



st helens TRI



CLUB CONSITUTION

St Helens TRI

1. Name

The club will be called 'St Helens TRI' and will be affiliated to Triathlon England, British Cycling, Cycling Time Trials and England Athletics. The club may be called its nickname "the saints" and will also be linked with the latin moto "*ex terra lucem*" meaning "*from the ground, light*"

2. Club History & Club Colours

St Helens TRI was born out of the combined clubs of Ashurst Bike Club, ABC Triathlon and ABC Runners late in 2014. The decision was made in order for the club to be associated with the town of St Helens and to increase membership. The future progression and development of the club were the main priorities in the decision process. The colours of the original clubs were black and white, therefore the club colours for St Helens TRI will consist of black, white and red to maintain some of the history whilst adopting the accepted colour scheme of St Helens town.

3. Club Name Aliases

There are no aliases, the club is registered with all required national governing bodies (NGBs) as 'St Helens Tri' (Triathlon England, British Cycling, England Athletics and Cycling Time Trials). Please ensure when registering for any races, time trials or affiliated NGB memberships that you use the club name in this format. Informally, the club can also be known as 'the saints'.

4. Aims and objectives

The aims and objectives of the club will be:

- To offer coaching and competitive opportunities in the sport of triathlon, its constituent elements and all forms of cycling.
- To promote the club and the sports of triathlon and cycling within the local community and beyond.
- To ensure a duty of care to all members of the club, both juniors (U18), seniors, male and female.
- To provide all its services in a way that is fair to everyone.
- To ensure that all present and future members receive fair and equal treatment.

5. Membership

Membership should consist of officers and members of the club.

All members will be subject to the regulations of the constitution and by joining the club will be deemed to accept these regulations and codes of conduct that the club has adopted.

Members will be enrolled in one of the following categories:

- Full Senior Member
- Full Junior Member

the saints

ex terra lucem



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Each member will receive a welcome email direct from the membership website.

6. Membership fees

Membership fees will be set annually by the Management Committee and agreed by a simple majority vote at the Annual General Meeting.

Fees will be paid annually and be due by 31st March each year.

7. Officers of the club

The officers of the club will be:

- Chair
- Secretary
- Head Coach
- Treasurer
- Website and Results Co-ordinator
- Junior Co-ordinator
- Welfare Officer

Other relevant sub-positions that may form part of the management committee are as follows and can form part of a dual role for any existing officer of the club:-

- Membership Secretary
- Kit Officer
- Female Club Captain
- Triathlon Captain
- Cycling Captain
- Run Captain
- Social Secretary and Public Relations
- Junior Representatives

Officers will be elected annually at the Annual General Meeting. All officers will retire each year but will be eligible for re-election.

8. Club Management Committee

The club will be managed through the Management Committee consisting of the appointed officers of the club (Chair, Secretary, Head Coach, Treasurer, Website & Results Co-ordinator, Junior Co-ordinator and Club Welfare Officer) and the other sub-positions, if filled. However, all members shall have the right to attend and vote at the Management Committee meetings.

The Management Committee will be convened by the Secretary of the club and held no less than twice per year (including the AGM). It is envisaged and accepted that many motions/decisions and actions can be discussed by the



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management committee at training sessions and followed up by electronic communication to finalise – this will be deemed an acceptable process by the Management Committee and club members.

The quorum required for business to be agreed at Management Committee meetings will be 4.

The Management Committee will be responsible for proposing and adopting new policy, codes of conduct and rules that affect the organisation of the club.

The Management Committee will have powers to appoint sub-committees as necessary and appoint advisers to the Management Committee as necessary to fulfil its business.

The Management Committee will be responsible for disciplinary hearings of members who infringe the club rules/regulations/ constitution. The Management Committee will be responsible for taking any action of suspension or discipline following such hearings.

9. Finance

All club monies will be banked in an account held in the name of the club – the account remains in the name of Ashurst Bike Club for administration purposes.

The Club Treasurer will be responsible for the finances of the club, supported by the Club Secretary.

The financial year of the club will end on 31st March from 2018,

An audited statement of annual accounts will be presented by the Treasurer at the Annual General Meeting.

Any cheques drawn against club funds will hold the signatures of the Treasurer plus the Secretary. Electronic payments may also be made and these require the approval of both Treasurer and Secretary.

10. Annual General Meetings

Notice of the Annual General Meeting (AGM) will be given by the Club Secretary via e-mail or through the club forum. Not less than 21 clear days' notice to be given to all members.

The AGM will receive a report from officers of the Management Committee and a statement of the audited accounts.

Nominations for officers of the Management Committee will be posted on the club forum on a thread set up by the Secretary (or other officer by agreement) prior to the AGM.

Election of officers is to take place at the AGM and all members have the right to vote at the AGM.

The quorum for AGMs will 25% of the membership including two officers of the club.



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The Management Committee has the right to call Extraordinary General Meetings (EGMs) outside the AGM. Procedures for EGMs will be the same as for the AGM. Other key decisions may be sent to the membership in the form of a proposal with options to vote on certain motions.

11. Discipline and appeals

All complaints regarding the behaviour of members should be submitted in writing to the Secretary.

The Management Committee will meet to hear complaints within 14 days of a complaint being lodged. The committee has the power to take appropriate disciplinary action including the termination of membership.

The outcome of a disciplinary hearing should be notified in writing to the person who lodged the complaint and the member against whom the complaint was made within 7 days of the hearing.

There will be the right of appeal to the Management Committee following disciplinary action being announced. The committee should consider the appeal within 7 days of the Secretary receiving the appeal.

12. Dissolution

A resolution to dissolve the club can only be passed at an AGM or EGM through a majority vote of the membership.

In the event of dissolution, any assets of the club that remain will be distributed or transferred accordingly and form part of the dissolution motion/decision, but may for example:-

- (a) become the property of the members at the time of the dissolution who have served at least one full year of membership
- (b) be transferred to another group/club to which existing members may form.

13. Amendments to the constitution

The constitution will only be changed through agreement by a majority vote at an AGM or EGM except for those relating to administrative issues or changes by NGBs.

14. London Marathon Places

As a club affiliated to England Athletics a club place is available for the London Marathon most years. Each year, once the place has been confirmed, 1st claim members will be invited to apply for the place and the applications will be reviewed and awarded by the current Management Committee using the following criteria:-

- The applying athlete had applied for a marathon place through the ballot and not been successful.
- Manchester League XC completed races in the preceding season would be considered.
- Contributions to multisport events within the NW Series or further afield.
- Contributions to the run road race circuit in the North West.
- Contributions to the club via coaching, racing or administration.

15. Declaration

ST HELENS TRI hereby adopts and accepts this constitution as a current operating guide regulating the actions of members.



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Signed: *Derek Ireland*

Date: 21.12.14

Name: Derek Ireland
Club Chair

Signed: *Matt Shillabeer*

Date: 21.12.14

~ updated 31.12.16 with club name changes and financial year end information

Name: Matt Shillabeer
Club Secretary