

1. Name

The name of the Club shall be "Glasgow FrontRunners" herein after referred to as the 'Club' and shall be affiliated to Scottish Athletics, International FrontRunners and any other national and regional or international bodies as the Club consider appropriate in order to carry out the objectives of the Club.

2. Objectives

- a) The advancement of running as a sport and, in particular, community club running and mixed ability running for members of the LGBTQIA+ community;
- b) The promotion of equality and inclusive participation in running for all LGBTQIA+ people; and
- c) The provision or promotion of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life, including providing safe running and exercise spaces for all persons aged 18 years or over in the LGBTQIA+ community, where possible.

In furtherance of the above, the Club will:

- (i) encourage the practice, participation, promotion and development of athletics for the LGBTQIA+ community in the West of Scotland;
- (ii) provide training and coaching for members;
- (iii) provide for group participation in local, regional, national and international running events as may be requested from the membership from time to time;
- (iv) organise running events in the name of the Club in the West of Scotland; and

(v) organise such other events as may be required from time to time which improve the quality of life for persons in the LGBTQIA+ community.

3. Powers

In furtherance of the purposes, the Club shall have the following powers:

- a) Subject to such consents as may be required by law, to borrow and or raise money for the furtherance of the objectives of the Club in such manner and on such security as the Club may think fit;
- b) To take such steps as may be deemed appropriate for the purpose of raising funds for the Club's activities;
- c) To purchase any assets or rights which are suitable for the Club's activities
- d) To sell or otherwise dispose of all or any part of the property and rights of the Club;
- e) To liaise with, work with and/or enter into any arrangement with any organisation, body or authority which may be advantageous for the purposes of the activities of the Club, and to enter into any arrangement for co-operation or mutual assistance with any such body;
- f) To effect insurance of all kinds (which may include liability insurance);
- g) To subscribe to, become a member of, or amalgamate or co-operate with any other organisation, institution, society or body not formed or established for the purposes of distributing profit whose objectives are wholly or in part similar to those of the Club and which by its constitution prohibits the distribution of its income and property amongst its members;

- h) To establish and/or support any charity, and to make donations for any charitable purpose falling within the Club's objectives;
- i) To do all or any of the things previously authorised either alone or in conjunction with any other club, institution, society or body with which this Club is authorised to amalgamate;
- j) To pay all or any expenses incurred in connection with the promotion, formation and future incorporation of the Club;
- k) To enter into any formal partnership or consortium arrangements to further the Club's objectives;
- l) To open and operate such bank accounts and other financial savings accounts as required in the name of the Club;
- m) To promote companies referred to in section (g) whose activities may further one or more of the above objectives, or may generate income to support the activities of the Club;
- n) To engage such coaches, consultants and advisers as are considered appropriate from time to time and pay fees to such advisers or consultants;
- o) To oppose, or object to, any application or proceedings which may prejudice the Club's interests;
- p) To apply for, purchase or otherwise acquire, and protect and renew in any part of the world any patents, patent rights, brevets d'invention, privileges, concessions and licenses, secret processes, trademarks, trade names, brands and copyrights and the like which may seem capable of being used for any of the objectives, and to use, exercise, develop, prolong and grant licenses of the same;
- q) To do anything which may be incidental or conducive to the furtherance of any of the Club's objectives; and

- r) To bestow Honorary/Lifetime membership.

4. Equalities

In relation to its objectives, and aligned to the Equality Act 2010, the Club will;

- a) Strive to avoid intentional and unintentional discrimination by virtue of age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, sex, sexual orientation, religion or belief or any other artificial barrier or prejudice;
- b) Undertake whatever reasonable changes in the Club's activities or facilities which may be necessary in implementing the above.

5. Membership

- a) Membership of the Club is voluntary and open to all persons at least 18 years of age and who are interested in helping the Club to achieve its objectives and willing to abide by the rules of the Club as prescribed in the **Club's Code of Conduct**.

Membership is available in the following Categories:

- **Full Member** – Any individual over the age of 18 who has successfully completed an **Application for Membership of the club** (including the Couch to 5k membership, or as may otherwise be adopted or varied from time to time)
- **Concessionary Member** - Any individual over the age of 18 who is eligible, at the time of completing an **Application for Membership**, under the following

criteria, for a concessionary discount on their annual membership:-

- (i) any student at a UK university or college;
- (ii) any person over 65 years of age; and
- (iii) any person who is unemployed

- **Honorary/Life Member** - An individual over the age of 18 may only be appointed into the category of Honorary/Life Member at the discretion of the Management Committee. The Management Committee may from time to time accept members from affiliated running clubs and professional athletes as Honorary Members.

Every **Full Member, Concessionary Member and Honorary/Life Member** shall be an **Eligible Member**.

The Club may permit guests to join the Club on accompanied runs organised by the Club under any pay as you go scheme operated by the Club from time to time or as required for volunteering and marshalling of runs ("**Guest**"). Guests agree to be bound by and accept the Club's Code of Conduct on any accompanied runs **but are not Eligible Members**.

a) Every **Eligible Member** shall have voting rights at Annual or Extraordinary General Meetings. Votes can be cast in person or electronically (by email) to the Secretary. Electronic votes should be submitted to the Secretary no later than 48 hours before the meeting.

- b) The Management Committee shall have the power to refuse membership to an applicant, where it is considered such membership would be detrimental to the, objectives or activities of the Club.
- c) **Registration, suspension and termination of membership**
 - (i) Membership is made by completion of an **Application for Membership** available on the Club's website. The Management Committee shall have the right to vary any procedure for accepting members.
 - (ii) Any Eligible Member of the Club may resign their membership by giving to the Secretary written notice (by email) to that effect. Any notice served under this Clause 5(c)(ii) shall be deemed to be effective immediately and the relevant Eligible Member shall cease to have any rights of voting, representation or participation in Club activities. Resigning members are not eligible for a refund of any paid membership subscription for that year.
 - (iii) The management committee shall have the right for good and sufficient reason to refuse renewal of any existing membership or terminate or suspend any membership in accordance with the **Club's Code of Conduct** and **Complaints Procedure**.

6. The Management Committee

- a) The Management Committee shall consist of a minimum of not less than four members elected at the Club's Annual General Meeting ("AGM"), Committee Members must be at least 18 years old and have been Eligible Members for at least twelve months immediately preceding the date of the AGM.

b) The office bearers of the Management Committee shall be:

- The President
- The Run Secretary
- The Treasurer
- The Secretary

c) Prior to an AGM, the management committee shall determine all such committee roles deemed necessary to serve in the interest of the Club and its Membership.

The management committee shall appoint all such officers it deems necessary to serve in the interests of the Club and its Membership.

d) Election of management committee posts will take place at the AGM and be by means of a nomination (**Nominations must be received not less than 7 days prior to the AGM**) and election will be approved by plurality of those present and/or eligible to vote. In the event of multiple nominations for any post, a vote with a winning plurality will be taken to determine who is to be appointed.

e) Except for the reimbursement of expenses wholly or necessarily incurred in connection with Committee events or activities, no payment or remuneration will be made to any committee member.

f) The Management Committee Members will serve for an optional two year term

g) All management committee members agree to be bound by the Code of Conduct and to dedicate sufficient time and attention in fulfillment of their respective roles. Any material or persistent breaches of the **Code of Conduct shall be considered by** the remaining management committee (including under the terms of the **Complaints Procedure**) on what (if any) action is required.

h) Members of the management committee may resign from office on the provision of at least one month's notice in writing (by email) to the Secretary. The Management Committee may, at its sole discretion, appoint a replacement for the resigning member for as long as is operationally required, or until the date of the next AGM.

7. Management Committee Meetings

- a) The Management Committee shall meet at least four times each year;
- b) The quorum for a meeting shall be 55%. The President or a nominated delegate must be present to chair any meeting;
- c) All meetings of the Management Committee shall be minuted and made freely available to the membership on the Club's website not later than two months following the meeting;
- d) All Management Committee Members shall be given at least seven days notice of a Management Committee meeting unless it is deemed an emergency meeting;
- e) The Management Committee shall have the power to appoint such Sub Committees as it may from time to time decide and to determine their powers and terms of reference. Minutes will be kept of all Sub Committee meetings;
- f) Each Management Committee Member shall have one vote. In the event of a tied vote, the President shall have the casting vote;
- g) Votes at Management Committee Meetings shall be cast in person (by show of hands) or in writing by email to the Secretary;
- h) In the interests of integrity, any conflict of interest in decision making processes must be declared and where appropriate, those making such declarations should neither take part in discussion nor decision making in relation to said conflict of interest. Any breach by a Management Committee Member of this Clause 7(h) shall be considered material.

8. Finance

- a) Any money obtained by the Club shall be used only in the furtherance of the Club's purposes. None of the Club's assets may be distributed to its membership or otherwise applied (on being wound up or at any other time) except to further its purposes;
- b) Any bank accounts opened for the Club shall be in the name of the Club. The President and the Treasurer shall be required to have access to the Club bank accounts and any credit/debit cards shall be issued only to the President and the Treasurer;
- c) Any cheques or sums withdrawn below £100 in a single transaction from Club bank accounts may be authorised by the Treasurer alone. Any cheques or sums withdrawn in excess of the sum of £100 but less than £1,000 from Club bank accounts shall be signed or authorised by the Treasurer and the President. Any expenditure in excess of £1,000 shall require the authorisation of a majority of the Management Committee, including the President and Treasurer.
- d) All cash gathered for Club activities will be banked verified by two persons at the earliest practical opportunity;
- e) The Treasurer will keep a proper record of all financial transactions relating to the Club's activities;
- f) The Club's financial year will be for the twelve months ending on the last day of September;
- g) Annually, the treasurer will prepare an Income and Expenditure Account for the financial year together with a Balance Sheet as at the year end. The annual accounts and other financial records will be subject to examination by the Management Committee (or any finance subcommittee of the Management

Committee) or, if considered necessary or appropriate by the Management Committee (or any finance subcommittee) an independent and suitable person or organisation appointed by the Management Committee.

9. Annual General Meetings

- a) The Club shall ordinarily hold an Annual General Meeting (AGM) in the month of October in each year.
- b) Where possible members shall be notified personally, otherwise notice will be deemed served by advertising the meetings as widely as possible giving at least fourteen days notice of the AGM.
- c) At least one half of the Management Committee, which must include two Office bearers and at least 20% of the Eligible Members, must be present to hold an AGM. In the event that a quorum is not met, the AGM shall be rescheduled within seven days of the date originally proposed for the AGM, with notice of such date being intimated to the Eligible Members.
- d) The business of the AGM shall include:
 - Receiving a report from the President of the Club's activities over the year.
 - Receiving a report and presentation of the last financial year's accounts from the Treasurer on the finances of the Club.
 - Electing a new Management Committee and considering any other matter as may be appropriate at such a meeting.
 - Agreeing the annual membership fee for the year.
 - Any other competent business.

e) Agenda items and any motions to be discussed at the AGM must be submitted to the Secretary in writing (by email) at least seven days prior to the date that the Annual General Meeting is scheduled to take place.

f) Every serving Member shall have one vote at the AGM. In the event of a tie, the outgoing President shall have a casting vote. The serving President shall not have a vote except in the event of a tie.

g) Votes at the AGM may be cast in person (by show of hands) or by any other electronic means of accepting votes that may be adopted by the Management Committee for the purposes of the AGM.

10. Extraordinary General Meetings

An Extraordinary General Meeting ("EGM") can be called by Management Committee Members (acting as a simple majority) at any time or by a Member's Resolution submitted by 20% of the Eligible Members.

- a) Ordinarily at least two thirds (2/3) of the Management Committee, must be present to hold an EGM.
- b) At least fourteen days notice must be given of the date, time, place and purpose of the meeting and should be publicised as widely as possible.

11. Alterations to the Constitution

- a) Amendments to the constitution can only be considered at a validly constituted AGM/EGM.
- b) Any changes to this constitution must be agreed by at least two thirds (2/3) of those members present (or by other agreed methods) and voting at any AGM/EGM.

12. Dissolution

a) If 75% of the Management Committee decide that it is advisable or necessary to dissolve the Club, it shall call an Extraordinary General Meeting at a minimum of fourteen days notice. If the decision to dissolve the Club is confirmed by a 75% majority of those present and voting at such a meeting, the Management Committee will have the power to wind up its affairs and dispose of any remaining assets held by or in the name of the Club.

b) Any assets remaining after the satisfaction of any proper debts and liabilities, including any expenses incurred in winding up the affairs of the Committee, shall go to another project, Club or charity with similar objectives.

Adoption of the Constitution

This constitution was adopted by the members present at the EGM held on: 19th August 2022

Signed:

.....

(President)

.....

(Secretary)

.....

(Treasurer)