



Pont-y-pŵl & District Runners

Rules and Constitution

1. The club name is Pont-y-pŵl & District Runners
2. Club headquarters will be at Pontypool Active Living Centre, Trosnant Road, Pontypool
3. The club objectives are:
 - To promote Welsh Athletics
 - To encourage members of the community to participate in the sport of running
 - To support local league and race events
4. The club will be managed by a committee with the following officers who will be elected by the members annually. Members wishing to apply for positions on the committee should have their names put forward by a club member and seconded by at least one other member. All Committee officers must be fully paid-up members of the Club.
 - Chairman
 - Secretary
 - Registration Secretary
 - Treasurer
 - Welfare Officer
 - Captain
5. Membership is open to anyone in the community, of any ability, but all members must agree to register with Welsh Athletics under the rules of the Registration Scheme
6. Members who wish to withdraw from the club must notify the Club Secretary in writing
7. Members all agree to pay an annual subscription – as agreed by the membership at the Annual General Meeting - Fees are due on 1st April each year. Membership fees will be determined taking into account AW registration fees, affiliation fees, club venue costs and any other agreed expenses.
8. The club will affiliate to participate in the Gwent Leisure Centre Leagues and the Gwent Leagues.
9. The Committee shall have the power to expel any member whose subscription is 6 months in arrears, providing that a month's notice in writing is sent to the member by registered letter to the last known address to inform him of the impending action. The Committee will also notify Welsh Athletics of any member who is expelled in this manner.
10. The club colours shall be Red and Black with a white stripe



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Rules and Constitution (cont.)

11. Club kit will be made available for all members to purchase and all members will be expected to wear club kit at competitive events
12. The Annual General Meeting will be held in December each year and will cover the following topics:
 - Committee Report
 - Treasurers Report
 - Election of Officers
 - Subscription Fees
 - Other Motions

1 month prior to the AGM date notices will be posted to all members and an opportunity to put forward motions for discussion at the AGM may be forwarded to the Club Secretary. The Club Chairman has the casting vote.
13. The constitution may be amended at an AGM or EGM provided that the amendments have a two thirds majority vote at a quorum meeting. A quorum consists of one half of the total membership.
14. The Committee may expel from the club any member who they deem guilty of conduct detrimental to the interests of the club or to Welsh Athletics. Once the member has received notice of the expulsion they will have 7 days to lodge an appeal – which will be considered by the committee at a special meeting. Only if a majority votes is cast will the member be reinstated.
15. The club constitution will be freely available for all members to refer to at all times.