

## The Constitution of Students' Union UCL

### Running, Athletics and Cross Country Club

#### 1 Name

- 1.1 The name of the club/society shall be Students' Union UCL [Running, Athletics and Cross Country Club](#).
- 1.2 The club/society shall be affiliated to Students' Union UCL.

#### 2 Statement of Intent

- 2.1 The constitution, regulations, management and conduct of the club/society shall abide by all Students' Union UCL policy, and shall be bound by the [Students' Union UCL Memorandum & Articles of Association](#), [Byelaws](#), [Club and Society Regulations](#) and the club and society procedures and guidance – laid out in the '[how to guides](#)'.
- 2.2 The club/society stresses that it abides by Students' Union UCL Equal Opportunities Policies, and that club/society regulations pertaining to membership of the club/society or election to the club/society shall not contravene this policy.
- 2.3 The Club and Society Regulations can be found on the following webpage: <http://studentsunionucl.org/content/president-and-treasurer-hub/rules-and-regulations>.

#### 3 The Society Committee

##### President

- 3.1 The president's primary role is laid out in section 5.7 of the Club and Society Regulations.

##### Treasurer

- 3.2 The treasurer's primary role is laid out in section 5.8 of the Club and Society Regulations.

##### Welfare Officer

- 3.3 The welfare officer's primary role is laid out in section 5.9 of the Club and Society Regulations.

##### Additional Committee Members

Any additional committee positions you have should be outlined in your constitution below.

- 3.4 Cross Country Captain
- 3.5 Athletics Captain
- 3.6 Social Secretary
- 3.7 Social Media Officer
- 3.8 Social Running Captain
- 3.9 This UCL Girl Can Officer
- 3.10 Community Outreach and Events Officer

### 3.11 Kit Secretary

3.12 Management of the club/society shall be vested in the club/society committee which will endeavour to meet regularly during term time (excluding UCL reading weeks) to organise and evaluate club/society activities.

3.12.1 At each meeting the minimum required committee members to form a quorum shall be three

3.12.2 The committee shall meet at least 4 times per year

3.13 The committee members shall perform the roles as described in section 5 of the Students' Union UCL Club and Society Regulations.

3.14 Committee members are elected to represent the interests and well-being of club/society members and are accountable to their members. If club/society members are not satisfied by the performance of their representative officers they may call for a motion of no-confidence in line with the Students' Union UCL Club and Society Regulations.

## 4 Terms, Aims and Objectives

4.1 The club/society shall hold the following as its aims and objectives.

4.2 The club/society shall strive to fulfil these aims and objectives in the course of the academic year as its commitment to its membership.

4.3 The core activities of the club/society shall be:

4.3.1 LUCA (London Universities & Colleges Athletics) Cross Country League Races

4.3.2 Training on Monday evenings, Wednesday afternoons, Thursday evenings, Saturday mornings, and Sunday mornings throughout term time, including at least one weekly circuits/weights session.

4.3.3 Training Tuesday evening with Highgate Harriers at Parliament Hill track.

4.3.4 Track and Field sessions for Athletics on Tuesdays, Thursdays, and Sundays.

4.3.5 Hyde Park Relays.

4.3.6 LUCA Indoor Athletics championships.

4.3.7 Participation in LUCA outdoors.

4.3.8 BUCS Cross Country.

4.3.9 BUCS Indoors.

4.3.10 BUCS outdoors.

4.3.11 BUCS Orienteering.

4.3.12 Socials for members, including a beginning of the year social to welcome new and old members.

4.3.13 Teddy Hall Relays.

4.3.14 This UCL Girl Can weekly sessions and neon rave run/colour run.

4.3.15 Couch to 5K programme in Term 1.

4.3.16 A whole club meeting once-termly to feed back to members on club activities.

4.3.17 At least two welfare evenings with guest speakers, to promote wellbeing and physical/mental health within the club.

4.4 In addition, the club/society shall also strive to organise other activities for its members where possible:

4.4.1 Two training weekends and a warmer weather training tour.

4.4.2 Parkrun sessions.

4.4.3 Aid in – or whole complete – organisation of a LUCA charity race/fun run.

4.5 This constitution shall be binding on the club/society officers, and shall only be altered by consent of two-thirds majority of the full members present at a club/society general meeting. The Activities Executive shall approve any such alterations.

4.6 This constitution has been approved and accepted as the Constitution for the Students' Union UCL Running, Athletics and Cross Country Club. By signing this document the president and treasurer have declared that they have read and abide by the Students' Union UCL Club and Society Regulations.

## 5 Sport England Grant

5.1 Dissolution clause: this clause states that in the circumstances that any funding is left over or either party is not satisfied the remaining funds are returned in a fully charitable nature towards Sport England

President name:	Irma Östervall
President signature:	Irma Östervall
Date:	20/06/2021
Treasurer name:	Adam Horne
Treasurer signature:	<i>AHorne</i>
Date:	<i>20/06/21</i>