

METROS CONSTITUTION MAY 2025

1 NAME

The club shall be called **METROS**.

2 OBJECT

The object of the Club shall be the promotion and encouragement of such activities as are appropriate to an inclusive family running club, open to all aspirations and abilities, such as the provision of organised runs, races, and training.

The club is open to the whole community, without discrimination. The club promotes equal running status, opportunities, and experiences between men and women.

The club is non-profit-making and covers its costs through the membership annual subscriptions. Any surplus income or gains are reinvested into the club, and none of the club's assets are distributed in cash or in kind to members or third parties. However, this does not prevent donations by the Club to Charities or other similar Clubs registered as Community Amateur Sports Clubs.

In the event that the club were to be dissolved, any remaining assets would be given as a donation to a club of similar status or charity with similar aims and objectives and would not be distributed to members.

3 CLUB COLOURS

The new club colours from 2018 shall be a yellow and blue top with the word 'Metros' on the front and back. Members can also continue to run in the pre-existing yellow tops. Any relay teams running under UKA rules must use the same coloured tops.

4 MEMBERSHIP

Membership of the club is confined to Amateurs as defined by the rule book of the athletics governing body (at present called UK Athletics).

Prospective members should apply in writing or on-line on a form provided for the purpose.

Members are required to follow the UK Athletics codes of conduct, and to comply with this constitution and supporting Club policies. In exceptional cases and following the club's grievance and disciplinary policy and process, the committee may terminate the membership of any member found to be acting against the object of the club.

5 MANAGEMENT

The management of the club shall be vested in the membership through the committee which shall be elected annually by written ballot, using the procedure specified in Clause 10, by all paid up members aged 18 years or over attending the AGM. Proxy votes are not accepted. Existing committee members cannot nominate each other, and nominations cannot be from family members.

The elected committee shall comprise an Honorary Chairman, Honorary Vice Chairman, Honorary Secretary, Honorary Treasurer, Honorary Membership Secretary, together with 7-11 other members to a maximum of 16 committee members, all of whom should be aged 18 or over on the date of the AGM. One additional committee member aged 16-17 may be elected to represent junior members' views. When a junior member is elected, the maximum committee size should remain at 16.

The day-to-day business of the club shall be facilitated by co-ordinators whose duty shall be to co-ordinate the delivery of their specified area of interest. At any time, any vacant, existing or new co-ordinator position may be filled by any member of the club with the approval of the committee. There shall be no limit on the number of co-ordinators.

6 SUBSCRIPTION

Rules on club subscriptions are defined in the rule book of the athletics governing body (at present called UK Athletics).

The annual subscription of the club is **1 for an adult member. The subscription shall become payable annually on the first day of March. Adult members joining in March to June will pay the full membership fee. New members joining in July to October will pay **2, and those joining in November and December will pay **3. New members joining from January will pay **1 which will include the following membership year. The child subscription is **4 available to children under 18 years. In addition, a reduced rate of **5 for students who are in full time education who are between 18 - 21 years. For former adult members who have moved away from the area, associate membership will be available at the discretion of the committee, associate members will pay **6 and will be subject to constraints on membership benefits to be decided and reviewed annually by the committee.

Payment to retain membership is unnecessary for individuals who are 70 years or over on the 1st March and are renewing their membership after a period of 5 years' membership. For those 70 years or over joining the club, the full adult rate will apply for the first 5 years of membership, after which no further payment will apply for continued membership.

No member whose subscription is in arrears is eligible to participate in any competition entered by the Club or qualify for any club awards or points towards club awards or vote at an AGM or SGM.

****1** As determined by the Annual General Meeting held on 13 May 2016 (£25.00 for adult members)

****2** As determined by the Special General Meeting held on 12 May 2017 (£15.00)

****3** As determined by the Annual General Meeting held on 17 May 2019 (£10.00)

****4** As determined by the Annual General Meeting held 19 May 1992 (£1.00)

****5** As determined by the Annual General Meeting held on 14 May 2010 (£5.00)

****6** As determined by the annual General Meeting held on 12 May 2017 (£12.00)

The Committee may, at their discretion, offer promotions such as trials and couch to 5K courses to encourage new people to join Metros.

Metros Competing Members will pay their own England Athletics Registration Fee. These will be collected at the same time as the Metros membership fee and be paid by Metros secretary on behalf of the member.

7 ANNUAL GENERAL MEETING (AGM)

1. A general meeting shall be held during the month of May in every year (or no later than 15 months from the previous AGM) for the following purposes:

- a) To approve the minutes of the previous AGM
- b) To receive and approve the audited accounts, to receive the Honorary Treasurer's report and to vote upon any change in subscription proposed therein
- c) To elect an Auditor
- d) To elect the Committee
- e) To discuss and vote upon any other resolutions properly notified in advance in writing to the Honorary Secretary for inclusion on the agenda.

2 A person (and a deputy) shall, if necessary, be elected to chair the AGM by a committee meeting preceding the AGM.

3 The Honorary Secretary shall give a minimum of 28 days' notice of the AGM, and publication in Metros general communications such as the newsletter/magazine, social media and event booking systems shall be deemed adequate notice. The notice of the meeting shall invite nominations for the committee as specified in '10 Committee Election Procedures' and any other resolutions for inclusion on the agenda. Nominations and Resolutions are to be received in writing by the Honorary Secretary not less than 14 days prior to the date of the AGM and the Honorary Secretary shall publish the agenda and committee nominations not less than 7 days prior to the date of the AGM.

4 Only paid-up members aged 18 years or over on the day of the meeting are eligible to vote.

8 SPECIAL GENERAL MEETING (SGM)

If required by at least 20 members aged 18 years or over signing a written requisition, the Honorary Secretary must call a SGM in accordance with the following procedure:

- a) Within 14 days of receipt of the requisition the Honorary Secretary must give notice of the venue, time, date and the business of the meeting which is to be held not less than 14 days from the date of the notice and not more than 28 days from the date of the notice.

b) For this purpose - give notice - shall be by Metros general communications such as the newsletter/magazine, social media and event booking systems.

c) The committee shall elect a person (and a deputy) to chair the SGM

d) Only paid up members aged 18 years or over on the day of the meeting are eligible to vote.

9 THE COMMITTEE MEETING

The committee meeting shall be held monthly or bi-monthly. There shall be not less than 6 meetings a year. The place, date and time of each meeting shall be published in advance, in the Club Newsletter or via the Club website. The meeting shall be open to all members. Only the committee will be eligible to vote on decisions to be taken at the meeting. The Chairman shall have a casting vote only, to be used at his/her discretion.

The committee shall have the power to co-opt additional voting committee members, up to the maximum of 6 per committee year, to hold office until the next committee election.

In the event of the resignation of the holder of a named committee position, the committee shall have the power to elect replacement(s) by secret ballot at any committee meeting.

The committee meeting shall review feedback from membership, receive reports from co-ordinators as appropriate, establish new co-ordinator posts as and when required, decide upon budget matters, mandate the Honorary Treasurer to act on the Club's behalf as necessary, and discuss any other business.

The committee shall also receive from the Honorary Treasurer a report at least each quarter, detailing income and expenditure and bank balances since the last report plus an up-to-date summary of the club's assets.

A quorum shall be 7 committee members. In the absence of a quorum those present may make recommendations for consideration at the next quorate meeting. Decisions shall be by a simple majority of the committee members.

The committee shall be empowered to affiliate the club to such sporting and recreational associations, organisations or bodies as it thinks fit.

10 COMMITTEE ELECTION PROCEDURE

The committee election procedure shall be a written ballot as follows:

a) For each named position a ballot form showing the names of the candidates will be distributed by the Honorary Secretary. Each member present shall be entitled to use one vote per position.

b) For the other 11 positions a ballot form showing the names of the candidates will be distributed by the Honorary Secretary. Each member will be entitled to vote for up

to 11 different candidates using not more than one vote for any one candidate. The 11 candidates with the highest number of votes will be elected.

c) If needed between two and four vote counters (non-committee candidates) will be elected by the committee prior to the AGM.

d) Only the names of the successful candidates in each election will be announced, the details of numbers of votes cast shall be kept confidential by the vote counters.

11 ALTERATIONS TO THE CONSTITUTION

No alteration or addition may be made to this constitution except by an AGM or by a SGM called for the purpose. Any alterations or addition shall require a two thirds majority of those present and entitled to vote.

I confirm that this Constitution incorporates changes agreed at the SGM on 12th August 2014 and at the AGMs on 13 May 2016, 12 May 2017, 11th May 2018, 17th May 2019 and 13th May 2022.

Signed by Honorary Secretary:

Name: Rohan Muscarello Date: 02/05/2025

Signed by two committee members for identification purposes.

Signed by:

Name: Stephen Abdel Date: 02/05/25

Signed by:

Name: Teresa Youna Date: 2/5/2025