

Club Rules / Constitution

Version: 1.9 – updated 31st July 2026

- 1 NAME** The club shall be known as 'San Domenico Running Club'. Hereinafter referred to as 'the club'. Although it is often shortened to 'San Domenico RC' or 'San Domenico'.
- 2 AFFILIATION** The club shall be affiliated to Welsh Athletics (WA) and consequently UK Athletics (UKA). From time to time the club may also affiliate with other sports governing bodies.
- 3 AIMS AND OBJECTIVES** The aims and objectives of the club are:
- 3.1 The enjoyment and improvement of running and multi-sport for its paid up members, hereinafter referred to as 'members'.
 - 3.2 To promote amateur athletics, with a specific interest in road running and racing. The club also has interests in cross-country, fell, track running and other sports including triathlon and duathlon.
 - 3.3 To ensure a duty of care to all members of the club and to provide it's services in a way that is fair to everyone and in line with the furthering of equal opportunities for all.
 - 3.4 Recognising that a number of members of the club are active triathletes, and acknowledging the benefits provided in doing so, the club also seeks to maintain an affiliation with Welsh Triathlon. In order for Welsh Triathlon to agree to waive the affiliation fee on a 'Mandatory Membership' basis, the club commits to promoting individual membership of Welsh Triathlon to all active triathletes within the club.
- 4 MEMBERSHIP**
- 4.1 Application for membership shall be made using the official membership form and approved by a majority of the Management Committee.
 - 4.2 The minimum age for membership is 18 years of age.
 - 4.3 Membership fees will be set annually and agreed by the management committee or determined at the AGM (Annual General Meeting).
 - 4.4 The subscription period will cover the 12 months from 1st April, on which date subscriptions are immediately due.
 - 4.5 Subscriptions must be paid for the current year before a member can compete for the club or enter a race using the club's name.
 - 4.6 To resign from the club, the member must inform the Secretary in writing, email is acceptable.
 - 4.7 The Management Committee shall have the power to expel any member whose subscription is three months in arrears, providing

a month's notice by email or in writing shall have been sent to such member by email or a registered or recorded delivery to their last known address, informing them of the proposed action of the Management Committee.

The name and address of any person so expelled shall be sent to the Regional Athletics Board Secretary who shall record their details in the 'Regional Black Book'. The expelled person may not compete under WA/UKA laws until the liability has been discharged in full.

5 MANAGEMENT

5.1 The Management Committee shall consist of:

- a) Chairperson
- b) Secretary
- c) Treasurer
- d) Membership Officer
- e) Welfare Officers
- f) Additional officers as seen necessary by the Committee, up to a maximum of three

5.2 The Management Committee is empowered to:

- a) Co-opt extra members up to a limit of three
- b) Create trustees
- c) Form a sub-committee as and when considered necessary, the Secretary and Chairperson shall be members of all sub-committees by virtue of their office
- d) Fill any vacancy which may arise

5.3 The Management Committee shall meet as and when necessary.

5.4 A quorum for the Management Committee shall be three.

5.5 All decisions will be by a majority vote; the Chairperson shall have a casting vote in the event of a tie.

5.6 The Management Committee shall act for the members. Liabilities incurred shall fall upon the membership (providing they act in accordance with the constitution, in honesty and good faith).

5.7 In the event of any question or matter arising that is not covered in the Constitution, such question or matter will be dealt with by the Management Committee, whose decision shall be final.

5 ANNUAL GENERAL MEETING

6.1 The AGM will be held during January or February and the following business will be undertaken:

- a) Elected officers reports
- b) Audited accounts will be presented
- c) The officers will be elected

6.2 Motions to be discussed must be submitted to the Secretary either by writing or email at least fourteen days prior to the meeting. With notice of meeting given at least 28 days prior to the AGM meeting.

6.3 Standing orders or Rules may be changed by a two-thirds majority decision.

6.4 The Chairperson shall have a casting vote.

7 FINANCE

- 7.1 All club monies will be banked in an account held in the name of the club.
- 7.2 The Treasurer will be responsible for the finances of the club.
- 7.3 Proper accounts shall be kept of all sums of money received and paid out by the club.
- 7.4 An Auditor(s) must be elected annually at the AGM.

8 CLUB COLOURS

- 8.1 The Club kit colours are;
- 8.2 Primary colours; a navy blue vest with one red and two white bands, secondary colours, white with blue and red bands.



- 8.3 All members must wear club colours when competing for the club in races held under WA / UKA rules and when competing in races that are part of a club championship (Club Handicap series and ParkRun time-trials are excluded from this requirement, although it is always good to promote the club at such events).

9 DISCIPLINE AND APPEALS

- 9.1 All complaints regarding the behaviour of members should be submitted in writing to the Secretary.
- 9.2 The Management Committee will meet to hear complaints within twenty one days of a written complaint being lodged. The Management Committee has the power to take appropriate disciplinary action including the termination of membership.
- 9.3 Any member guilty of misconduct (i.e. behaviour contrary to the constitution or deemed by the Management Committee to be detrimental to the club or athletics in general) may be cautioned once or expelled from the club by a majority decision of the Management Committee. Any person so expelled from the club will have the right to appeal to a Management Committee meeting convened at their request within two weeks of the date of expulsion.

10 AMENDMENTS TO THE CONSTITUTION / EGM

- 10.1 The Management Committee, by a two-thirds majority at a quorum meeting, may propose an amendment to the Constitution. The changes may be made only at the AGM or an EGM called for that purpose. Four weeks' notice must be given for an EGM. If the motion is passed by two-thirds majority, the amendment to the Constitution will be adopted.
- 10.2 If an urgent need arises, the Management Committee, by a two-thirds majority at a quorum meeting, may make changes to the Constitution or the rules of the Club. These would be subject to ratification at the next AGM or EGM.
- 10.3 Alternatively, 15 ordinary paid-up and voting members may petition the Secretary in writing, to call an EGM in which the conditions in 10.1 will apply with respect to calling a meeting and voting at it. Four weeks' notice must be given by the Secretary to the membership for an EGM.
- 10.4 Voting rights as at the AGM pertain.

- 11 DISSOLUTION**
- 11.1 The Management Committee, by a two-thirds majority at a quorum meeting, may decide to dissolve the club. They must then call an EGM giving four weeks' notice to all club members. If the motion is then passed by a two-thirds majority the club is then dissolved.
- 11.2 Alternatively, 15 ordinary paid-up and voting members may petition the Secretary in writing, to call an EGM in which the conditions in 10.1 & 11.1 will apply with respect to calling a meeting and voting at it.
- 11.3 Voting rights as at the AGM pertain.
- 11.4 Upon dissolution any funds remaining after all debts have been met will be shared amongst the remaining fully paid-up members of the club as of the first day of that year, i.e. April 1st.

12 DATA PROTECTION ACT

Under the provisions of the Data Protection Act, all members are advised that personal membership data is held on computer records.

Individual objections to these arrangements must be made known to the Secretary.

13 OTHER MATTERS

Any matter not explicitly covered by these rules shall be decided by the Committee.

14 DECLARATION

San Domenico Running Club hereby adopts and accepts this constitution as a current operating guide regulating the actions of members.

Signed: *D. Williams*

Date: 31st July 2026

Name: Delyth Williams

Position: Club Chairperson

Signed *H. Edwards*

Date: 31st July 2026

Name: Hywel Edwards

Position: Club Secretary