

ORION HARRIERS RULES AND REGULATIONS (as at October 2021)

RULES

1. The Club shall be called "Orion Harriers" and its members shall be amateurs as defined by the Laws of UK Athletics.

2. The object of the Club shall be the promotion of Amateur Athletics, especially cross-country running and track and field, in the borough of Waltham Forest and the surrounding area and to encourage community participation in the same.

3. The Club respects the equal rights, dignity and worth of every person regardless of ability, age, disability, gender reassignment, marital status, nationality, pregnancy, race, religion or other beliefs, sex, sexual orientation or any other characteristic protected by law or by the rules of UK Athletics. The Club shall align itself with any policies set out by UK Athletics in respect of these characteristics.

4. The management of the Club shall be vested in a Committee consisting of a President, a Club Captain (who shall be either the Men's Captain or the Ladies' Captain), a Men's Captain, a Men's Deputy Captain, a Ladies' Captain and a Ladies' Deputy Captain, an Honorary Secretary, an Honorary Assistant Secretary, an Honorary Treasurer, an Honorary Fixtures Secretary, a Junior Liaison Officer, a Membership Secretary, an Equality & Diversity Officer, a Social Secretary and three other members of the Club, all of whom shall be elected annually at a General Meeting of members. The Committee shall have power to add to its numbers and seven members shall constitute a quorum. All decisions of the Committee on matters concerning the management of the Club or in the case of any dispute shall be final and binding on all members of the Club.

There shall further exist a Junior Committee to run and administer the Junior section of the Club. The Junior Committee shall comprise a Junior Manager, a Junior Secretary, a Junior Treasurer and five others. At least four members of the Committee must be first claim senior members of Orion Harriers; none of the remaining four are required to be members but at least two must be parents/guardians of bona fide junior members of Orion Harriers. Junior Committee members can be elected at quorate Junior Committee meetings. For a Junior Committee meeting to be quorate there must be a minimum of five members present

Both the Committee and the Junior Committee shall convene no less than four times each year. The Committee shall, within 2 weeks of each meeting, record the decisions it has taken and publicise the decisions to members on the website and in the clubhouse. As soon as is reasonably possible after the meeting, the Assistant Secretary shall distribute the minutes to other Committee members for comment and agreement.

5. The offices of Men's Captain and Men's Deputy Captain shall only be open to men and the offices of Ladies' Captain and Ladies' Deputy Captain shall only be open to women, but unless otherwise stated all the other offices of the Club shall be open to both sexes. The post of Junior Liaison Officer shall be a first claim member of the Club and shall have been earlier elected at the same Annual General Meeting to serve on the Junior Committee for that same year in any capacity.

6. The Annual General meeting of members of the Club shall be held on the first Saturday in October or as soon as possible thereafter and not less than seven days' notice convening the meeting shall be sent to all members.

7. The Honorary Secretary shall keep a record of attendances at meetings of the Committee and shall report at the Annual General Meeting of the number of meetings attended by each member of the Committee.

8. At the Annual General Meeting, members shall be elected Honorary Handicapper, Honorary Website Manager and Honorary Headquarters Manager and two members who are not members of the Committee shall be elected Honorary Auditors.

9. The financial year of the Club shall end on the thirtieth day of June.

10. The Annual Accounts of the Club and of the junior section, which shall have been audited and signed by the Honorary Auditors shall be presented by the Honorary Treasurer and the Junior Treasurer respectively at the Annual General Meeting.

11. On receiving a written request, from at least twelve members, the Honorary Secretary shall call within twenty-eight days a Special General Meeting. Written notices convening the Meeting and stating the business to be transacted shall be sent to all members not less than seven days before the date of the meeting. Members will be asked to attend the Meeting in person; however the Honorary Secretary can accept a written communication from a member in the event such member is not able to attend in person. A minimum of twenty members either attending in person or providing the Honorary Secretary with their written communication shall form a quorum. The names of all members voting by proxy will be announced at the Meeting along with their vote. In this connection all communications to and from members may take the form of either mail or email. In the interests of time and expense email shall be the primary method of communication from the committee to members unless unavailable.

12a. Membership of the Club shall be open to anyone interested in athletics on application who agrees to abide by these Rules and Regulations and any Policies or Codes of Conduct that the Club adopts.

12b. The club may have different classes of membership and subscription on a non-discriminatory and fair basis. The Club will keep subscriptions at levels that will not pose a significant obstacle to people participating.

The subscription for first claim senior members over 20 years of age (both men and women) shall be a minimum of £55.00 per annum and that of second claim members shall be a minimum of £20.00 per annum, all such subscriptions being payable in advance on the first day of October in each year. A member elected on or after the first day of April shall be required to pay half the appropriate subscription for the current subscription year. Members who are bona fide students in full-time attendance at a university (or such other course of instruction as, in the opinion of the Committee, corresponds for the purpose of this rule to a university course) shall be eligible for a special reduced subscription of a minimum of £30.00 per annum. The Committee may at its discretion reduce the subscription of any member who is temporarily abroad undergoing military service or suffering financial hardship. Any subsequent changes to the subscriptions of senior members shall be determined by the Committee prior to the season in which they intend to implement them. The Junior Committee shall be responsible for determining and collecting the subscriptions

of junior members or devising and collecting such method of payment as they think fit.

12c. With effect from 1 October 2014 the club will introduce a new family membership subscription package. Should any fully paid up first claim senior member(s) be solely or jointly legally responsible for the care, custody or control of any fully paid up junior members under the age of 20 years the senior members will be able to take advantage of reduced membership rates for the relevant juniors when compared to the total of the individual memberships that would be applicable. The family membership levels will be set by the Senior Committee prior to the start of each winter season and communicated to members. Any junior member benefitting from a family membership who has (or will have) reached the age of 20 by 1st October in any year will, unless he or she has instructed otherwise, automatically become a Senior Member without re-election. If the junior in question is the only junior in the family membership subscription then the family membership subscription will also be terminated for the relevant senior member(s) and their subscriptions will also return to the full first claim senior member rate. However if the family membership subscription includes additional junior members then the family membership subscription will continue at the applicable rate.

12d. The Club Committee may refuse membership, or remove it, only for good cause such as conduct or character likely to bring the Club or sport into disrepute or in accordance with Article 18.

13. The Club shall admit Associate Members upon the following conditions namely:-

a. The subscription for Associate Members shall be £10.00 per annum payable in advance on the 1st October in each year. Any subsequent changes to the subscription shall be determined by the Committee as in Rule 11b.

b. Associate Members shall receive all Club Notices and any publications issued by the Club.

c. Associate Members shall not be allowed to take part in Saturday Club runs or any Club races or to represent the Club in any fixture.

d. Associate Members shall be allowed to use Headquarters and to take part in midweek training runs.

e. Associate Members shall be invited to attend all General Meetings, but they shall not be entitled to vote.

f. All questions regarding the privileges of Associate Members that may arise at any time and are not provided for in these rules shall be decided by the Committee.

14. The Club shall give members the option of becoming Life Members or Associate Members and the election to Life Membership or Honorary Life Membership shall be on such terms as the Committee shall from time to time lay down.

15a. The property and funds of the Club cannot be used for the direct or indirect private benefit of members other than as reasonably allowed by the Rules and all surplus income or profits are to be reinvested in the Club.

15b. The Club may provide sporting and related social facilities, sporting equipment, coaching, courses, insurance cover, medical treatment, away match expenses, post match refreshments and other ordinary benefits of Community Amateur Sports Clubs as provided for in the Finance Act 2002.

15c. The Club may also in connection with the sports purposes of the Club:-

- i) sell and supply food, drink and related sports clothing and equipment;
- ii) employ members (though not for playing) and remunerate them for providing goods and services, on fair terms set by the Committee with the person concerned being present;
- iii) pay for reasonable hospitality for visiting teams and guests;
- iv) indemnify the Committee and members acting properly in the course of the running of the Club against any liability incurred in the proper running of the Club (but only to the extent of its assets).

15d. The Committee will have due regard to the law on disability discrimination and child protection.

16a. The members may vote to wind up the Club if not less than three quarters of those present and voting support that proposal at a properly convened general meeting.

16b. The Committee will then be responsible for the orderly winding up of the Club's affairs.

16c. After settling all the liabilities of the Club, the Committee shall dispose of the net assets remaining to one or more of the following:-

- i) to another Club with similar sports purposes which is a registered charity and/or
- ii) to another Club with similar sports purposes which is a registered CASC and/or
- iii) to the Club's governing body for use by them for related community sports.

17. Any member wishing to resign from the Club shall give notice in writing to the Honorary Secretary before October 1st, or shall be liable for another year's subscription.

18. The Committee shall have power to terminate the membership of any member, without notice, whose subscription is four months in arrears, provided that all reasonable efforts have been made to ascertain the correct address of the member and remind him or her accordingly, or take into account any mitigating circumstances which might explain the arrears.

19. Any member infringing the laws of UK Athletics or any Rule or Regulation of the Club or whose conduct shall, in the opinion of the Committee, be injurious to the character and interest of the Club, may be expelled from the Club by a vote of the majority of the Committee, the Honorary Secretary having previously given the accused member at least seven days' notice of the intended proceedings.

20. No rule or regulation shall be made, altered or rescinded except at an Annual General Meeting of members or at a Special General Meeting called for the purpose. Notice in writing of the proposed alteration, addition or deletion shall be given to the Honorary Secretary by 1st September in the case of the Annual General Meeting or in the case of the Special General Meeting as provided in Rule 10, and then circulated to members with the notice of the meeting. Only

members aged 16 or over on the day of the meeting shall be entitled to vote.

21. A copy of these rules and regulations shall be displayed in the clubhouse and be posted on the club website. The Secretary will, on request, mail out a copy to any member who has not ready access to either of the above.

22. Where there is any conflict between any of the above Rules ("key Rules") and any other rule or rules the key Rule(s) will take priority. Interpretation of all the Rules must be consistent with the statutory requirements for CASCs (which means Community Amateur Sports Clubs as first provided for by the Finance Act 2002).

GENERAL REGULATIONS

1. On training runs all members will run in the pack to which they have been allocated and each pack shall be under the control of a pack leader appointed by the Captain or the Ladies' Captain. No member shall run ahead of the pack leader without permission of the pack leader.

2. When representing the Club, all Club members must wear the Club colours which shall be a white vest with the Club badge (a black 'O' encircling a red 'H') to be worn on the left breast, and the shorts shall be black.

3. Senior members who have not paid their subscription for the current year shall be ineligible to score in any regional championship and in any age category.

REGULATIONS GOVERNING COMPETITIONS AND CLUB AWARDS

1. The Club Championship is held over a distance of ten miles, and all members are eligible to compete who on the day of the race are first claim members of the Club for cross-country running in accordance with the Rules of UK Athletics.

2a. The Club Junior Championship is held over a distance of not more than 6 miles, if in the opinion of the Junior Committee, there will be sufficient competitors to warrant the event, and all members are eligible to compete who, on the day of the race, are over the age of 17 but under the age of 20 years and are first claim members of the Club for cross-country running in accordance with the rules of UK Athletics. Youths (over the age of 15 but under 17 years of age), and Boys/Girls (over the age of 11 and under 15 years of age) may run a maximum distance of 4 miles and 2.5 miles respectively, and if these younger categories participate with the Juniors in the Junior Championship, the distance of the race will be reduced accordingly.

2b. The Club Ladies Championship is held over a distance to be determined by the Ladies' Captain and the Ladies' Deputy Captain and may be staged either separately or in conjunction with an appropriate cross-country event as the Committee may from time to time decide.

3. The Club Road Championship is to be held over any distance at an appropriate event decided on an annual basis by the Committee.

4. All members are eligible to compete in the Club Handicaps held over 5 miles, 7.5 and 10 miles respectively.

5. A perpetual trophy known as "the Mercury" is awarded to and held for one year

by the winner of the Club Championship and a perpetual trophy in the form of a shield is awarded to, and held for a year, by the winner of the Club Ladies Championship.

6. A perpetual trophy is awarded to, and held for one year, by the winner of the Club Road Championship.

7. A prize known as "the Novice Award" is given to the first member under 30 years of age as at 1st October to finish in the Mercury, who has not either in that year or previously won a Club Championship or Novice Award.

8. A special trophy known as "the Memorial Trophy", in memory of the members who fell in the 1939-45 war, is at the conclusion of each season awarded to and held for one year by the active member whose contribution to the Club in the opinion of the Captain shall have been the most meritorious and in keeping with the traditions of the Club.

9. The Committee shall be entitled to award such further trophies or prizes and to limit those awards to those classes of person or persons as it in its discretion thinks fit.

10. The Committee shall be further entitled to withdraw, change or modify any such trophies or prizes awarded in accordance with Paragraph 9 hereof as it shall think fit.

11. The Committee by a resolution duly approved by at least three fourths of all its members shall have power to award a special badge called an "Honours Badge" to any first claim member for a performance for the Club of outstanding merit. The Holder of an Honours badge shall be elected an Honorary Life Member without payment on retiring from active membership.