

Cirencester Athletics and Triathlon Club

Constitution and Rules

Dated May 2023



Amendment Record

Annual General Meeting. 30th March 2010

Rule 4.3 Change of subscription date

Rule 4.5.1 Ex-Officio Honorary Officer (Club President)

Rule 4.5.2 Ex-Officio Honorary Officer (Life Vice President)

Rule 4.5.6 President and Life Vice President Rule

Rule 4.5.7 Term in Office

Rule 6 Accounts

Rule 7 Property and Facilities

AGM March 2011

Rule 1 Club Name and Colours

Rule 5 Annual General meetings

Rule 13 Cirencester Athletics Club Logo

AGM March 2012

Rule 4.2 Membership Classes

Rule 4.5 The Club Committee

AGM April 2013

Nil Amendments

AGM April 2014

Rule 14 London Marathon places

AGM April 2015

Rule 1 Club Colours

AGM April 2016

Nil Amendments

AGM April 2017

Rule 4.2.1 Membership

AGM April 2018

Nil Amendments

AGM April 2019

Rule 4.3 Subscriptions

Rule 14 London Marathon Places

Rule 15 Annual Awards

AGM April 2020

Not held due to Covid-19 restrictions

AGM May 2021

Rule 4.8 (f) (final sentence) On-line banking

AGM April 2022

Nil Amendments

AGM May 2023

Nil Amendments

Cirencester Athletics and Triathlon Club

Constitution and Rules

1. Club Name & Colours

The Name of the Club is "Cirencester Athletics and Triathlon Club" ("the Club") and it was established in 1985. The Club Colours shall be red, white and black vest with black shorts. The Club shall be conducted in accordance with and under the Rules and the Regulations of UK Athletics (UKA), English Cross Country Union, British Triathlon Federation or their successors in title.

Definitions:

The following terms used throughout the Rules have the following meanings:

Terms	Definitions
UK Athletics (UKA)	The Member Federation of the IAAF responsible for athletics in the United Kingdom of Great Britain and Northern Ireland
National Association	England Athletics
Region	A smaller unit of England Athletics with devolved powers for administrative purposes
Territorial Association	Gloucestershire Athletic Association, Midland Counties Athletic Association
Club	Affiliated Club, University, College, School, Services Unit or Pre-Service Unit

Attention shall be drawn to the fact that in the Rules the words "must", "shall" and "should" are frequently used. The variation in phrase is deliberate. When the word "must" or "shall" is used the Rule is compulsory. When "should" is employed, while UK Athletics hopes that that the Rule will be observed, strict compliance is not essential. The Rules for Competition cover indoor as well as outdoor competition.

2. Objectives of the Club

The Objectives of the Club are:

- to facilitate participation in and promotion of recreational and competitive running in the area of Cirencester and amongst the community and related sporting & social activities;
- to facilitate participation in and promotion of recreational and competitive triathlon sports in the area of Cirencester and amongst the community;
- to resource and provide suitable premises and/or facilities;
- to provide other ordinary benefits of an amateur sports club; including without limitation provision of suitably qualified coaches, coaching courses, insurance; and
- to do all such things as the Committee thinks fit to further the interests of the club or to be incidental or conducive to the attainment of all or any of the objects above.

3. Affiliation Obligations

The Committee shall ensure that annually all necessary fees and monies are paid to all associations and/or athletics bodies appropriate to the Club. Thus ensuring that all club members will have unhindered access to all competitions and events, and further enjoy any additional benefits arising from such affiliation.

4. Membership of the Club

4.1 Membership Application

Membership of the Club shall be open, on application, to anyone interested in recreational or competitive running and triathlon events, regardless of sex, age, disability, ethnicity, race, nationality, sexual orientation, occupation, and religion, political or other beliefs.

Individuals who wish to become members of the Club must apply using the Membership Application Form approved by the Committee from time to time.

Every candidate for membership shall be considered by the Committee, which shall admit that person to membership unless to do so would be contrary to the best interests of the sport or the good conduct and interests of the Club.

By becoming a member of the Club, every member agrees to abide by the Club's Constitution and Rules; the Rules of Competition and other rules and regulations of UK Athletics Limited; England Athletics Limited; English Cross Country Union, British Triathlon Federation or their successors in title.

Definition of an Amateur

“An Amateur is a person who is eligible to compete under the Rules of UKA”

A full description of the definition is contained in the UK Athletics, Rules for Competition, effective from 1st April 2018. Rule 20, Rule 21 S1-S9. Eligibility to Compete.

A copy of this rule may be obtained from the Club General Secretary.

4.2 Membership Classes

The Club shall have the different classes of annual membership set out below. Members will enjoy the rights and obligations specifically outlined in this document. Members must also designate themselves as either “First Claim” or “Second Claim” Members.

4.2.1 Ordinary Members

Anyone satisfying the general admission criteria (as determined from time to time by the Committee) can become an Ordinary Member provided that they are an amateur as defined from time to time by UK Athletics.

There are 2 classes of ordinary membership, Senior and Junior. Anyone under the age of 15 years at the date of their application shall join as a Junior Member and such person must have their application seconded by a coach who is already a member of the Club who will undertake to initially train that candidate. Junior Members do not have voting rights.

Ordinary Members [(other than Junior Members)] shall be entitled to receive notice of, attend and vote at the Annual General Meeting or any Special General Meeting of the Club.

4.2.2 Life Members

Life Membership will ordinarily be granted only in recognition of a significant personal contribution to the Club's affairs.

Life membership to be offered to anyone having 25 years of uninterrupted senior membership. The total number of Life Members is not limited, but only two other Life Memberships may be granted in one financial year. Individuals to be appointed as Life Members, other than those having 25 years of senior membership shall be [proposed by the Committee and] elected at an Annual General Meeting and must have the support of two thirds of voting members present. Life Members are exempt from payment of annual subscriptions but shall otherwise have the same rights as Ordinary Members.

4.2.3 Honorary Members

Honorary membership may be conferred by the Committee upon individuals who are active in club affairs. Honorary Members shall not have voting rights and shall not pay subscriptions. Honorary membership shall end when so determined by the Committee.

Members Designation

First Claim Club

The first Club joined by athletes will be known as their First Claim Club and will remain so until they give notice that they wish to terminate their membership of that Club.

Second Claim Club

Notwithstanding athletes having a First Claim Club as defined above they are permitted to become a member of a Second Claim Club.

Change of First Claim Club

An athlete shall have the right to change First Claim Club as per UK Athletics Rule 20, Rule 21 S1-S9. Eligibility to Compete.

4.3 Subscriptions

The Club may, as a condition of membership, require annual or other periodic subscription fees to be paid by Members of the Club, as determined from time to time by the Committee provided that the Committee shall ensure that the subscription fees are set on a non-discriminatory basis and do not preclude open membership of the club.

Ordinary Members shall pay their subscription fees to the Membership Secretary who shall deposit all sums into the Club's Bank Account. The subscription payment date shall be the 1st April [such date may after due notice be varied by the Committee].

Members having arrears of subscriptions of more than six weeks from the payment date will have their membership automatically suspended and will not be eligible to participate in the affairs or activities of the Club, including voting in any General Meeting. Payment of a full subscription at a later date will enable the suspended member to be readmitted by the Committee.

4.4 Cessation of Membership

Members may resign from membership at any time by notice to that effect given to the Membership Secretary. A member who resigns shall not be entitled to any refund of subscriptions in respect of the remaining period.

Membership shall not be transferable and shall cease immediately on death or on the failure of the member to comply with any condition of membership set out in this Constitution.

The Committee shall have the power to expel a Member when in its opinion it would not be in the interests of the sport or the Club for him to remain a member. Such expulsion shall be carried out in accordance with the Disciplinary Procedures set out below.

Any person shall, upon ceasing to be a Member of the Club, forfeit all rights to and claims upon the Club and its property and funds.

4.5 The Club Committee

The day to day management of the Club shall be deputed to a Committee consisting of five Honorary Officers and not more than eight Ordinary Committee Members.

4.5.1 Ex-Officio Honorary Officer (Club President)

The Honorary President of the Club shall perform duties representing the Club and may provide guidance on strategy and probity as required. The President shall not be a member of the Committee [but may be invited to Committee meetings].

4.5.2 Ex-Officio Honorary Officer (Life Vice President)

The Honorary Life Vice President of the Club may perform duties representing the Club and may provide guidance on strategy and probity as required. The President shall not be a member of the Committee [but may be invited to Committee meetings].

4.5.3 Honorary Officers

The Honorary Officers of the Club shall be the Chairman, the Treasurer, the General Secretary, the Membership Secretary and the Club Captain, who shall be nominated in accordance with the procedure, entitled "Election of Committee" set out below and elected by the Members at the Annual General Meeting. The Chair and Treasurer will be elected in odd numbered years. The General Secretary and Captain will be elected in even numbered years.

The Honorary Officers shall remain in office for a term of five years after their election. At the end of their term in office they shall be eligible for re-election. These Officers may delegate and assign tasks to other members of the Committee and Club.

4.5.4 Ordinary Committee Members

The Ordinary Committee Members shall be nominated in accordance with the procedure entitled "Election of Committee" set out below and elected by the Members at the Annual General Meeting.

The Ordinary Committee Members shall remain in office for a one year term until the end of the Annual General Meeting in the year after their election and shall be eligible for re-election.

Ordinary Committee Members shall aid the Honorary Officers by undertaking tasks and roles to facilitate the day to day operation of the Club. The allocation of these duties shall be by mutual consent between the Honorary Officers and the respective Ordinary Committee Member. Duties may be reallocated at any time as required and may be delegated to Members of the Club. The Ordinary Committee Member shall report to and advise the Committee on the status of such tasks.

4.5.5 Election of Committee

Any Member may be nominated by any other two Members, with his/her approval, as a candidate for any of the posts of Honorary Officer or Ordinary Committee Member by notice in writing (including email) to the Secretary at least two weeks before the date of the Annual General Meeting.

A Member may accept nomination for any of the separately elected posts constituting the Committee, subject to being eligible to hold only one of these posts at any time. If a Member shall be elected to a post during the prescribed course of business, his or her name shall be deleted from all subsequent voting for the remaining elected posts at that meeting.

If the number of candidates for the post of any Honorary Officer (as each falls for election) is only one, that candidate shall be declared elected unopposed. If the number of candidates is more than one, ballot papers shall be prepared containing in alphabetical order all the names thus proposed: every eligible Member may vote for each office with the first candidate to reach a majority elected.

If the number of candidates for election as the Ordinary Committee Members shall be equal to or less than the number of vacancies, they shall be declared elected unopposed. If the number of candidates is greater than the number of vacancies, ballot papers shall be prepared, containing in alphabetical order all the names thus proposed: every eligible Member may vote for as many candidates as there are vacancies and those candidates with the most votes will be elected until all vacancies were filled.

4.5.6 President and Life Vice President Rule

At the end of his term in office, the outgoing Chairman shall become the President. The outgoing President shall become a Life Vice President. In the event that the outgoing Chairman is prevented from, or declines the role of President, the committee shall nominate an individual for this position. The nomination shall be presented to the Annual General Meeting for ratification.

4.5.7 Term in Office

Under normal circumstances, elected Officers should serve (in any role or roles) for a continuous period of up to five consecutive years. In the event that no candidates are nominated for a vacancy so arising, the retiring Officer may be re-elected for a further one year.

4.6 Leaving Office

The office of an elected member of the Committee shall be vacated if he or she:

(a) resigns at any time by notice in writing to that effect given to the Secretary and such resignation shall take effect immediately.

(b) ceases to be a member or shall be excluded or suspended from the Club under disciplinary proceedings.

(c) is absent from the Committee Meetings for more than two consecutive or one third of Committee meetings without the explicit consent of the Committee, such consent to be recorded in the minutes of the Committee. A member of the Committee who is absent from one third (rounded to the nearest whole number) or more of properly organised Committee meetings without the explicit consent of the Committee between any two AGMs shall be deemed to have vacated his or her position and shall be ineligible to stand for re-election.

(d) becomes bankrupt or makes any arrangement with his creditors;

(e) is or may be suffering from a mental disorder;

(f) is suspended from holding office or taking part in any activity relating to the administration or management of a Club by a decision of England Athletics Limited or UK Athletics Limited;

(g) is asked to resign by all the other Committee members, acting together.

The Committee shall have the power to appoint a Member to fill any casual vacancy on the Committee or amongst the Honorary Officers until the next Annual General Meeting. Any Committee Member so appointed shall retire at the next Annual General Meeting but shall be eligible for election at such meeting in accordance with the provisions for Proceedings at General Meetings. Any Honorary Officer so appointed shall only remain in office until the AGM at which their predecessor was due to retire.

4.7 Proceedings of the Committee

The Committee shall meet at least six times each year in person and as often as may from time to time be necessary. Any additional meetings (above 6) may be held in a manner agreeable to the committee (including by telephone conference call).

Half (rounded to the nearest whole), of the voting members of the Committee shall be the quorum necessary for the transaction of business. A meeting of the Committee at which a quorum is present and has been properly convened shall be competent to exercise all the powers and discretions invested in the Committee by these Rules.

Questions arising at any meeting shall be determined by a simple majority of votes illustrated by a show of hands. In the case of an equality of votes, the Chairman shall have a casting or additional vote.

The Committee may regulate their meetings and proceedings as they think fit. The Committee shall, within two weeks of each meeting, record the decisions that it has taken and publicise these to Club Members. As soon as is reasonably possible after a meeting, the Secretary shall distribute minutes of the meeting to the other Committee members for comment.

The Committee may invite persons who are not members of the Committee to address a meeting of the Committee.

4.8 Powers of the Committee

The Committee shall be responsible for the management of the Club and shall have the following specific powers to:

- a) make Club Rules and regulations to allow for the day to day operation of the Club and its activities. Such Club Rules may not supersede or contradict provisions of the Constitution and must be reasonably available to Members.
- b) operate a Member's Welfare policy in accordance with the Policy and Procedures issued by UK Athletics.

- c) appoint any person or persons to accept and hold in trust for the Club any property belonging to the Club or in which it is interested.
- d) make and give receipts, releases and other discharges for any amount payable to the Club and for claims and demands of the Club.
- e) invest, place on deposit and deal with any finances of the Club not immediately required upon any investments or securities which the Committee thinks fit.
- f) issue, sign, draw, endorse, negotiate, transfer and assign all cheques, bills, drafts, promissory notes, securities and instruments, negotiable and non-negotiable, to operate on the Club's banking accounts. On-line banking will be applied for and used in the future.
- g) enter into all such negotiations and contracts and rescind and vary all such contracts and execute and do all such acts, deeds and things in the name of, and on behalf of, the Club as they may consider expedient.
- h) pay all the costs and expenses of, and incidental to, any of the aforesaid matters and things.
- i) determine how and by whom any such power shall be executed, operations effected and documents signed or things done.
- j) appoint Members or sub-Committees consisting wholly or partly of the members of the Committee to exercise such functions as the Committee may from time to time delegate to them.
- k) organise Club activities.

The members of the Committee and any trustees appointed under paragraph (c) above to act as trustees shall be entitled to an indemnity out of the assets of the Club for all expenses and other liabilities properly incurred by them in the management of the affairs of the Club.

4.9 Club Meetings

The accidental omission to give any such notice to or the non-receipt of any such notice by, any person entitled to receive the same shall not invalidate the proceedings at any General Meeting. Every notice calling a meeting shall specify the general nature of the business to be transacted and shall specify if the meeting is to be an Annual General Meeting.

At all such meetings the President or Chairman, or in his or her absence a member of the Club selected by those members of the Committee present, shall take the Chair. At all special General Meetings every Member shall have one vote unless disqualified from voting by the Constitution. Votes may be given personally or by proxy. Every resolution submitted to a meeting shall be decided by a show of hands and in the case of an equality of votes, [on a matter on which the Chairman has not voted,] the Chairman of the meeting shall have a casting vote.

The following rules shall apply to all General Meetings:

- a) the quorum for a General Meeting shall be twenty Members personally present and entitled to vote. No business shall be transacted at any special General Meeting unless the required quorum is present. If, within an hour following the time appointed for the meeting a quorum is not present, the meeting shall stand adjourned to a time and a place agreed by the majority of Members present. If, at such adjourned meeting a quorum is not present, those Members who are present shall be a quorum and may transact the business for which the meeting was called.
- b) all resolutions (and amendments thereto) shall be put to the meeting.
- c) resolutions proposed for consideration by a General Meeting shall be submitted in writing to the Secretary at least two weeks before the date of the meeting.
- d) amendments may be proposed at any time during debate, although the Chair shall have the right to require these to be put in writing together with the name of the proposer.

- e) the Chairman shall deal with amendments in the strict order in which they are proposed, although he/she shall have the right to refuse amendments which negate the resolution. If an amendment to a resolution is proposed, no further amendments shall be proposed until the first is disposed of. If an amendment is lost, a further amendment may be moved to the original resolution but only one amendment shall be submitted to the meeting at one time; if an amendment to a resolution is carried, then the resolution as amended shall become the resolution to which further amendments may be proposed.

During debate the proposer of a resolution may accept an amendment to the resolution, in which case the amended resolution shall become the resolution under debate. The proposer can withdraw a resolution or amendment. The resolution shall be debated and decided by the meeting.

The Chairman of the General Meeting may, with the consent of the meeting, adjourn the same from time to time and from place to place but no business shall be transacted at any adjourned meeting other than the business left unfinished at the meeting from the point at which the adjournment took place.

5. Annual General Meetings (AGM)

5.1 Calling of AGM

The Annual General Meeting of the Club shall be held should be held at a date and time agreed appropriate by the Committee for the following purposes and order of business:

- to receive from the committee an Annual Report, balance sheet and statement of accounts for the preceding financial year;
- to elect the Honorary Officers and the Committee and to ratify the selection of the Honorary President.
- to decide on any resolution which may be duly submitted to the meeting as provided by these Rules.

Not less than three weeks notice of an Annual General Meeting specifying the place, day and time of the meeting shall be given to the Members.

The Annual General Meeting shall elect from those present a Returning Officer to oversee any elections conducted at the meeting.

5.2 Special General Meetings

Not less than three weeks notice of a Special General Meeting specifying the place, day and time of the meeting shall be given to the Members.

The Secretary shall, on the requisition in writing (including email) of not less than twenty Members entitled to vote at such meetings, convene a Special General Meeting within four weeks of the receipt by him or her of the requisition stating the business to be raised. No other business is to be discussed at a Special General Meeting.

6. Accounts

The Treasurer will ensure proper accounts are kept and provide Committee Members with accurate financial reports on at least a quarterly basis. The Club's financial records shall always be open to inspection by the Committee.

The Club's Financial Year shall run from 1st January to 31st December inclusive. The Treasurer shall present accounts for the previous Financial Year to the Annual General meeting for consideration and copies of these will be available to Members at the meeting. If the Accounts are

not accepted at the Annual General Meeting, a qualified Accountant may be appointed to investigate members' concerns.

7. Property and Facilities

The property of the Club, other than cash at bank, shall be vested in the Trustees appointed by the committee under Rule 4.8c who shall deal with the property as directed by resolution of the Committee.

The Club's facilities shall be provided to its members without discrimination.

8. Application of Surplus Funds

The Club is a non-profit-distributing organisation. All surplus income or profits are to be reinvested in the club and will be used to maintain or improve the Club's facilities or otherwise in furtherance of the Club's objects.

The Club may also in furtherance with the objects of the Club:

- sell and supply food, drink and related sports clothing and equipment.
- remunerate members for providing goods and services, provided that such arrangements are approved by the Committee (without the Member being present) and are agreed on an arm's length basis.
- Pay in good faith interest on money lent by a Member at a commercial rate of interest; reimburse any Committee Member or Honorary Officer his/ her reasonable and proper out of pocket expenses incurred on Club business; any premium in respect of the purchase and maintenance of indemnity insurance in respect of liability for any act or default of the Committee members in relation to the Club.
- pay for reasonable hospitality for visiting teams and guests.

No Member shall be paid a salary, bonus fee or other remuneration for competing for the Club.

9. Interpretation of Club Constitution & Rules

The Constitution may be added to, repealed, or amended by resolution at any Annual or Special General Meeting carried by a majority of at least two-thirds of the Members voting thereon.

The Committee shall be the sole authority for the interpretation of the Constitution and of Club Rules. The decision of the Committee upon any questions of interpretation or upon any matter affecting the Club and not provided for by the Constitution, shall be final and binding on the Members except if otherwise directed by the Club in a Special or Annual General Meeting.

10. Dissolution of the Club

If at any special General Meeting a resolution for the dissolution of the Club shall be passed by a majority of the Members present, a further special General Meeting shall be convened, to be held not less than four weeks thereafter (of which two weeks written notice shall be given to each Member in addition to the other provisions for Notices), to further consider the matter.

The members may vote to wind up the Club if not less than three quarters of those present and voting support that proposal at a properly convened special General Meeting. If successful, the Committee shall proceed to realise the property of the Club and discharge all liabilities.

Any property remaining after the discharge of debts and liabilities of the Club shall be paid to or distributed to another community amateur sports club for road running or athletics, [or to UK Athletics Limited for use in community-related road running initiatives] or to a charitable organisation having similar objects and affiliations, as nominated at the Special General Meeting.

11. Disciplinary Procedures

The Club shall not tolerate the physical or mental abuse, harassment, discrimination or defamation of any of its Members before, during, or subsequent to, Club Events. Any Member may be disciplined or excluded from membership of the Club if his or her conduct has been, or is likely to be, prejudicial to the interests of the Club. Exclusion will be agreed by resolution of a majority of at least two thirds of those present and voting at a properly convened Committee Meeting and at which no fewer than five of the total voting members of the Committee shall be present.

Such Member shall have one month's clear notice of the Committee Meeting sent to him or her together with details of the case against him or her. The Member shall be entitled to attend the Meeting and be heard in defence but shall not be entitled to be present at the voting or take part in the proceedings other than as the Committee shall permit. If the Member is a member of the Committee, he or she shall not be entitled to vote.

Any Member disciplined or excluded from the Club for disciplinary reasons may lodge an appeal with the Committee and shall thereupon have the right to demand that the matter be referred to three arbitrators: one chosen by the Committee, one chosen and paid for by the aggrieved party and one by the two arbitrators. If the first two arbitrators fail to agree on a third, the third arbitrator shall be appointed by the SWAA or other relevant organising body as shall be nominated by the Committee. Such arbitrators shall have the power by their award to annul the disciplinary action or exclusion, or to annul it subject to the performance of any condition, which the arbitrators may think fit to impose.

12. Notices

Any notice required to be given under this Constitution will be deemed to have been given and received having been sent by mail or email to the last known postal or address of the member as appropriate [or by publication on the Club's website].

13. Cirencester Athletics Club Logo



That the logo be changed slightly to include a **racing** hare

Colours:-

Red Lettering
Black Hare and Mosaic Road
Green Laurel Wreath
Grey Background

White lettering may be substituted on red background

14. London Marathon Places

The Club applies to the London Marathon organisers for places in the London Marathon. Allocation is based on club membership. Club members, who must have been a 1st claim member of the Club for a minimum of 24 months continuous membership, prior to the starting date of the race, may apply for a place and must have received a rejection slip from the London Marathon organisation, which should be presented to the Club secretary by a date decided by the committee. If more than 1 application is received these will be entered in a draw to be picked with members in attendance, possibly at a pizza night or training night and places allocated accordingly. If insufficient Club members have received a rejection slip, the place(s) will be made available to Club members who wish to be considered for a place. There will be no limit on the number of years a member can represent the Club by securing a place in this manner.

15. Annual Awards

Annual Awards are presented to club members, who in the opinion of the committee, fulfil the criteria of each award in the year prior to the awards presentation. The choice and method of determining the award winners will be determined from a short list for each category compiled by the committee in advance of the Annual Awards presentation. Nominations should have represented CAC at club, county, national or country level. Significant and impressive results can be at any standard or level of competition. Club committee members are eligible for all awards, except Member of the Year and the Tony Curry award.

The following details the award name and criteria:

CROSS-COUNTRY CHAMPION - MEN AND WOMEN - Awarded to the club members who have achieved the highest number of points from 4 Gloucestershire AAA cross-country races and the Gloucestershire AAA County Championships.

ROAD RACE CHAMPION - MEN AND WOMEN - Awarded to the club members who have achieved the most points from 11 pre-determined races, with 6 races to count in the points allocation.

CLUB RUNNER CHAMPION - MEN AND WOMEN - Awarded to the club members who have achieved the most points awarded on participation and personal best results.

NEWCOMER OF THE YEAR AWARD - Awarded to the club member who has achieved significant and impressive results and joined the club in the 15 months prior to the awards presentation.

LONG DISTANCE RUNNER OF THE YEAR - Awarded to the club member who has achieved significant and impressive results in races of at least marathon distance.

VETERAN ATHLETE OF THE YEAR - Awarded to the club member who has achieved significant and impressive results in any race or competition. Men aged over 40, Women aged over 35.

ATHLETE OF THE YEAR AWARD - Awarded to the club member who has achieved significant and impressive results, contributed to the club and demonstrated loyal support of the club.

TRIATHLETE OF THE YEAR - Awarded the club member who has achieved significant and impressive results in triathlon competition.

MOST IMPROVED MEMBER OF THE YEAR - Awarded to the club member who has improved in training, races, personal standing including confidence and participation.

TEAM OF THE YEAR AWARD - Awarded to the club team who have made the most significant achievement in the year. A team should be 3 or more members and is not limited to running participation.

MEMBER OF THE YEAR - Awarded to the club member who has contributed the most to the club throughout the year. This can include race results, additional involvement, contribution to and promotion of the club.

THE TONY CURRY AWARD - Awarded to the club member who has contributed the most to the club.

The above constitution was placed before the Club Annual General Meeting held on Tuesday 18th November 2008. The constitution as presented was voted on and accepted by the members present. The new Constitution therefore became enforceable with effect from 2200hrs, Tuesday 18th November 2008.

Signed: R Ferris, Club Chairman. R Waldron, Club General Secretary.

Amendments 30th March 2010

Signed: D Edelsten, Club Chairman Liza Darroch, Club General Secretary

Amendments March 2011

Signed: D Edelsten, Club Chairman Liza Darroch, Club General Secretary

Amendments March 2012

Signed: D Edelsten, Club Chairman Liza Darroch, Club General Secretary

Amendments April 2013

Signed: P J Wheeler, Club Chairman R Fulford, Club General Secretary

Amendments April 2014

Signed: P J Wheeler, Club Chairman R Fulford, Club General Secretary

Amendments April 2015

Signed: P J Wheeler, Club Chairman R Fulford, Club General Secretary

Amendments April 2016

Signed: P J Wheeler, Club Chairman R Fulford, Club General Secretary

Amendments April 2017

Signed: P J Wheeler, Club Chairman R Fulford, Club General Secretary

Amendments April 2018

Signed: P J Wheeler, Club Chairman R Fulford, Club General Secretary

Amendments April 2019

Signed: P J Wheeler, Club Chairman R Fulford, Club General Secretary

Amendments April 2020

Signed: P J Wheeler, Club Chairman R Fulford, Club General Secretary

Amendments May 2021

Signed: P J Wheeler, Club Chairman R Fulford, Club General Secretary

Amendments April 2022

Signed: P J Wheeler, Club Chairman R Fulford, Club General Secretary

Amendments May 2023

Signed: P J Wheeler, Club Chairman R Fulford, Club General Secretary