner

The 'Most Improved Runner' trophy will be awarded annually to both male and female runners (1 award each) achieving the greatest improvement during the year. The recipients will be selected by the Sub-Committee on the basis of official race results only. The recipients must have been a member of the club for one year to be eligible for selection.

(13b) The Handicap Series

(i) The Handicap Series will consist of seven races, all over a distance of 5 kilometres. Race starts will be staggered according to members' handicaps.

(ii) For the first race in a series members will be handicapped according to their season's handicap as determined by the Competitions Sub-committee.

(iii) For subsequent races in a series members will be handicapped on the faster of their season's handicap or their fastest actual time of the season.

(iv) Points will be awarded for finishing positions on the basis of 100 points for first place, 99 points for second and so on. All members will score in all of the races in which they participate.

(v) Each member's four best results will count towards their final score.

(vi) In order to be eligible for a trophy each participating member must make him/herself available to officiate at a minimum of one race.

(vii) Each handicap race to be run in alternating directions around the designated course.

(viii) An entry fee of one pound is charged by the club per person per race.

(xi) Trophies will be awarded for first, second, and third place.

(13c) The Grand Prix Series

(i) The Grand Prix Series shall consist of a maximum of ten races. There shall be at least one 5 miles, 10 kilometres, 10 miles and half marathon race.

(ii) Points will be awarded for finishing positions on the basis of 100 for first place, 99 for second and so on, with separate points awarded for men's and women's finishing positions.

(iii) Each member's six best results will count towards their final series score.

(iv) Only persons who were members on the date of the first race in the series will be awarded points.

(v) The Grand Prix Series will run from the AGM to 31st October of the same year.

(vi) Grand prix races should be selected so as not to occur on consecutive weekends

(vii) Races to be spread monthly from the AGM to 31st October and should be selected to occur at least once in every calendar month.

(viii) Where possible club championship races over other distances will be arranged.

(ix) A member's eligibility for an age category award will be decided by his/her age on the date of the first race in the series.

(x) Race organisers official times (not 'watch times') and finishing positions are final and will be used for point awarding. Any discrepancies should be taken up between the member and the race organisers.

(xi) Trophies will be awarded to male and female, for first, second, and third place.

(13d) The Cross Country Series

(i) There will be two trophies, one for 1st lady, one for 1st man. Whoever scores the most points over the 5 races will be awarded the trophies. 2nd claim members will not be eligible for trophies, their finishing position within the club will be recorded but points will not be scored. Example: 1st home BRR member - 100 points, 2nd home 2nd claim member – 0 points, 3rd home BRR member – 99 points.

(ii) Points will be awarded 100, 99, 98 and 97 from the first man and lady home downwards until the last man and lady finish. (First man 100 points, first lady 100 points, second man 99, second lady 99, and so on).

(iii) Should any member start the race and sustain an injury during the race and cannot finish, they will be awarded the lowest points of the day.

(iv) Members have to take part in all races to be eligible to win a trophy.

14 Voting for the members cup

This will commence 31st October

15 Charity of the year

This will be voted for at the same time as the member's cup.

16 Standard Scheme Rules

(a) This scheme is applicable to all race times achieved since commencement of club membership.

(b) Club standard times will apply to nine distances: one mile, 5 kilometres, 5 miles, 10 kilometres, 10 miles, half marathon, 15 miles, 20 miles and marathon.

(c) Standards Certificates will be issued to members achieving the Standard times for these distances as published by the club. These standards are subject to amendment as circumstance demand.

(d) The award of standard certificates will be based on official results of races where the course has been measured to BAF/AAA/RRC standards or otherwise accepted by the club as accurate or long. A copy of the official result must accompany the claim.

(e) In mass participation events the member's own time may, at the discretion of the Committee, be accepted instead of the official race result.

(f) A member's age group will be decided by his or her age on the day of the race(s) for which a certificate is claimed.

(g) A member cannot claim a lower standard certificate than one already awarded for a particular distance during any age group and only one Diamond, Gold, Silver or Bronze certificate will be awarded for a particular distance during any one age group.

(h) A veteran achieving an under-40 (Men) or under –35 (Women) standard can opt to claim a certificate for that standard or his or her age group standard.

(i) A member may claim a standard certificate as soon as the standard time is achieved or at any time thereafter.

(j) Once a member has achieved standards at seven of these distances during any one age group he or she can claim a standard badge. The standard of badge awarded will be decided by the standard of the certificates awarded.

(k) It is the responsibility of the individual member to claim his or her certificate or badge and to maintain his or her own records to support a claim.

(l) Certificates and Badges/Awards will be presented as soon as practical following confirmation of the claim.

17 Marathon Points

(a) This system awards points per 'Job/Race done' so that, come the time to allocate the entries, those members with the highest points will get them. A draw will be held if there are equal scores.

(b) Only members who have entered and been rejected will be eligible for an entry, no rejection slip = no entry.

(c) All entries will be allocated on the condition that the recipients raise funds for the clubs nominated charity. Failure to do so will render the person ineligible for future places. Guaranteed entries not taken up by members will be offered to the clubs nominated charity.

(d) No member whose membership is in arrears will earn points and no points will be backdated. Regardless of points earned any member in arrears at the time of the allocation will be ineligible. If membership is due in the month of the draw it must be paid before the draw.

(e) Points will be totalled over the year 1st November to 31st October. Points are not transferable from one member to another.

(f) For the 6 guaranteed entries received by the club as a result of doing the drinks station, points from all the 10 categories below will count. For the place(s) received as a result of the club being affiliated to the SEAA, only points from categories 5-10 below will count.

<u>Job/Race Done</u>	<u>Points Value</u>
Drink station leaders	7
Drink station helper	6
Recruit helpers (for members on the drinks station)	1
TOTAL FOR 1-3 ABOVE NOT TO EXCEED 10 POINTS	
Recruit helpers (for members not on the drinks station)	1 each (max 4)
Running in Cross Country League race or officiating	1 per race
Running in, or officiating for, other club teams	1 per race
Running in Grand Prix race	1 per race
Marshall at Handicap (other than the one required)	1 per race (max 2)
At committee discretion for projects completed	5 maximum

18 Barking Road Runners Disciplinary Procedure

(a) If it appears to the Club Committee that any irregularity, breach of its Constitution or other matter of concern has occurred it shall, at its discretion, appoint an individual (who need not be a club member) or a Committee to investigate with such terms of reference as the Club Committee sees fit.

(b) If it appears to the Club Committee that a member is in breach of its Constitution or that that person's continued membership of the club is detrimental to the club, the Secretary shall write to the member concerned setting out the alleged breach and invite the member to

comment in writing by a specified date which, unless the Club Committee directs otherwise, shall not be less than 14 days after the letter was sent.

(c) The Club Committee shall consider any response at its next convenient meeting and if it is not satisfied that the Constitution has been observed, or is satisfied that continued membership by the person in question is not in the best interests of the club, it shall appoint a Disciplinary Committee, of not less than three and not more than five people, none of whom shall be directly interested in the matter otherwise than as club members. The Disciplinary Committee shall make further enquiries as it thinks fit, shall afford to the person against whom the allegation has been made a reasonable opportunity to appear before it, accompanied and/or represented by a friend if s/he wishes, to answer the allegation brought against him/her, and shall hear such witnesses as s/he reasonably produces.

(d) If it is satisfied that a breach of the Constitution has occurred or that continued membership by the person in question is not in the best interests of the club the Disciplinary Committee may recommend to the Club Committee one or more of the following penalties:

(i) to note the offence but take no further action;

(ii) warn the person concerned as to his/her future conduct and thereafter take no further action;

(iii) suspend or disqualify the person from athletics competition, coaching and/or administration for any period whether fixed or indefinite;

(iv) recommend to the Regional Association that the person concerned shall be disqualified from any involvement in athletics for any period whether fixed or indefinite;

(v) such other penalty as the Disciplinary Committee shall consider appropriate in the circumstances.

(e) The Disciplinary Committee shall report its recommendation to the Club Committee in writing within seven working days and the Club Committee shall determine its decision as soon as practicable thereafter.

(f) A term of suspension starts from the time it is pronounced by the Club Committee unless otherwise stipulated and does not expire until the close of the day named in the decision.

(g) Every person suspended, expelled, disqualified or otherwise dealt with shall be notified in writing by hand or by recorded delivery post within seven working days of the decision.

(h) The Club Committee shall, as it sees fit, transfer as many of its duties under the provisions of its Constitution to such Disciplinary Committee as from time to time it shall set up.

(i) Any person suspended, expelled or disqualified by decision of the Club Committee may appeal against such decision as defined in B.A.F rules.

(This procedure, based on BAF recommendations, does not form part of club rules but the Club Committee, at its March 1993 meeting, agreed to adopt it for use should the need arise)

19 Any Other Matters

The Committee shall decide any matters not covered in these Rules.