

LERC Club Rules (as updated November 2024)

1. Name

The name of the club shall be the 'Long Eaton Running Club '86'.

2. Location

The meeting point for Long Eaton Running Club '86 club runs shall generally be at West Park Leisure Centre, Wilsthorpe Road, Long Eaton, Derbyshire, NG10 4AA.

3. Mission Statement

“To provide a supportive and encouraging environment for runners of all abilities by promoting the many forms of running to benefit fitness, mental and physical health, training and competition within an inclusive, dynamic and social running club.”

(Supplementary information regarding the aims of LERC and benefits of membership is appended at the end of these rules).

4. Club Management Committee

The Club Management Committee shall comprise the following officers to be elected annually at the AGM.

- Chair*
- Membership Secretary*
- Treasurer*
- Secretary*
- Men's Captain
- Women's Captain
- Lead Welfare Officer

(* indicates person holding this position cannot hold another committee position simultaneously.)

Additional discretionary management roles may be identified by the Committee annually at the AGM, or at other time as appropriate, to support the Committee until the next AGM/EGM.

5. Membership

5.1 Application/Resignation

Membership application must be accompanied by a completed membership form. The minimum age for membership is 18 years.

Acceptance of a membership application shall be at the discretion of the Membership Secretary, but in cases of dispute, shall be decided by the Club Management Committee.

To resign from the club a member must inform the Club Membership Secretary in writing, and all actions must be in accordance with the UKA handbook, “Rules for Competition” a copy of which is held by the Club Secretary.

5.2 Annual Fees

Membership fees are payable annually to the Membership Secretary. The annual renewal date is 1st April. The rate of subscription to be communicated following any changes made by the EA to the affiliation fee for members. Members will also need to sign to accept the English Athletic code of conduct when renewing their membership.

5.2.1 A half-yearly concession to 50% of the annual fee less the competition licence fee, shall apply to new members joining after the first six months of any membership period. This concession will apply up to the date of annual renewal.

5.2.2 If an application is made within one calendar month of the normal renewal date, the applicant can pay the full amount to be valid until the end of the following membership period.

5.2.3 New members are cleared to compete for Long Eaton Running Club, only after having completed, signed and submitted an application form, along with the appropriate fee to the Membership Secretary, or other current Club Management Committee Member.

5.2.4 Any club member continuing to fail to pay their annual membership renewal fee beyond a date outlined at each previous AGM, or otherwise confirmed, may be subject to a suspension of membership. Any decision to suspend a club member in such circumstances can only be carried by a majority vote made by the Club Management Committee, and confirmed to the club member in writing.

5.2.5 In addition to sub-paragraph 5.2.4, any such club member will be unable to take part in running events as an EA-affiliated competitor, and therefore a member of Long Eaton Running Club. Consequently, they will be unable to gain points towards the internal summer, winter or fell leagues, until the payment has been paid in full.

5.2.6 A concession to 75% of the full annual fee will apply to new and existing members who, on the occasion of joining/renewal are:

- i. Aged 66 or over on that date;
- ii. Officially classed as a full-time student; or
- iii. Unemployed and in receipt of welfare benefits.

5.2.7 A new other discipline 1st claim member, 2nd claim member, or new member who is non-competitive, will be charged the full club fee, less the competition licence fee.

5.3 Discipline

All members must adhere to the current UKA handbook, "Rules for Competition", which can be accessed by requesting a copy from the Club Secretary.

Any complaints regarding the misconduct of a club member will be handled following the Club's Grievance and Disciplinary Policy. Information about this procedure can be obtained from the Club Secretary or from the Club website.

5.4 Grievances

If a grievance arises, it will be addressed according to the Club's Grievance and Disciplinary Policy. Details of this policy can be obtained from the Club Secretary or from the Club website.

5.5 Substitute Runners

Any member taking the place of another runner in a race shall inform the organisers of the change of runner. In the event of any problem arising, resulting from the change not being notified, the member concerned shall be considered guilty of misconduct, and dealt with under rule 5.3 above. If applicable, no points will be awarded to the club member for winter, summer or fell league races.

5.6 Honorary Membership

Any nomination for the election of a member to become an Honorary Member must be submitted, with a justification, to the Club Management Committee at least four weeks prior to an AGM. If, after due consideration, the nominated member is deemed to have made a significant contribution to the benefit of the club, the nomination is accepted, a formal proposal with supporting justification, which must be seconded, should be submitted to the club membership at the AGM. The outcome will be decided by a vote, with the proposal being carried by a two-thirds majority of those voting.

6. Annual General Meeting

An Annual General Meeting of members of the club shall be held not later than the last day, or earlier than the first day of October in each year. The business transacted will include:

- i. the Balance Sheet and Treasurer's Report for previous annual period.

- ii. to appoint members of the committee as required in Rule 4 above.
- iii. to consider any other matters concerning the business of the club as may be necessary.
- iv. any proposed alteration to Club Rules.

Every reasonable effort will be made to follow the timetable of activities associated with the AGM set out below:

- Advanced notice of date of AGM to be provided 8 weeks before the AGM;
- Confirmation of any Committee members standing down or discretionary management roles becoming available to be provided 8 weeks before the AGM;
- Nominations for Committee positions, discretionary management roles or Honorary Members to be submitted 4 weeks before the AGM;
- Confirmation of Agenda and names of any nominations received to be communicated to all members 2 weeks before the AGM.

6.1 Unopposed Election

Any Committee or discretionary management team members who are standing unopposed should be elected en-bloc with no need for voting.

6.2 Voting for a Committee position

Any vote for a Committee or discretionary management position, including in the event of a challenge to a sitting Committee or discretionary management member, will be conducted by ballot either online or in person at the discretion of the Committee. This will be communicated to the members in the email regarding the AGM. The outcome will be determined by a simple majority of those voting.

6.3 Proposals from the floor

Any proposal from the floor, if voted upon, will be decided by a show of hands. The proposal will be carried by a simple majority.

6.4 Casting vote

Where any vote is tied, the Chairman shall have the deciding vote. (Applicable to any vote).

7. Extraordinary General Meeting

An Extraordinary General Meeting (EGM) may be convened at any time by the Committee or by requisition signed by not less than one third of the membership and communicated to the Club Secretary, setting out the business required to be transacted.

8. Committee Meetings

8.1. Regular committee meetings shall be called, a minimum of three per year, at which time issues raised can be discussed.

8.2. At committee meetings a minimum of four Committee members shall constitute a quorum.

9. Finance

No monies other than day to day expenses by the club can be paid out without two nominated Committee signatories.

9.1 Subscriptions

Subscriptions other than Annual Club Membership will be set by the committee to cover day to day expenses of the club.

10. Club Colours

Dark Blue/White vest or t-shirt.

- i. Registered with UKA as representing the Long Eaton Running Club '86
- ii. Club colours shall be worn by all club members representing the club at any competitive meeting. If the race forms part of the current winter or summer leagues, no points will be awarded to any club members not wearing club colours.

11. Team competitions

Where team entries are separate from individual entries the Club Captains shall be responsible for entering the requisite number of teams on behalf of the club.

11.1 Team awards

Any team prizes awarded to club members in the name of the Long Eaton Running Club shall normally be disposed of amongst the participating team members, but the committee retains the discretionary right to decide disposal in exceptional circumstances.

11.2 Club subsidised races

The following are events where club funds will pay £100 per event (to be split between all participants). Where the total cost of entries is less than £100, teams will be fully subsidised by the club and any remainder will be returned to club funds. The level of funding will be at the discretion of the Committee and reviewed each year.

- 12 & 6 stage relays Midlands (and National, should LERC qualify)
- Autumn 6 & 4 stage relays (and National, should LERC qualify)
- British Fell relays
- National XC relays

Criteria for inclusion in the list are:

- The event must be open to all LERC members
- The event must be team-focused, i.e. relays

12. London Marathon Draw

In any year where the Club is awarded guaranteed entries for the London Marathon a draw shall take place at the AGM or other suitable occasion, subject to the following conditions:

- i. Member must be a first-claim runner of LERC
- ii. Member must be in their 2nd year of membership (greater than 12 months since joining at the time of the draw)
- iii. Membership for the year of the draw must have been paid on or before 1 April
- iv. Member must have entered the London Marathon ballot as a LERC member
- v. Member must submit their London Marathon rejection notification by the date specified to the Club Secretary
- vi. Member must have completed a minimum of five scoring races over the period spanning the most recent complete Winter, Summer and Fell leagues.
- vii. Names shall be drawn for each place available plus one reserve
- viii. In the event of any reason for not being able to run, the club place must be given up to the reserve runner. Deferrals will only be allowed after the London Marathon cut-off date for club substitutions.

13. Alteration of Rules

These rules cannot be altered, abrogated or set aside unless by a resolution of Annual General Meeting or Extraordinary General Meeting at which two out of three then voting shall have voted for the alteration. At the discretion of the Committee, voting may be held online to maximise accessibility to all members.

14. Properties

All persons being Officers or Members of the club must care for the properties belonging to the club or loaned to the club by any other body and be expected to pay for or replace to the satisfaction of the Trustees any property damaged by any member, fair wear and tear at all time being expected.

15. Dissolution

In the event of the dissolution of the club by resolution or otherwise, the Secretary of the club shall inform each and every member of that intention given in writing at last known place of address. One calendar month there after the Committee of the Club shall proceed to pay off all known charges against the club in so far and only so far as funds available allowed. In the event, any remaining money held by the club will be donated to one or more charities. These charities to be decided by an appropriate and democratic method as the situation allows.

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Supplementary information

The following provides further detail regarding the aims and role of LERC. This is provided for information and does not constitute a formal component of the club rules. As such its content is at the discretion of the Club Management Committee.

- LERC is affiliated to and abides by the rules of Nottinghamshire AAA & England Athletics (EA) and is governed by the competition rules of UK Athletics. LERC individuals are also governed by the competition rules of the Fell Runners Association (FRA) when appropriate.
- LERC actively promotes running in all its forms including but not limited to running for pleasure, health and fitness, park runs, C25K, enhanced programmes of development for new runners, competition in races of all forms and distances including local leagues, and at county, regional, national and international level.
- The club is committed to recording the successes and achievements of its members by the presentation awards where appropriate. Award categories are at the discretion of the Committee and may include but are not limited to: Runner of the month; Outstanding Achievement award; contribution to the club award; men's & women's captains award; Runners' Runner award; club summer, winter, & fell league category awards; Pheidippides award; and a Long Distance Award (LDA) recognising the achievement of a runner competing at an ultra-distance event beyond that of the 26.2 mile marathon distance.
- LERC members are permitted to compete as individuals & in team competitions in events including, but not limited to, the Derby Runner summer (5 races) & winter leagues (5), North Midlands xc league (4), East Midlands xc league (4), Notts AAA summer league (5). These named races are free to LERC members.