

**2024-25**

## **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. Committee**

- 3.1. President
  - 3.1.1. The Presidents' primary role is laid out in section 5.7 of the Club and Society Regulations.
- 3.2. Treasurer
  - 3.2.1. The treasurer's primary role is laid out in section 5.8 of the Club and Society Regulations.
- 3.3. Welfare Officer
  - 3.3.1. The Welfare Officers' primary role is laid out in section 5.9 of the Club and Society Regulations.

### 3.4. Additional Committee Members

#### 3.4.1. Cross Country Captain

- 3.4.1.1. Lead weekly training sessions, attend all LUCA and BUCS XC events, plan and coordinate travel arrangements for XC races/

#### 3.4.2. Athletics Captains

- 3.4.2.1. Attend training sessions, accompany new members from UCL to track in the first few weeks, attend S&C sessions, coordinate all entries for LUCA indoors and outdoors, BUCS indoors and outdoors, and Varsity, attend all competitions.

#### 3.4.3. Social Secretaries

- 3.4.3.1. Organise and attend social events.

#### 3.4.4. Social Media Officer

- 3.4.4.1. Keep the Instagram page up to date and post frequently. Use Instagram stories.

#### 3.4.5. This Girl Can Officer

- 3.4.5.1. Organise This Girl Can sessions weekly or fortnightly.

#### 3.4.6. Community Outreach and events officer

- 3.4.6.1. Organise volunteering and fundraising events throughout the year.

#### 3.4.7. Social Running Captain

- 3.4.7.1. Attend all social runs, lead groups accordingly or assign them to run leaders, plan road races throughout the year.

#### 3.4.8. Competitions and Tours officer

- 3.4.8.1. Assist in organising all the competitions throughout the year.

3.5. 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.

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



3.7. 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 cross country league races
  - 4.3.2. Training on Monday evenings, Wednesday afternoons, Thursday evening, 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 project active weekly/fortnightly 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 warm weather training tour.
  - 4.4.2. Parkrun sessions.
  - 4.4.3. Aid in – or wholly complete – organisation of a LUCA charity race/fun run

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

- 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.

President	Name: Ciel Sheridan
	Signature: 
	Date: 27/06/2024
Treasurer	Name: Tess Farr
	Signature: 
	Date: 27/06/2024