

Running Club Constitution for The Dolly Mixtures Ladies Running Group

1. Club - The Dolly Mixtures

- 1.1. The Club will be called The Dolly Mixtures Ladies Running Group (Hereinafter will be referred to as 'the Club'), and may also be known as The Dollies. The Dolly Mixtures will be affiliated to **Welsh Athletics**.

2. Aims and Objectives

- 2.1. The aims and objectives of the Club will be:
- To encourage the practice, promotion, development and participation of athletics locally and in the wider community.
 - To offer group sessions for members.
 - To organise teams to represent the Club in events and in such other competitions as the Committee shall decide.
 - The Club shall cater for the following athletics disciplines: Road Running, Cross-Country Running and Trail Running.
 - To ensure a duty of care to all members of the Club.
 - To provide all services in a way that is fair to everyone.

3. Membership

- 3.1. Membership of the Club shall be open to persons who are amateurs as defined by UK Athletics / Welsh Athletics at that time, regardless of age (over 16), disability, ethnicity, nationality, sexual orientation, religion or other beliefs. However, limitation of membership according to available resources and facilities is allowable on a non-discriminatory basis.
- 3.2. All members will be subject to the regulations of the constitution and by joining the Club will be deemed to accept these regulations and the Codes of Practice/Behaviour that the Club has adopted.
- 3.3. There will be an annual membership fee which will be advised by the management committee prior to 1st April. In addition, members can also choose to affiliate to Welsh Athletics at the additional cost of their affiliation rate for that year.
- 3.4. Leaders will automatically become members of the Dolly Mixtures when they qualify. They would be responsible for paying their own annual affiliation fee should they wish to affiliate to Welsh Athletics.

- 3.5. An affiliated member will wear the official club colours when representing the Club in competitions.
- 3.6. The club will offer financial support to help with membership fees, available for those with financial difficulties, which can be accessed by contacting the Welfare Officer.
- 3.7. Any affiliated member wishing to resign as a member from the club must do so in writing or by email to the club Secretary.
- 3.8. The Committee shall have the power to suspend or exclude any member for contravention of this Constitution, documented rules or published codes of conduct that may exist at that time. In exercising these powers, the Committee shall adhere to the Club's disciplinary procedures. Appeal against refusal or removal may be made to the members.

4. Sports Equity

- 4.1. This club is committed to ensuring that equity is incorporated across all aspects of its development.
- 4.2. The Club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.
- 4.3. The Club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.
- 4.4. All club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.
- 4.5. The Club will deal with any incidence of discriminatory behaviour seriously, according to club disciplinary procedures.

5. Management Committee

- 5.1. The affairs of the Club shall be conducted by a management committee which shall consist of the Chair, Treasurer, Secretary and two Welfare Officers, who shall be elected at the Annual General Meeting. Other such persons may be co-opted onto the Management Committee as required.
- 5.2. All committee members must be members of the Club.
- 5.3. The term of office shall be for one year, and members shall be eligible for re-election.

- 5.4. If the post of any officer or ordinary committee member should fall vacant after such an election, the management committee shall have the power to fill the vacancy until the succeeding Annual General Meeting.
- 5.5. The management committee will be responsible for adopting new policies, codes of conduct / practice / behavior and rules that affect the organisation of the Club.
- 5.6. The committee will have powers to co-opt and appoint any advisers to the committee as necessary to fulfil its duty and business effectively.
- 5.7. The Committee will be responsible for disciplinary hearings of members who infringe the Club rules/regulations/constitution. The committee will be responsible for taking any action of suspension or discipline following such hearings.
- 5.8. The committee meetings will be convened by the Secretary of the Club and be held no less than once a year.
- 5.9. All Management Committee members will have the right to vote at committee meetings. The quorum required for business to be agreed at a committee meeting is 40%.

6. Finances

- 6.1. The Club treasurer will be responsible for the finances of the Club.
- 6.2. The financial year of the Club will run from 1st April and end on 31st March.
- 6.3. All club monies will be banked in an account held in the name of the Club.
- 6.4. Statement of annual accounts will be presented by the treasurer at the Annual General Meeting.
- 6.5. Any payments drawn against club funds should be approved by the treasurer and a second member of the Management Committee.
- 6.6. No action involving expenditure in the name of, or on behalf of, the Club shall be taken and no undertakings which would commit the Club to expenditure or other liability shall be made without the prior authority of a resolution committee.
- 6.7. The Club operates as a not-for-profit organisation and all surplus income or profits are to be reinvested in the club. No surpluses or assets will be distributed to members or third parties.
- 6.8. Annual accounts will be verified by an independent examiner.

7. Annual General Meetings and Extraordinary General Meetings

- 7.1. General Meetings are the means whereby the members of the Club exercise their democratic rights in conducting the Club's affairs.
- 7.2. The Club shall hold the Annual General Meeting (AGM) the next meeting following year end to:
- Approve the minutes of the previous year's AGM.
 - Receive reports from the Chairman and Secretary.
 - Receive a report from the Treasurer and approve the Annual Accounts.
 - Elect the officers on the committee.
 - Agree the membership fees for the following year.
 - Consider any proposed changes to the Constitution.
 - Deal with other relevant business.
- 7.3. Notice of the AGM will be given by the Club secretary with at least 14 days' notice to be given to all members. Notice will be given via the private Facebook groups which all members have access to.
- 7.4. Nominations for officers of the committee will be sent to the secretary prior to the AGM.
- 7.5. Proposed changes to the constitution shall be sent to the secretary prior to the AGM, who shall circulate them at least 7 days before an AGM.
- 7.6. All members have the right to vote at the AGM.
- 7.7. The Chairman of the Club shall hold a deliberative as well as a casting vote at general and committee meetings.
- 7.8. An Extraordinary General Meeting (EGM) can be called by an application in writing to the Secretary supported by at least 10% of the members of the Club. The committee shall also have the power to call an EGM by decision of a simple majority of the committee members.
- 7.9. The business which may be conducted at an EGM may be one or more of;
- Removing all of or any of the officers or committee members of the Club and filling vacancies thereby caused
 - Changes to or altering the rules outlined in this constitution
 - Dissolving the Club
- 7.10. All procedures at EGMs shall follow those outlined above for AGMs.

8. Amendments to the Constitution

- 8.1. The constitution will only be changed through agreement by majority vote at an AGM or EGM.

9. Discipline and Appeals

- 9.1. All concerns, allegations or reports of poor practice/abuse relating to the welfare of members (including but not restricted to children, young people and vulnerable adults) will be recorded and responded to swiftly and appropriately in accordance with the Club's Welfare and/or Child Protection Policy and Procedures. The Club Welfare Officer is the lead contact for all members in the event of any welfare and child protection concerns.
- 9.2. All complaints regarding the behaviour of members should be presented and submitted in writing to the Club Welfare Officer, Secretary or Chairperson.
- 9.3. 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.
- 9.4. 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 14 days of the hearing.
- 9.5. There will be the right of appeal to the Management Committee following disciplinary action being announced. The committee should consider the appeal within 14 days of the Secretary receiving the appeal.

10. Indemnity

- 10.1. The members of the committee shall not be liable (otherwise than the members) for any loss suffered by the Club as a result of the discharge of their respective duties.
- 10.2. The members of the management committee shall be entitled to an indemnity out of the property of the Club for all expenses and other liabilities properly incurred by them in the discharge of their duties.

11. Dissolution

- 11.1. A resolution to dissolve the Club can only be passed at an AGM or EGM through a majority vote of the membership.
- 11.2. The dissolution shall take effect from the day when the resolution is passed and the committee shall be responsible for the winding up of the assets and liabilities of the Club.
- 11.3. In the event of dissolution, all debts should be cleared with any remaining club funds. Any assets of the Club that remain following this will become the property of another local female running group or athletic group as voted for by the committee.

12. Declaration

12.1. The Dolly Mixtures hereby adopts and accepts this constitution as a current operating guide regulating the actions of members.

Name	HELEN DAVIES	Position	Chairperson
Sign	H. Davies	Date	29/04/2026

Name	EMMA CROSS	Position	Secretary
Sign	Emma Cross	Date	29/04/2026