



Constitution of Forfar Road Runners

- 1 The Club shall be called Forfar Road Runners.
- 2 The object of the Club shall be the promotion of Running, in its many forms, to include Road, Trail, Cross Country, Hill and Ultra Running, within Forfar and surrounding area.
- 3
 - a) Membership of the Club shall be confined to Amateurs, as defined by Scottish Athletics.
 - b) Junior members aged fourteen years and over will be accepted in the Club, so long as the Club can meet regulations set by Scottish Athletics for coaching of juniors (eg suitably qualified coaches).
 - c) Applications for membership to the Club shall be made to the Membership Secretary but *may* require committee approval. Membership will be accepted from those aged 18 years and over. Membership will be accepted from those aged fourteen years and over, so long as conditions stated in 3b are met.
- 4
 - a) The Committee may enrol honorary members into the Club.
 - b) Honorary membership shall be for one year *or* life, at the discretion of the Committee.
 - c) Honorary members shall be eligible to represent the Club in competition and shall have the same privileges and voting rights as members.
- 5
 - a) The Office Bearers of the Club shall consist of: President, Vice President, Secretary, and Treasurer. These, together with a minimum of four other members, shall form the Committee of the Club. The President will have a casting vote on any split decision.
 - b) A Committee shall be elected annually at the Annual General Meeting of the Club. Only Club members are eligible to serve on the Committee.
 - c) The Committee may fill any vacancy occurring within it.
 - d) The quorum for Committee meetings shall be five. However, if there is no quorum at a meeting, the meeting may still proceed, but any decisions suggested/made will need ratified by the full Committee.
 - e) The Committee shall normally meet monthly.
- 6
 - a) The Committee may appoint Sub-Committees.
 - b) Non-Committee members may be co-opted to these Sub-Committees, as deemed appropriate by the Committee.
 - c) Convenors of Sub-Committees shall report to meetings of the full Committee.
 - d) The quorum of a Sub-Committee meeting shall consist of not less than one half of the members of that Sub-Committee.

- 7 The Annual General Meeting shall be held in January each year.
- 8 The Business of the Annual General Meeting shall include:
- Minutes of the previous Annual General Meeting
 - Secretary's Annual Report
 - Treasurer's Annual Report and audited financial statement
 - Amendments to the Constitution if requests submitted
 - Election of the new Committee
 - Any other competent business.
- 9 Special General Meetings may be called at any time by the Committee, or upon written request signed by at least twelve of the members.
- 10 Each Annual General Meeting of Special General Meeting shall be publicised on the Forfar Road Runner's Website and as widely as possible using all appropriate media channels. This should be done a minimum of four weeks prior to the date for the Annual General Meeting and a minimum of seven days for any Special General Meeting.
- 11 a) Members aged eighteen years and over shall be eligible to vote at any general meeting of the Club.
- b) Ten members aged eighteen years and over shall constitute a quorum at any General Meeting.
- 12 At any General Meeting, Committee Meeting or Sub-Committee Meeting, the person presiding shall, in the event of equality of voting, have a casting vote in addition to their normal vote.
- 13 The Club financial year shall run from 1st January to 31st December.
- 14 The "Club Colours" are: Sky Blue Vest with the Forfar Road Runners Logo (depicting a running figure with Balmashanner Hill and War Memorial in the background) and Navy Shorts.
- 15 a) Subscriptions shall be payable after the Annual General Meeting and must be paid by the last day of February each year.
- b) Any member in arrears with their subscriptions **shall not** be eligible to: request a General Meeting; vote at a General Meeting; represent the Club in competitions; receive any award from the Club.
- 16 a) If, at a Committee meeting, in the opinion of at least five Club members, the conduct of a Club member is contrary to the interests of the Club, then the Committee may suspend that member for a stated time, or indefinitely, from the activities of the Club.
- b) No decision to suspend a member shall be taken at a Committee meeting without giving them the opportunity to defend themselves at that meeting.
- c) A member, if suspended, shall have the right to appeal to the first General Meeting of the Club following their suspension, and this General Meeting may overrule the suspension. The suspension may be lifted by a subsequent Committee Meeting.
- 17 A member wishing to resign from the Club should inform the Membership Secretary in writing/by email.
- 18 a) No alteration to this constitution shall be made, except at an Annual General Meeting or a Special General Meeting, by a vote of at least two thirds of the members present and eligible to vote.

- b) Notice of any motion to alter this constitution shall be made in writing to the Secretary, at least four weeks before the meeting at which it is to be considered.
 - c) The Secretary shall include such a motion in the notice calling to the meeting.
- 19 Any Club Member incurring approved expenses in relation to Club business shall be reimbursed appropriately.

Doug Fleming
Secretary, and on behalf of the Committee
January 2024