Ambleside Athletic Club
Constitution

1. **Name**
    a. The Club was created in 1983 and shall be called Ambleside Athletic Club.

2. **Objects of the Club**
    a. To support participation in the sport of fell running within the Ambleside and surrounding area.
    b. To promote the traditional values & skills of fell running, on a not-for-profit basis, and avoiding commercial ties.
    c. To provide a welcoming, inclusive & safe environment for our members.
    d. To encourage and promote training activities and competition within the sport. The club will seek to organise a number of races to encourage participation and enjoyment.
    e. To abide by the rules of the UK governing bodies of fell running and/or other bodies the club chooses to subscribe to.

3. **Membership**
    a. Membership will be open to any persons completing the relevant members information and paying the relevant membership fee. This fee will be set at the Annual General Meeting (AGM) and may differ between age categories. Payment will be due in January and non-payment of membership fees by end-March will constitute resignation from the club. Only members may represent the club in organised races.
    b. There are two classes of membership:
        i. Senior (18 years+)
        ii. Junior (currently 8yrs+)
    c. Membership may be withdrawn by the Committee for any member deemed to have acted against the interests of the club, or the sport, to sufficiently serious effect or brought the club into disrepute.

4. **The running of the club**
    a. The Officers of the Club shall include a minimum of, but not be limited to: The Chairman, Secretary, and Treasurer. Collectively the Officers will be known as the Committee.
    b. New Officer posts may be created, and made redundant, by the elected Committee. At the time of creating the Constitution additional posts include: Membership Secretary, Junior Coordinator(s), Men's Captain(s), Women's Captain(s), Social Secretary, Social media & Comms, Welfare Officer(s).
    c. Ordinarily committee members will be elected for a period of one year, and may be re-elected for the same, or a different post, on an annual basis. Only

members can be nominated for a post, and nominations must be made, and seconded, by two other separate members. The Chairperson shall usually serve for a maximum of three years, unless otherwise agreed by majority vote at an AGM.

d. The Committee shall meet at least twice a year and minutes should be made available by the Secretary to all members. Meetings may be made open to all members who wish to attend. Decisions at committee meetings will be taken on a majority vote basis of those present (or by proxy vote), with a minimum quorum of 5 committee members voting. In the event of an equal vote, the Chairperson may choose to have the casting vote. The Chairperson will chair meetings, or in absence, the Secretary or Treasurer.
e. There will be an AGM between November-January each year. The Secretary shall inform members of a pending AGM at least 14 days before the AGM. A minimum quorum of 15 members (or half the membership if that is a smaller number) are required to be present to vote at an AGM. The agenda shall incorporate a minimum of, but not be limited to:
    i. Chairperson's report
    ii. Election of committee members
    iii. Treasurer's report with annual accounts
    iv. Agreement of membership fees
f. An Extraordinary General Meeting (EGM) can be convened by the Chairperson, or upon the Secretary receiving at least 10 written requests by members of the club.
g. The committee is empowered to make day-to-day decisions regarding the running of the club.

5. General

a. The Club may seek affiliation to any organisation it feels advantageous, and register the club for other sports (e.g., cross-country running) if this is deemed to be for the benefit of the members.
b. The colours of the Club shall be blue vests with a green band, featuring 'Ambleside' on the vest. Members should be encouraged to wear club vests when competing in fell running events.

6. Amendments to the Constitution

a. The Constitution may be updated at an AGM or EGM on a two thirds majority vote, with a minimum of 15 members (or half the membership if that is a smaller number) voting.

7. Winding up

a. The club may be wound up only at an AGM or EGM with the approval of 75% or more of the members attending. Any remaining funds after paying creditors would be distributed to a local charity(s) as decided by the serving Committee.

December 2022