

North Essex & South Suffolk Cross Country League

CONSTITUTION

1. INTERPRETATION

This document is written for the benefit and guidance of 'The League' and its member clubs and we encourage all those who refer to it to do so with an open and positive mind, always looking to do the right thing in the best interests of The League.

2. THE LEAGUE

- a. The name of The League is the North Essex & South Suffolk Cross Country League and will be referred to in this document as 'The League'.
- b. The League may adopt a title different to the name of the The League for sponsorship purposes, the different title agreed by a majority of the member clubs at a meeting of The League.
- c. The League will be registered with England Athletics.

3. THE LEAGUE'S PURPOSE

- a. The purpose of The League is to provide the ordinary club member with the opportunity to participate in a series of multi-terrain events.
- b. The atmosphere is to be enjoyable and social without the outright 'cut and thrust' associated with specialist cross country leagues.
- c. All individuals who are members of member clubs, regardless of difference of ability, background, race, religion, gender, age and personality are of equal worth and have equal entitlement to take part in events organised by The League and to all the advantages and facilities that The League can offer.

4. MEMBERSHIP

- a. Membership of The League shall be open to all clubs elected to membership by a majority vote of the existing member clubs at a meeting of The League.
- b. Member Clubs must be affiliated to England Athletics or ARC to compete in cross country events.
- c. Membership of The League will be renewable annually on 1st April, on payment of any appropriate fee, the fee to be agreed by the member clubs at a meeting of The League.

- d. A member club may resign in writing to the League Secretary, but a resignation may not be accepted if the member club is financially indebted to The League.

5. MANAGEMENT

The League will be managed by our Management Committee of Chair, Secretary and Treasurer, who will be accountable to the member clubs for the affairs of The League.

6. GENERAL MEETINGS

- a. Our Management Committee will provide 28 days notice of an Annual General Meeting (AGM).
- b. The Chair, Secretary and Treasurer will be elected at an AGM and retire at the following AGM.
- c. A Special General Meeting (SGM) may be called by our Management Committee, or by our Secretary on receipt of a written request signed by at least one third of the member clubs, stating the reason why such a meeting is required. The SGM will be held within 28 days of the request and at least 14 days notice of the meeting given to members. Only the business at hand may be discussed at the meeting.
- d. Voting at an AGM and SGM will be on the basis of one member club, one vote.
- e. Changes to this document may only be made by a majority vote of the member clubs voting at an AGM or SGM.

7. DISSOLUTION

- a. A resolution to dissolve The League can only be passed at an AGM or a SGM through a majority vote of the member clubs, as defined at Rule 6.d above.
- b. In the event of a dissolution, any assets of The League that remain will, in the event of merger or like occurrence, become the property of the organisation formed by the merger or like occurrence, or in the event of a complete dissolution a suitable charity such as 'Cardiac Risk in the Young'.

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