

LONDON HEATHSIDE

Formed on the 1st of April 2000 by amalgamation of MUSWELL HILL RUNNERS (formed 1981) and NORTH LONDON ATHLETIC CLUB (formed 1972 by amalgamation of Camden Athletic Club (formerly Wigmore Harriers founded 1885) and Hornsey Athletic Club (formerly Hornsey St Mary's Harriers founded 1904))

CONSTITUTION AND CLUB RULES

1. NAME

The Club shall be known as London Heathside ('The Club').

2. OBJECTS

The objects of the Club are the promotion of Track & Field Athletics, Cross-Country, Road Running, Tri-athlon and Fell Running. The Club is non-profit making.

3. MEMBERSHIP

The Club is an equal opportunities organisation. It is the policy of the Club to promote equal opportunities for all people regardless of ability/disability, race, nationality, colour, ethnic or national origins, marital status, gender, and sexual orientation, political or religious beliefs. The Club shall not knowingly act in any way that is an infringement of a member's human rights.

- a) A new applicant for membership of the Club must apply in writing or via electronic mail on a form provided for that purpose. They must agree to be bound by the Constitution and Rules of the Club and the rules of the England Athletics and any other governing body, insofar as they apply to members of affiliated clubs. Any new applicant for membership under the age of 15 must have their form also signed by a parent or guardian.
- b) New applicants shall be considered members on receipt of the appropriate subscription and a completed application form. Any application received shall be placed before the committee at the earliest opportunity whereupon it may be revoked by a simple majority vote. The Membership Secretary shall supply them a membership card and, should they so request a copy of this Constitution and Club Rules.
- c) A member wishing to resign from the Club must inform the Honorary Secretary in writing.
- d) Any member guilty of misconduct i.e.: behaviour contrary to the constitution of the Club and/or behaviour contrary to the Codes of Conduct as specified by the governing body, England Athletics may be cautioned by the Committee in writing once or expelled from the Club by a majority decision of the committee. Complaints, disputes and disciplinary proceedings shall follow the following process.

Complaints and Disputes

- I. All concerns, allegations or reports of malpractice or abuse relating to the welfare of children or vulnerable adults will be recorded and responded to swiftly and appropriately in accordance with the Club's and England Athletics's safeguarding policy and procedures. The Welfare Officer shall be the lead Officer for all Members in the event of any safeguarding concerns.
- II. Any complaints of misconduct (improper or unprofessional conduct) regarding the behaviour of Members or Officers shall be dealt with by the Club in accordance with its discipline and appeals process* and must be presented in writing to the Secretary (and where the matter relates to the Secretary, the complaint must be submitted to the Welfare Officer). Unless exceptional circumstances apply, the Secretary will hear complaints within fourteen days of receiving a complaint. If the complaint is sufficiently evidenced, the Secretary will appoint 3 (three) Club Members (who have no direct or indirect interest/involvement in the matter) to sit on a disciplinary panel. Subject to rule 3 below, a decision of the disciplinary panel shall be final and conclusive.
- III. Any appeals must be received by the Secretary within 7 (seven) days of receiving the written decision and, if appropriate, the appeals process will be followed.
- IV. Any complaints of serious misconduct (including, without limitation, theft, doping violations, fraud, physical violence, safeguarding policy breaches, serious breach of applicable health and safety, gambling and/or ticketing regulations or any act or omission of the Member or Officer which in the opinion of England Athletics, acting reasonably, brings or is likely to bring the sport of athletics into disrepute) regarding the behaviour of Members or Officers shall be reported and dealt with by England Athletics in accordance with its Disciplinary Procedures.
- V. If a dispute arises between any Members or Officers of the Club about the validity or propriety of anything done by any Member or Officer under these Rules and the dispute cannot be resolved by agreement, the parties to the dispute must first try in good faith to settle the dispute by mediation before resorting to litigation.
 - e) Those members awarded Life Membership by North London A.C. shall retain this within the Club. Further Life Memberships will not be awarded, though the committee reserves the right to award annual 'honorary' membership to any member deemed to deserve such a reward for their work for or services to the Club.
 - f) No member shall be deleted from the register of members unless confirmation of resignation is received. Members whose subscriptions are overdue by more than three months shall be considered dormant

4. SUBSCRIPTIONS

The Annual General Meeting shall decide the annual subscription fee for Club membership and is payable on joining, and subsequently on the first day of

the month following the month of joining each year. There shall be three categories of membership as detailed hereunder:

1. Senior: 19 years and over on the day of joining/renewal
2. Junior: 18 years and under on the day of joining/renewal
3. Retired Athletes: Previously competitive members who no longer engage in competitive athletics

Subscriptions shall be waived for any junior member who has two or more siblings who are already members of the Club. On presentation to the committee of any case of hardship or disability the committee is authorized to amend or waive the membership fees in any of the above categories. There is also a penalty determined by the Annual General Meeting for members who fail to renew their membership within two months of its expiry.

The Committee shall have the power to expel any member whose subscription is twelve months in arrears provided one month's notice in writing shall have been sent to such member at their last known address, informing them of this proposed action. The name and address of any person expelled in accordance with this paragraph or paragraph 3d shall be forwarded to England Athletics. Every person who has been so entered in the Suspension Book shall be suspended from competing at any meeting held under UK Athletics rules. In the case of non payment of subscription that person will be suspended until the liability causing their said expulsion, which shall not exceed one year's subscription, shall have been discharged.

5. MANAGEMENT

- a) The management of the Club is vested in a Committee consisting of: - The Chair, The Honorary Secretary, The Honorary Treasurer, The Minutes Secretary, The Membership Secretary, Head of Road Running, Head of Track and Field Athletics, Head of Young Athletes, Head of Cross Country and Fell Running, Head of Triathlon, Head of Communications, Social Secretary, Welfare Officer, Volunteers Secretary, Officials Secretary, Head Coach, six committee members without portfolio and three club appointed members of the FPSP.
- b) The officers of the Committee mentioned in paragraph 5a) above shall be elected to office at the Annual General Meeting and shall hold office until the next Annual General Meeting when they are subject to re-election.
- c) The Committee shall meet up to once a month and at least every two months. The quorum for a meeting of the Committee is five. All decisions of the Committee shall be by a majority vote, the Chair shall have a casting vote in the event of a tie.
- d) The Committee has the power to delegate any of its functions, responsibilities and powers to a sub-committee, which the committee may appoint for any given purpose. The membership, constitution and powers of any such sub-committee is at the absolute discretion of the Committee.
- e) The Club Officers can ask any other club member to join the committee (for e.g., team managers, event organisers or a member with specialist knowledge) without reference to the full membership. Those invited to have full voting power for the meetings invited to.

6 GENERAL MEETING

- a) A General Meeting shall be held annually in the month of September to receive the Committee's report and the Honorary Treasurer's audited financial statement, elect Officers and to deal with any other matter specified on the agenda.
- b) The Honorary Secretary must give 14 days notice of the Annual General Meeting by ordinary post or electronic mail to each member's last given address. This notice shall contain the agenda, a list of those nominations, which have been proposed for the appointment of Officers and members of the Committee, and particulars of all other matters specified on the agenda.
- c) Notice of any business that it is desired to place on the agenda must be given in writing to the Honorary Secretary at least 28 days prior to the meeting.
- d) The quorum for the Annual General Meeting shall be twenty.
- e) Any paid up member of the Club aged 18 and above has the right to vote at an Annual General Meeting. Junior members may attend and speak but may not vote and cannot form part of the quorum.
- f) Changes to the constitution or rules will require the consent of two thirds of the members present at the Annual General Meeting. A simple majority may pass other motions. In the event of an equal vote, the Chair of the meeting will have the casting vote.
- g) An Extraordinary General Meeting shall be called within 28 days of receipt by the Honorary Secretary of a written requisition signed by 15 members or of an appropriate resolution by the committee which shall specify the reasons for calling the Extraordinary General Meeting. A notice shall be dispatched to every member not less than 14 days before the date fixed for the meeting and shall set out the reasons for the meeting and the matters proposed to be discussed. The meeting shall have no power to deal with any other matter. The rules stated regarding an Annual General Meeting in paragraphs 6d, 6e and 6f shall also apply to an Extraordinary General Meeting.

7. RULES OF COMPETITION

- a) The club colours shall be navy, red and gold and of a design approved by the committee. All members when competing as representatives of the club shall wear the club colours.
- b) All club events shall be held under the rules of UK Athletics and England Athletics
- c) Only paid up members of the Club shall be allowed to receive prizes in club championship events.

8. DISSOLUTION

- a) The Committee, by a two-thirds majority at a quorate meeting, may propose dissolution of the Club. They must then call an Extraordinary General Meeting giving 28 days notice to all club members. In all respects other than the notice period this meeting shall be governed by the rules stated in paragraph 6g above. If a two-thirds majority passes the motion, the Club is then dissolved.
- b) Alternatively 50 paid up members of the club aged 18 and above, or 50% of the current membership aged 18 and above, whichever is the fewer,

may petition the Honorary Secretary in writing to call an EGM in which the conditions in paragraph 8a will apply with respect to calling the meeting and voting at it.

- c) Upon dissolution, any funds remaining after all debts have been paid shall be donated to Middlesex County AA to be used in the furtherance of Athletics in the county.

9. FINSBURY PARK SPORTS PARTNERSHIP (FPSP) EMBERS/TRUSTEES

London Heathside (LH) will at all times attempt to appoint the maximum possible number of members of FPSP, as defined in the FPSP constitution. Each year one of the LH members serving as an FPSP member will retire and be replaced. There will be no limit to the number of times an LH member can be re-appointed as an FPSP member, nor any bar on immediate re-election. The retiring member will be determined on a first in, first out basis. Selection of the replacement member will be by a simple vote at the AGM. In the event that a vacancy for a LH member of FPSP arises outside the AGM cycle, a replacement member will be selected by a simple vote of the LH committee, for ratification at the AGM.

Each LH appointee to FPSP membership who becomes a member of FPSP will be a full member of the London Heathside committee. Each LH appointee to FPSP membership who becomes a trustee of FPSP will be deemed to suffer a conflict of interest when matters relating to FPSP are discussed. This will not debar the appointee from discussion, but may, at the Chairman's discretion, debar him/her from any vote.

It will be the duty of each LH member appointed to FPSP membership to represent the views of the London Heathside committee to the board of the FPSP. It will be the joint duty of all such members to provide a full written report of the non-confidential proceedings of the FPSP to the London Heathside committee as often as it meets, one week in advance of the LH committee meeting.

This Constitution was adopted in draft form at an Annual General Meeting held on 3/7/00. It was approved by the Annual General Meeting held on the 25th June 2001 and amended at subsequent AGM's.

SIGNED

Jerry Odlin

Simon Baker

CHAIRMAN

HONORARY SECRETARY

30 September 2022